



The 411

FAMILY SELF-SUFFICIENCY NEWSLETTER— APRIL– JUNE 2013

Go confidently in the direction of your dreams. Live the life you have imagined—Henry David Thoreau

From the Office

Happy Spring everyone! With a new season comes new opportunities for personal growth. On the employment side, for those of you not working, there are lots of opportunities in both private and non-profit organizations for volunteering. Remember, volunteer experience can be put on a resume and can provide hands on training at no-cost. On the personal side, remember to take time to engage in thirty to sixty minutes of physical activity a day. Take a walk, go on a run, or enjoy a bike ride!

Over the next few months I will be scheduling annual FSS reviews. Please take the time to call me to schedule your appointment when you receive your notice. As a reminder, for those of you not working or in school, you are required to fill out the monthly FSS Work Search Log and turn it in to the office at the end of each month. If you are out of forms, contact me and I will mail some to you.
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When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be. - **Patanjali – the author of Yoga Sutra**

Employment Watch



For those of you in the process of looking for work, spring time is the perfect time to get your resumes out

in the job market. It can be a little scary, but with the proper preparation success is just one interview away.

Below are some general tips focusing on what experts consider to be the most critical step in the hiring process- the interview.

Interview Tip 1: Plan Ahead - Do a little homework! Research the company and the position you are applying for. Review

your work experiences and how it ties in with the position. Be ready to support past career accomplishments with specific information targeted toward the company's needs. Have your facts ready!

Interview Tip 2: Role Play - Once you have finished studying, begin role playing (rehearsing). Write down answers if it helps to make your presentation more concise. Try to keep your answers specific to the information your new employer will want to know.

Interview Tip 3: Eye Contact - Maintain eye contact with your interviewer. Show you want the job with your interest.

Interview Tip 4: Be Positive - In particular, avoid negative comments about past employers and co-workers.

Interview Tip 5: Adapt - Listen and adapt. Be sensitive to the style of the interviewer. Pay attention to those details of dress, office furniture, and general decor which will afford helpful clues to assist you in tailoring your presentation.

Job Interview Preparation Workshops are held on a regularly scheduled basis at both the Chico and the Oroville One-Stop offices.

Community Corner



Are you looking for a new job? A better job? Or

a whole new career? The One-Stop can help you reach your goal. Services offered include but are not limited to:

Career Counseling and Planning:

Resource Specialists in each One-Stop are available to assist with career planning. A number of tools and assessment inventories are utilized. Resource Specialists can work with you on a continuing basis to advance your career.

Job Search Workshops

and Supervised Job Search:

The One-Stops offer three -week Job Search Workshops open to the general public. The main focus is on preparing the job seeker for employer contacts and job search activities. The first two weeks consist of classroom instruction on skills assessment, resume writing and employer expectations. The third week consists of a supervised job search.

Vocational Assessment:

The One-Stops offers a wide range of tools to assist you in determining your individual vocational path. This can be done on an informal basis by using self-assessment software or by participating in a

structured Vocational Assessment Workshop.

Job Interview Preparation:

Resource Specialists in each of the One-Stops are available to assist you in developing strategic skills for job interviews. It is recommended that you have a current resume prior to contacting a Specialist.

The One-Stop in Oroville can be found at 78 Table Mountain Blvd or by calling 530-538-7301.

The Chico One-Stop is located at 2445 Carmichael Drive or by calling 530-895-4364.

Program Contact

Monthly

Please remember to contact the FSS Office monthly in person, by telephone or email monthly to report your progress towards program goals.

Quarterly Reports:

Quarterly family Reports for the time period January –March 2013 have been mailed. Please take the time to complete and return no later than April 30, 2013.

2013 Class Schedules Reminder

All students enrolled in institutions of higher education or career technical training, please remember to turn in a copy of your spring 2013 class schedule to the FSS office if you have not yet done so.

Events



Awesome Blossom Toss'em: Saturday, May 11, 2013-10:30 am to 12:00 pm. Come celebrate Chico's return to spring with a round of disc golf. CARD and the Outsiders have partnered to organize a free event for kids 8-16 at the Sherwood Forest disc golf course. The Robin Hood themed disc golf course was designed to challenge children and beginners, and is a great place to learn about the lifelong sport of disc golf. The first 50 registered children under the age of 8-16 will receive a free golf disc.

7th Annual Wildflower and Nature Festival: Saturday, April 6, 2013-10:00 am to 4:00 pm. Come celebrate nature. This annual festival offers vendor and informational booths pertaining to wildlife and nature including native plant sales, wildlife photography, pony rides, free hikes on Table Mountain, custom carved signs, educational booths, and food just to name a few! Join the fun at Riverbend Park just off Highway 70 at Montgomery Street, Oroville, CA.

No-Cost Resources

Credit Counseling
891-4124

Legal Services
345-9491

PG&E Care Program
(866) PGE-CARE

Independent Living Services
893-8527

Clipper
342-0221

CLIC
898-4354

Catalyst
895-8476