



Institute for Strengthening Communities



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Does Your Job Interfere With School?

School has been called "the work of kids." Yet lots of teens want to earn money by working during after school hours. How do you know if this is a good idea for you?

Sometimes parents object if they think you are spending more time at work than on school work. Also, they may feel that you are working to pay for frivolous things that aren't necessary. Teachers also complain that students working too late on school nights can't concentrate at school. Research shows that for the average teenager, 20 hours of work outside school is the limit. Once more than 20 hours per week are accumulated on the job, grades start to go down and social life can suffer.

Most first-time jobs are in retail, fast-food, movie theaters, or other service industries. No matter how menial the work may seem or how unglamorous the position, you have an opportunity with your first job to get experience under your belt and learn what you do and don't like about certain types of jobs. If you weigh some of these skills with what you might be giving up when you work, it is easier to make a decision about working that is best for you. Some of the worthwhile skills you may learn on the job include: showing up on time, taking directions and responsibilities, customer service and teamwork. These need to be balanced with some of the things being more involved in school offer such as: an education, a diploma, lifelong skills, and activities to expand interests

Working after school and on weekends can provide you with money to buy things you really want. Just don't sell yourself short by giving up all your opportunities for education, your future, and fun for a part-time job today.

Some Top Teen Website Picks

1. www.teengrowth.com
2. www.Kidshealth.com
3. www.4Girls.gov
4. www.Teenwire.com
5. www.Goaskalice.columbia.edu
6. www.Drugfreeamerica.org
7. www.Save.org
8. www.Kidscrisis.com

Chex School Fuel

- ¾ cup packed brown sugar
- 6 tablespoons butter or margarine
- 3 tablespoons light corn syrup
- ¼ teaspoon baking soda
- 4 cups corn Chex
- 4 cups rice Chex
- ¼ cup semi-sweet chocolate chips

1. Cover cookie sheet with waxed paper. Microwave brown sugar, butter and corn syrup in large microwavable bowl uncovered on High 1 to 2 minutes, stirring once, until butter is melted.
2. Stir in baking soda until dissolved. Stir in cereals. Microwave on High 3 minutes, stirring every minute. Spread on cookie sheet. Cool 10 minutes; break into bite-size pieces.
3. Microwave chocolate chips in small microwavable bowl on High 1 minute 30 seconds or until chocolate can be stirred smooth. Drizzle chocolate over snack. Refrigerate 30 minutes or until chocolate is set. Store in airtight container.

Check Out This New website!

THE ADOLESCENT HEALTH AND RESOURCE CENTER

www.medicine.uiowa.edu/isciowa

(Click the Adolescent Health and Resource Center Link)

- Information about services
- Ask A professional anonymously (click on the Ask a Professional Link)
- Meet the Staff
- Link to parent/teen and professional online resources



Whip Up An Easy Snack!