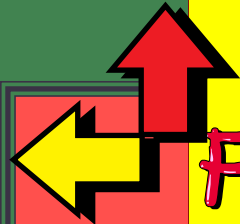


WORKING UPS

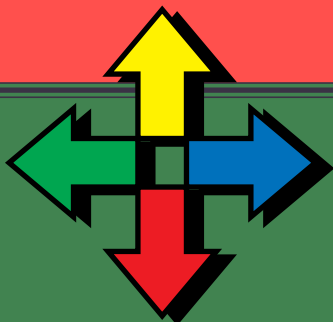
Do you want to:

- Earn Money
- Have Responsibility
- Learn Time Management Skills
- Gain Occupational Skills
- Acquire Interpersonal Skills
- Discipline
- Increase Self Confidence
- Enhance Self Esteem
- Gain Work Experience



FACTS

- Over 80% of students work some time during their high school years, and almost 18% work at least 20 hours per week.
- Over 33% of high school students work during the school year and even more work during the summer.



IN HIGH DOWNS

- Grades decline
- Less time with friends
- Less time with family
- Less time to play sports
- High Stress Levels

*Over 20 hours a week can lead to :

- Increased drug use
- Greater chance of alcohol abuse
- Emotional distress
- Work related injuries

OPTIONS



Check off what options are good for you:

1. Work more in the summer & less in the school year to make more time for school work.
2. Prioritize things you want to do including school activities and work
3. Create a daily/weekly time schedule that lists all of your extracurricular activities, school work time, hobbies, family time and work time.
4. Decide if you really do have time to do the things you want and work too.
5. Ask yourself if only summer employment is the best choice for you.