



Volume 1, Issue 5

ADVANCED TRAINING

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January/February 2015

Golden Words from Grandma Bing

Welcome Year 2015!

Many people start the New Year with resolutions. As time goes by many set themselves to goals that are hard to achieve. Sharing your goals may help to reach them with support of friends and family. Some popular goals include resolutions to:

- Spend quality time with family members
- Improve physical well-being by eating healthy food, lose weight, and exercise
- Quit smoking and get rid of old bad habits
- Think positively, laugh more often and enjoy life
- Save money, get out of debt and donate to those less fortunate
- Perform better at current job
- Get a better education, study often, read more books, learn something new
- Manage time, be more organized and watch less television
- Make new friends
- Take a trip.
- Be more spiritual, pray more

Remember that you are responsible for your own happiness!
Make every day one that keeps you on track with your goals.

Good luck and Happy New Year!

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STUDENT OF THE MONTH



We would like to congratulate Haqmal, MA-AM student for winning Student of the Month. To be eligible for the award the student must have at least a 90% GPA for the module and perfect attendance: no tardies and no leaving earlys. This award is for the morning students and the prize is a one-month parking pass in the parking lot.

Good work, Haqmal!

Parking Reminder

Please remember that morning and afternoon students (except for the lucky winner of the Student of the Month parking pass!) should not park in the parking lot. Please park on the street. The evening students may park in the lot, but never in the covered parking area which is reserved parking. Thank You!





NEW ADDITION TO OUR MASTHEAD

You may have noticed something different with our masthead this issue. We have added a logo designed for our newsletter by Hiba Alsaegh, recent MA graduate. This magnificent logo has an eagle, representing freedom, holding a diploma, a symbol for education. The graduation cap represents accomplishment. Our school colors of royal blue and red complete the background.



Thank you, Hiba, for sharing your wonderful artistic talent with us!

VENDING MACHINES

You have probably noticed that we have two new vending machines in the student lounge: one for snacks and one for sodas. These machines are set up to accept credit cards, but remember that there is an additional charge for using a credit card. This charge is usually ten cents. These machines are for the students' convenience so it is important to let either your instructor or the school administration staff know if there is a problem with a machine. Also, if a machine over-vends (gives you more than you paid for) please give the extra items/change to your instructor. We will return these to the vending machine company and this may help keep the cost of the items from increasing.



Thank you!

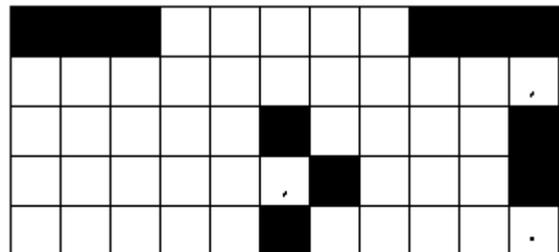
SCHOOL HOLIDAY

Advanced Training will be closed on Monday, February 16th in observance of President's Day. The office will be open for regular business, but there will be no classes for the students. Why is it called President's Day? This holiday was originally called Washington's (as in George Washington, our first president) Birthday, but in 1971 the holiday name was changed to President's Day in order to honor all of our Presidents.

Puzzle of the Month

This month we are trying a new kind of puzzle. To solve a fallen puzzle, use the letters below to create a phrase. The letters fell straight down, but are not in the correct order. Hint: This phrase can be found on the front page of the newsletter. Bring your solution to the office on or before Friday 13, 2015.

GOOD LUCK!



O H I
 P A T I Y L O F Y
 L O S E N N A N D
 O N J T H I V K R E
 E F U G T I M E L E



DEGREE OF SEPARATION

If you are almost done with a Diploma program, why stop? Many students never believed they could start or even graduate from College. Advanced Training Associate Degrees are only six additional months and you can look for a job during the day. Students who transition directly into the Degree have the highest percentage of completing the Degree and finding employment. Associate of Applied Science Medical Assistant and Associate of Applied Technology Information Systems and Communication Technology can both be attained after finishing the Diploma program. Financial Aid may be available to help pay for the extra tuition to earn a Degree. Just imagine how happy your friends, family, and you will be when you say you have a Degree! Earning a Degree is one of the greatest self accomplishments a student can receive (it was for me). Also, having an Associate Degree can separate you from the competition that may only have a certification or diploma. The next start date for the Degree is February 23, 2015. Please, come and see Steve Howard if you have any questions.



ID CARDS AND AWARDS

If you are a new student, you may have noticed that some of the students have a lot of "bling" on their ID lanyards and have wondered where they got it. Well, they earned it! The Perfect Attendance pins are for exactly that: perfect attendance for the entire module with no tardies and no leaving earlys. The Honor Roll pin is awarded when a student has at least a 95% GPA for the module AND an overall attendance percentage of at least 90%. Flag pins are awarded to all of our students who are military veterans. The Citizenship pin is awarded for participation in ATA sanctioned volunteer activities.



If you have been a student for at least three weeks and do not have your ID card and lanyard, please stop by and see Steve or Mike.



GED PREPARATORY CLASS



Advanced Training is currently offering a preparatory class for people who would like to study for the GED exam. The GED, or General Educational Development, is designed for adults who are too old to attend high school and do not have a high school diploma. Four areas are tested: math, science, social studies, and reading and writing. The tests are not easy and preparation studies before taking these tests are highly recommended. Advanced Training does not administer the GED exams. These must be taken at a GED Testing site. There is a charge for taking the GED exam. Foothills Adult Education Center is a GED Testing site in El Cajon.

Our study classes are free and meet Monday, Wednesday and Friday afternoon from 1-4 pm and are taught by instructors. If you know of someone who might like to study for the GED exam, please tell them about our school and ask them to call our school to set up an appointment with Steve Howard, Director of Admissions.



Kimberly's Korner

Not working? Have nothing to do on your spare time? Don't have enough work experience? Well, if you answered yes to any of these questions, have you considered volunteering? Volunteering not only makes an impact on the health and well-being of others and your community but it is a great way to get hands-on experience and help build your resume. So what are the benefits of volunteering you ask?

1. Volunteering can help gain new experience and insights. It allows you as students to get involved and develop new skills such as social, academic, work experience and technical skills.
2. Creating connections with others in the community. Volunteering is a great way to network not only in your field but also with others. You never know whom you will meet and may need a reference or letter of recommendation from. With volunteer work, it reflects positive character traits that many potential employers want to see.
3. A sense of accomplishment and giving back to others and your community. We all know that when we help someone, it makes us feel good. So, why not volunteer?

Here is some upcoming volunteer work available.

2/21/2015: Meal Service, Feeding the homeless

3/7/2015: Colon Cancer Alliance

3/19/2015: Blood Drive

Computers2SDKids is also looking for IT volunteers.

Career Services Hours:

Monday: 8:30am-12pm, 1pm-5:30pm

Tuesday: 10am-2pm, 3pm-7pm

Wednesday: 9am-12pm, 1pm-6pm

Thursday: 8am-12pm, 1pm-5pm

Friday: 8am-12pm, 1pm-3pm



RECENT PLACEMENTS

Mark Edwards-IS/CT

Jessica Koukol—MA

Shanet Kregor- AASMA

Brandon Smith-IS/CT

Marilou Macaraeg-MA

CONGRATULATIONS!

If you are interested in volunteer work or any of the scheduled volunteer assignments, be sure to stop by your Career Services department. There are volunteer work opportunities for all students. If you have ideas for volunteer work, be sure to let your Career Services know. All ideas are welcome.