

What's Next?

Skills Training Opportunities

Here are several ideas about getting skills training—from programs you can pursue in your own community (e.g., apprenticeships, YouthBuild) to those requiring you to re-locate (e.g., JobCorps and Williamson Free Trade School).

You can “earn while you learn” in an apprenticeship program. Other programs (e.g., athletic trainer) require a hefty commitment to school for at least a while. Still others (e.g., automotive training) require less time in school but promise fairly high wages after program completion.

Many skills programs are offered in the NC community college system across the state. Check out the NC Community College website for more information: www.ncccs.cc.nc.us/

- ◆ **Alternative Fuels Training**
- ◆ **Apprenticeships**
- ◆ **Athletic Trainer**
- ◆ **Job Corps**
- ◆ **YouthBuild**
- ◆ **Williamson Free Trade School**
- ◆ **Training for Starting a Small Business of Your Own**

If you're willing to move away, a variety of training programs are available across the country. Surf the web to find them. Once you find one, locate the contact information and call to get more information. Talking to a person about the program will bring it to life.

A Career in Alternative Fuels?

Concerned About Global Warming? Gas Prices?

Be Part of an Alternative Fuels Program in North Carolina

Did you know that 199 million cars burn 4,000 gallons of gasoline every second in the U.S.? If you love cars and want to contribute to the environment and our economy in a big way, think about taking part in an alternative fuels curriculum. Wake Technical Community College Automotive Systems Technology program is one of 23 **National Alternative Fuel Training Consortium (NAFTC)** training centers in the U.S. (See NAFTC at <http://naftap.nrcce.wva.edu/>)

The goal of NAFTC is to establish a national pool of trained automotive technicians skilled in the operation, maintenance, and safety of Alternative Fuels Vehicles. Over 5,500 technicians have been trained in hundreds of organizations, including the U.S. Postal Service, the U.S. Air Force, Clean Cities Programs, and commercial fleets.

Course instructor Rich Cregar of West Virginia University, the headquarters for NAFTC, says the new national curriculum is unique. Classes teach about alternative fuel vehicles, system integration and service of natural gas vehicles, and CNG cylinder inspection and certification of natural gas vehicles. Training is given on propane vehicles as well as transient emissions. The course on alternative fuels is the first class NAFTC designed that is intended for anyone interested in alternative fuels and all of the issues—energy independence, ecology, global warming.

Wake Tech a Leader in Alternative Fuels Training

As a member of the National Alternative Fuels Training Consortium, Wake Tech has played an active role in initiatives that promote alternative fuel vehicle training and advance the public's understanding of issues and research in this field since 2001. For more information, contact www.waketech.edu or:

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Apprenticeships: Age-Old Job Training for the 21st Century

You probably read about “apprenticeships” in your history books. But these centuries-old, formalized job training programs are rapidly gaining popularity in North Carolina. You “earn while you learn” as an apprentice—acquiring valuable vocational skills on the job. During the previous fiscal year, according to the *Raleigh News & Observer* (July 31, 2005), 21,000 official apprenticeships were available in the state, up from 8,000 just five years before. About 1,800 companies—including Progress Energy, AW North Carolina, Bosch, and others—currently offer certified apprentice programs.

APPRENTICESHIP: Training in an art, trade, or craft under a legal agreement that defines the duration and conditions of the relationship between master and apprentice.

JOURNEYMAN: A skilled worker who is qualified by experience and training to undertake the tasks necessary for employment.

Apprenticeships give employers the opportunity to train you the way they want you to be trained and to see how you do on the job. Afterwards, companies are likely to hire the people they’ve trained—workers who have not only learned the skills but demonstrated a good work ethic and

dependability. For the apprentice, these programs provide an income while learning.

Apprenticeships are available not only in the manufacturing sector but also in service, retail, and government trades. Opportunities in your state are most likely to occur in industries that want more trained employees. In North Carolina, these include:

- Agricultural and natural resources
- Biological and chemical technologies
- Business technologies
- Commercial and artistic production
- Construction
- Engineering
- Health sciences
- Industrial technologies
- Public service technologies
- Transport systems technologies.

Information Sources About NC Apprenticeships NC Department of Labor

Melissa Medlin is the NC Department of Labor staffer responsible for listing and certifying apprenticeships in North Carolina. She reports that the Department is “constantly certifying new businesses for apprenticeship programs.” Begin by reviewing these listings on-line, because the lists are continually being

updated. The best approach is to contact the Department for current information about programs in your area: **Melissa Medlin, North Carolina Department of Labor**, P.O. Box 17147, Raleigh, NC 27619. Phone: 919-562-4946; Mobile: 919-810-8175; Fax: 919-562-4954; Email: melissa.medlin@nclabor.com; website: www.nclabor.com/appren/

Explore Local Companies

You also can call a company you may be interested in working for to ask if it has a certified apprenticeship program. (*Caution: Just as with any contractual relationship, make sure you read the fine print in the apprenticeship agreement and know what you're committing to and what you'll receive.*)

High School Partnerships

Many high schools have partnerships with companies that offer apprenticeships. Your school guidance counselor can help you find out if there are such programs at your high school.

Newspaper Articles

The Raleigh *News & Observer* ran a very good article on apprenticeships on 7/31/2005. If you subscribe to the N&O, you can view these articles on apprenticeships in the archives. Go to www.newsobserver.com.

Apprenticeship 2000

This "earn while you learn" program of apprenticeships in technical careers is sponsored by a group of North Carolina manufacturing companies: Julius Blum, Inc., Stanley; Sarstedt, Inc., Newton; Ameritech, Inc., Mooresville; Max Daetwyler Corp., Huntersville; and The Timken Co., Lincolnton. Students receive a paid college education while working as paid employees. Apprentices are offered full-time employment at a competitive salary after successfully completing the program, and many choose to further their education after receiving their Associate Degree from this program. Apprenticeship 2000 is a four-year program—designed mainly for high school students—established to fill a shortage of high-tech positions as machinists, electronics technicians, machine technicians, and tool and die makers. Students work in a progressive wage schedule and every six months are eligible for a pay increase as well as a bonus, based on performance.

For more information, check: www.cpcc.edu/mech/app2000.html or the participating companies at www.blum.com, www.sarstedt.com, amdiemold.com, www.timken.com, or www.daetwyler.com/jobs/apprent.htm.

For more general information on building career pathways call 919-807-3304 or see www.dpi.state.nc.us/workforce_development/publications/

Make Your Love Of Sports a Career: Become an Athletic Trainer (see www.nataboc.org)

To succeed, athletes need to be in top physical condition, and nearly all professional athletes work with top-notch coaches and athletic trainers. Sometimes the trainers themselves become famous for helping an athlete transform from pretty good to the best! In fact, you can go on-line and read the notes and training schedule of Lance Armstrong, written by his personal coach, Chris Carmichael.

Athletic trainers make sure that athletes are in good shape and ready to play. Many of their tasks involve preventing injuries. They show athletes how to exercise correctly and lead the team through stretching exercises prior to each game and practice. Athletic trainers check the condition of the playing field, suggest diets and exercises to improve athletes' strength, organize physical exams, help coaches choose equipment that prevents injuries, and advise athletes on the proper use of safety equipment.

Generally, people in this line of work need to communicate; reason and solve problems; manage themselves as well as other people, time, and equipment; and work well with other people.

When an athlete gets hurt, trainers help determine the seriousness of the injury. They provide emergency first aid and may go with the athlete to the hospital. Athletic trainers confer with doctors and physical therapists to set up a therapy routine; they also work with the athlete, coach, and family to decide when the player can safely return to play.

Athletic trainers monitor small injuries that may impact the performance or health of an athlete. For protection, they tape, wrap, or brace ankles, fingers, or other parts of the body before games and practices. After workouts, athletic trainers massage athletes' limbs to relieve soreness and strains.

Some trainers work with athletes on high school and college sport teams; a few work for professional teams or individual professional athletes; others work in health clubs. Many high school athletic trainers also are certified to teach other subjects.

What You Need to Be an Athletic Trainer: Knowledge

- **Biology:** Knowledge of plants, animals, and living organisms and how they function.
- **Therapy and Counseling:** An understanding of the effect of diseases and injuries and about how to give advice on social or personal problems.
- **Medicine and Dentistry:** A knowledge of injuries, illnesses, and defects and how to set up a treatment plan.
- **Customer and Personal Service:** An understanding how to provide special services to customers based on their needs.

What You Need to Be an Athletic Trainer: Attitudes and Values

- **Value achievement:** Athletic trainers like to see the results of their work and to use their strongest abilities; they enjoy getting a feeling of accomplishment from their work.
- **Value relationships:** Typically, trainers like to work in a friendly, non-competitive environment and enjoy doing things for other people. They prefer jobs where they are not pressured to do things that conflict with their sense of right and wrong.
- **Value independence:** Trainers like to make decisions and try out ideas on their own, and they prefer jobs where they can manage with little supervision.
- **Value recognition:** Athletic trainers like jobs that offer opportunities for advancement, where they can be recognized for their work. They usually prefer jobs in which they are looked up to by others.
- **Have social interests:** Trainers are social people—they like to help others learn and grow. They enjoy communicating with others, teaching, and advising.
- **Have realistic interests:** Trainers are practical people, too—they like activities that include practical, hands-on problems and solutions, and they enjoy working with plants, animals, and physical materials such as wood, tools, and machinery. They often prefer to work outside.

What You Need to Be an Athletic Trainer: Education, Training, Skills

- **Certification:** You must pass exams to become certified.
- **Strong Interpersonal Skills.**
- **Formal Education:** Most athletic trainers have a bachelor's degree in athletic training. These degree programs teach how to identify, evaluate, and treat sports injuries, as well as anatomy, physiology, and first aid. Some athletic trainers have a degree in a related health field. They usually must complete a longer internship.

Compensation and Opportunities for Athletic Trainers

Nationally, the median wage for athletic trainers is \$33,820 per year. Wages vary with the education and experience of the athletic trainer and with the employer. Athletic trainers who work for universities or professional sports teams earn the most.

Nationally, the number of jobs for athletic trainers is expected to grow faster than average through the year 2012. Jobs for athletic trainers at hospitals and athletic training facilities are expected to decrease; however, opportunities in gyms, doctors' offices, and professional sports teams are all expected to increase. Jobs at colleges as well as positions with professional athletes or teams are expected to be hard to find because the pay is good and turnover is slight.

Related Careers

If the profile of an athletic trainer feels good to you, but you're not sure this is your path, you might want to consider other careers that require similar skills and interests. These include: coaches and sports instructors, licensed practical nurses, nursing assistants, orthotic and prosthetic specialists, physical therapists, physical therapy assistants, recreational therapists, respiratory therapists, and veterinary assistants.

Job Corps: Training You Can Use Moving Out on Your Own

(see <http://jobcorps.dol.gov/about.htm>)

Think Job Corps. If you're age 16 through 24, even if you haven't finished high school, Job Corps offers a no-cost education and vocational training program. You'll have a chance to learn a trade, make some money, and take control of your life. Remember, the choice of a career is not *forever*, but acquiring useful skills means you can earn enough money to take other courses later on, or make the leap to a different type of job. (See Job Corps, <http://jobcorps.dol.gov>).

At Job Corps, you enroll to learn a trade and, if you need to, you can earn a high school diploma or GED and get help finding a good job. When you join the program, you will be paid a monthly allowance; the longer you stay with the program, the more your allowance will be. Job Corps supports you for up to 12 months after you gradu-

While learning a trade, Job Corps students live at one of the 122 Job Corps centers across the country. Four campuses are located in North Carolina:

- **Kittrell Job Corps** Center at Kittrell
- **Lyndon B. Johnson Job Corps** Civilian Conservation Center in Franklin
- **Oconaluftee Job Corps** Civilian Conservation Center in Cherokee
- **Schenck Job Corps** Civilian Conservation Center in Pisgah Forest

ate from the program by providing job counseling and connections with employers.

Many Training Choices, Plus Support

So what kinds of trades do you learn at Job Corps? In North Carolina, you can learn auto repair, bricklaying, building and apartment maintenance, clerical skills, carpentry, cement masonry, culinary arts, forestry and advanced pre-forestry, health occupations training, or landscaping. You can train to be a nurse's aide, painter, plasterer, welder, or retail sales clerk. Many of the building skills are in sharp demand in North Carolina, and Job Corps also can provide entry through its nurse's aide training into a more lucrative health career later on.

The Job Corps program, which is administered by the U.S. Department of Labor, provides more than just training. Students get lodging, three meals a day, basic medical and dental care, and travel expenses to and from the program location. Once enrolled, students also receive an allowance to purchase necessary items.

Programs are open to both males and females. Although you need not be a high school graduate, you must be a U.S. citizen or legal resident of the U.S., and you must pass a physical exam. Applications have no deadline; participants enter the Job Corps throughout the year.

Put some adventure in your life! Job Corps is a great way to complete an education, learn a trade, make lifetime friends, and graduate with a good job.

For information on Job Corps call 1-800-733-JOBS or visit the website:

<http://jobcorps.dol.gov/>. See also www.salary.com or www.virtualcap.org.

Vocational Training Offered by North Carolina Job Corps Centers (see jobcorps.dol.gov)

	Kittrell	LBJ	Oconaluftee	Schenk
Auto Repair				YES
Bricklayer	YES	YES		YES
Building & Apartment Maintenance	YES	YES	YES	YES
Business Clerical	YES	YES	YES	
Carpentry	YES	YES	YES	YES
Cement Mason		YES	YES	
Culinary Arts	YES	YES		YES
Forestry (Advanced Pre-Forestry)				YES
Health Occupations			YES	YES
High School Program				YES
Landscape Technician				YES
Nurse's Aide	YES			
Painter	YES	YES	YES	YES
Plasterer			YES	
Retail Sales Clerk	YES			
Welder		YES		YES

YouthBuild: Building a Future Along with a House

If you haven't finished high school, but want to acquire skills to support yourself, YouthBuild (at www.youthbuild.org) may be for you. YouthBuild is a nationwide public-private partnership that teaches carpentry skills to 16- to 24-year-olds.

North Carolina has five YouthBuild sites: in Murphy, Asheville, Elizabeth City, and Greensboro (*see below*). The YouthBuild program run by the University of North Carolina at Greensboro is an example of how the program works. It offers job training and education opportunities to unemployed young adults, residing in High Point, who learn to build and rehabilitate affordable housing in their own communities. The Center for Youth, Family and Community Partnerships administers the branch of the program at UNCG with a grant from the U.S. Department of Housing and Urban Development.

Program participants attend Guilford Technical Community College for GED classes on Mondays and Fridays and take carpentry lessons on other weekdays.

YouthBuild Sites in North Carolina

Far West YouthBuild

4577 Martins Creek Road
Murphy, NC 28906
828-837-4430

Our Next Generation

19 Reynolds Place
Asheville, NC 28804
828-252-9200

River City YouthBuild

501 East Main St
Elizabeth City, NC 27909
252-331-2925

Wilmington

Housing Authority of Wilmington
Wilmington, NC 28401
910-391-3217

University of North Carolina at Greensboro

Center for Youth,
Families, & Communities
P.O. Box 26170
Greensboro, NC 27402
336-217-9770

The High Point Housing Authority provides the land and supplies to build the houses; students do all the carpentry; and contractors handle the masonry, plumbing, wiring, ductwork, drywall, and painting.

Skills Training, College Experience

In addition to learning valuable job skills, YouthBuild students get the experience of attending a community college and can earn 30-40 credit hours in the year-long program. Being part of the YouthBuild program means making progress on or obtaining a GED, going to work every weekday from 8 a.m. to 4 p.m., learning construction skills, and using those skills to build two houses. Participants are provided with books, tuition, some tools, transportation, and a wage.

Students learn to build a house, to read blueprints, and to do estimates. In addition, an innovative approach of this project combines construction skills training with entrepreneur and small business training. The goal of the program is to produce graduates capable of becoming economically self-sufficient by starting micro-enterprises and small businesses in the home construction trades.

“YouthBuild grants help young people get back on the right track by providing them both with the education they need and the training they can use for careers in homebuilding,” says HUD Secretary Alphonso Jackson. “It’s wonderful to know these young people discover the satisfaction of a job well done and local communities get more affordable housing in the process.” (See Brian Sullivan, Dec. 23, 2004 News Release at www.hud.gov/news.)

Williamson Free Trade School: A Unique Opportunity to Learn a Trade

The Williamson Free School of Mechanical Trades (www.williamson.edu) in Media, PA, is the only free boarding school of its kind in the nation. In three years, students study trade and technical theory, work on realistic projects, and receive academic instruction. For over 100 years, Williamson has been using its unique approach to vocational education to prepare high-quality tradesmen and technicians. In the process, it has gained a national reputation for graduates who become expert craftsmen, successful businessmen, respected citizens, and recognized leaders in their fields. According to the director, Edward Bailey, young men coming out of this program can expect to get jobs starting from \$45,000-\$60,000 per year.

By completing the three-year program, students earn an Associate Degree in Construction Technology with an emphasis in carpentry or masonry; horticulture, landscaping, and turf management; or machine tool, power plant, or structural coatings technology. Craftsman Diplomas are awarded in carpentry, machine trades, masonry, painting and wallcovering, and power plant operations.

According to its website (www.williamson.edu), Williamson's training goes far beyond the classroom. Students live in a carefully structured environment that includes daily chapel, a dress code, work details, and clearly defined rules and responsibilities. The educational program emphasizes the importance of moral values, industry, and quality workmanship. The goal is to foster in students attitudes that will lead to success in life and on the job, including self-discipline, integrity, and reliability.

Full Scholarships for All

Although this may sound like a very expensive prep-school program, Williamson is an independent, post-secondary, vocational-technical school that provides ***all students with full scholarships*** for tuition, room, board, and textbooks. Students are able-bodied single males born in the U.S., whose families are not able to provide resources for further education. About 95 young men are accepted each year. Applicants must not have turned 20 by June 1 prior to their first semester. They must have a high school diploma or equivalent, with an average of "C" or higher,

must have taken math, science, and English during high school. Applicants must be able to provide two character reference letters from non-family members (e.g., pastor, guidance counselor, teacher, scout master, employer). Preference is given to those born in Pennsylvania or New Jersey, although several out-of-state students are accepted in the program each year. Candidates must be interviewed and take a standardized test. The school does not discriminate on the basis of race, color, creed, religion, or ethnic background.

In exchange for their education, students must follow the school's rules and help with the food service and maintenance of buildings and grounds. They pay only entrance costs for personal

items, annual fees for certain equipment and books that they retain for personal use, and annual fees for student services, placement, yearbook, and extra-curricular activities.

All students live in an on-campus dormitory super-

vised by an adult dormitory manager located on a 220-acre campus in Delaware County, PA, 14 miles southwest of Philadelphia. The sports center has basketball courts, weight room, and indoor running track; and students participate in a variety of varsity and intramural athletics, including cross country, football, soccer, basketball, wrestling, lacrosse, and baseball. Intramural sports vary from year-to-year according to demand.

Williamson is accredited by the Accrediting Commission of Career Schools and Colleges of Technology and approved by the Bureau of Postsecondary Services of the Pennsylvania Department of Education to confer the Associate in Specialized Technology Degree. Application for admission may begin as early as the first semester of the student's senior year of high school but should be completed no later than March 15 prior to the fall semester.

For Admissions Inquires

email: ebailey@williamson.edu

**Edward Bailey, Director
106 S. New Middletown Rd.
Media, PA 19063.
Phone 610-566-1776**

Training for Starting a Small Business of Your Own

You know you have survival skills, but you can't see yourself starting your own business? Would you like to learn how to turn your resourcefulness into a way to start a business? New approaches to business training are helping folks who usually do not see themselves as business people redefine themselves and use the skills they already have.

Q **Interesting . . . how do I find this kind of training?**

A ***Read on for some local and online help.***

First, almost every community has an Office of Entrepreneurial Development led by the Small Business Administration. Most are connected with the Community Colleges and provide inexpensive training courses in business topics. Assistance from these centers is available to anyone interested in beginning a small business or improving or expanding an existing one. Check on-line at www.sba.gov/teens. Here are the phone numbers and addresses of the local Triangle Area SBA offices:

Triangle Area SBA Offices

CHAPEL HILL
(Orange and Chatham Counties)
608 Martin Luther King
Boulevard, Suite B
Chapel Hill, NC
27514-5703
919-962-0389

DURHAM
(Durham County)
G08 Willis Building
North Carolina Central
University
Durham, NC 27707
919-530-7386

RALEIGH
(Wake County)
920 Main Campus Drive
Suite 101
Raleigh, NC 27606
919-424-4450

Business Simulation Course

Or, consider taking a free, hands-on, “learning by doing” training course called **Making Cents Business Simulation** (www.makingcents.com) in Chapel Hill, NC. Making Cents, working with a South African organization, developed this course based on its business experience. Since 1988, this kind of training has helped 60,000 unemployed people to become self-employed. The course will be offered free-of-charge in Chapel Hill, NC, to interested youth. It takes place over a period of four or five weeks, one evening a week.

In the course, you will deal with real-life problems that come up in starting and managing an imaginary business. For example, you’ll have the experience of tackling questions about supply and demand, negotiating, keeping records, and marketing. Through role-playing and other activities, you’ll become familiar with the kinds of challenges you might meet and how to deal with them effectively.

You’ll experience the ups and downs of life as an entrepreneur by running a venture in the training room. **Making Cents Business Simulation** demystifies business so you can discover yourself as an entrepreneur!

To learn more about Making Cents, visit their website listed above. To get more details about the next **Making Cents Business Simulation** course in Chapel Hill, contact Susan Inglis at fromthemtn@aol.com.

Making Cents Business Simulation

Here are some of the concepts covered in the course:

- Purchasing
- Costing a product or service
- Selling for profit
- Understanding the market
- Production techniques
- Allocating income and planning
- Adding value
- Selling on credit and managing risk
- Basic record keeping
- Negotiation and selling techniques

Information on the Web

Finally, check out websites with “business start-up kits” that help you think through the steps of starting a business. One that’s especially good is the www.sba.gov/teens/roadmap.html designed for young, first timers. Another is www.sba.gov/smallbusinessplanner/index.html.