

College And Career Ready Helping All Students Succeed Beyond High School Pdf Pdf

ABOUT PCG EDUCATION PCG Education, a division of Public Consulting Group, works with schools, districts, and state education agencies to build their capacity for instructional and programmatic improvements.

College and Career Ready 2010-02-12 David T. Conley Giving students the tools they need to succeed in college and work College and Career Ready offers educators a blueprint for improving high school so that more students are able to excel in freshman-level college courses or entry-level jobs-laying a solid foundation for lifelong growth and success. The book is filled with detailed, practical guidelines and case descriptions of what the best high schools are doing. Includes clear guidelines for high school faculty to adapt their programs of instruction in the direction of enhanced college/career readiness Provides practical strategies for improving students' content knowledge and academic behaviors Offers examples of best practices and research-based recommendations for change The book considers the impact of behavioral issues-such as time management and study habits-as well as academic skills on college readiness.

Getting Ready for College, Careers, and the Common Core 2013-10-07 David T. Conley Create programs that prepare students for college, careers, and the new and challenging assessments of the Common Core State Standards Written for all educators but with an emphasis on those at the secondary level, this important resource shows how to develop programs that truly prepare students for both the Common Core assessments and for college and career readiness. Based on multiple research studies conducted by Conley as well as experience he has gained from working with dozens of high schools that succeed with a wide range of students, the book provides specific strategies for teaching the CCSS in ways that improve readiness for college and careers for the full range of students. Draws from research-based models for creating programs for high school students that will ensure readiness for tests and for college and beyond Includes strategies and practices for teachers to help students develop postsecondary preparedness Is the third in a series of books on readiness written by David Conley, including College Knowledge and College and Career Ready Teachers can use this valuable resource to understand the "big picture" behind the Common Core State Standards, how to teach to them in ways that prepare students for new, challenging assessments being implemented over the next few years and, more importantly, how to help all students be ready for learning beyond high school.

Opening the Common Core 2012-03-13 Carol Corbett Burris Open the door to success with the CCSS This book shows how to leverage the Common Core State Standards (CCSS) to equip all students—not just high achievers—for college and career. The authors helped lead their district in closing achievement gaps and increasing the number of students who completed four-year college programs. The results of their efforts show a remarkable increase in both excellence and equity in the content areas due to applying the authors' research-based ACES framework: Acceleration rather than remediation Critical thinking Equity in education for all students Support Educators will find practical strategies that are applied and developed in model lessons linked to the CCSS and KSUS standards.

Career and College Readiness and Success for All Students 2018 Becky Smerdon Most Americans no longer question whether and which students should be prepared for college. Rather, it is now widely accepted that ALL students should be prepared for postsecondary education in some form (e.g., certificate, 2- or 4-year degree), as these credentials are not only required for many jobs but are also the surest path to upward mobility (Carnevale, Rose, Cheah, 2011). There is also greater recognition that in addition to a more traditional approach to preparation for postsecondary education (e.g., taking college preparatory classes), students should also graduate high school with technical knowledge and employability skills to secure,

retain, and advance their employment when they leave school, at whatever level that may be. Simply put, today's high school graduates need a broad-based education that combines an array of knowledge, skills, and experiences to prepare them for life after high school. And indeed, state's definitions of college and career readiness have broadened in recent years to include a variety of skills and dispositions, such as critical thinking skills, social emotional skills such as collaboration, and interpersonal skills such as resilience and perseverance (English, Rasmussen, Cushing, & Therriault, 2016). The Every Student Succeeds Act (ESSA) of 2015, the key federal K-12 legislation, explicitly supports the notion of a "well-rounded" student, emphasizing readiness in areas beyond its predecessor's (the No Child Left Behind Act, or NCLB) focus on core academic content. ESSA mandates that states ensure that students are provided an enriched, accelerated curriculum beyond courses and content areas in which state assessments are given (e.g., mathematics, reading) and that is aligned with the postsecondary experiences students are likely to encounter. ESSA also supports an expansion of readiness goals through provisions for the improvement of conditions for student learning that support social-emotional learning, intrapersonal skills, and other employability skills. And ESSA includes provisions in states' accountability systems that support emphasis on broader definitions of readiness. Additionally, ESSA's accountability framework includes important principles for supporting a broader definition of what students need to know and be able to do once they graduate high school. Accountability systems under ESSA may include multiple measures of college and career readiness. Indeed, several states had already added a career-focused indicator prior to ESSA passing (such as pathway completion or technical assessment achievement) to their accountability systems, and the number of states publicly reporting such indicators continues to increase (Achieve & AdvanceCTE, 2016). As definitions and measures of college and career readiness continue to evolve, we know one thing for sure: we need to better prepare ALL students for success after high school. This book explores the ways in which some education researchers are approaching this task.

Career and College Readiness and Success for All Students 2018-03-01 Corinne Alfeld Most Americans no longer question whether and which students should be prepared for college. Rather, it is now widely accepted that ALL students should be prepared for postsecondary education in some form (e.g., certificate, 2- or 4-year degree), as these credentials are not only required for many jobs but are also the surest path to upward mobility (Carnevale, Rose, Cheah, 2011). There is also greater recognition that in addition to a more traditional approach to preparation for postsecondary education (e.g., taking college preparatory classes), students should also graduate high school with technical knowledge and employability skills to secure, retain, and advance their employment when they leave school, at whatever level that may be. Simply put, today's high school graduates need a broad-based education that combines an array of knowledge, skills, and experiences to prepare them for life after high school. And indeed, state's definitions of college and career readiness have broadened in recent years to include a variety of skills and dispositions, such as critical thinking skills, social emotional skills such as collaboration, and interpersonal skills such as resilience and perseverance (English, Rasmussen, Cushing, & Therriault, 2016). The Every Student Succeeds Act (ESSA) of 2015, the key federal K-12 legislation, explicitly supports the notion of a "well-rounded" student, emphasizing readiness in areas beyond its predecessor's (the No Child Left Behind Act, or NCLB) focus on core academic content. ESSA mandates that states ensure that students are provided an enriched, accelerated curriculum beyond courses and content areas in which state assessments are given (e.g., mathematics, reading) and that is aligned with the postsecondary experiences students are likely to encounter. ESSA also supports an expansion of readiness goals through provisions for the improvement of conditions for student learning that support social-emotional learning, intrapersonal skills, and other employability skills. And ESSA includes provisions in states' accountability systems that support

emphasis on broader definitions of readiness. Additionally, ESSA's accountability framework includes important principles for supporting a broader definition of what students need to know and be able to do once they graduate high school. Accountability systems under ESSA may include multiple measures of college and career readiness. Indeed, several states had already added a career-focused indicator prior to ESSA passing (such as pathway completion or technical assessment achievement) to their accountability systems, and the number of states publicly reporting such indicators continues to increase (Achieve & AdvanceCTE, 2016). As definitions and measures of college and career readiness continue to evolve, we know one thing for sure: we need to better prepare ALL students for success after high school. This book explores the ways in which some education researchers are approaching this task. This was written in Corinne Alfeld's official capacity as part of the national conversation on education, is intended to promote the exchange of ideas among researchers and policy makers and to express views as part of ongoing research and analysis, and is not intended to necessarily reflect the official views of the U.S. Department of Education.

College For Every Student 2016-08-12 Rick Dalton College For Every Student shares best practices for raising college and career aspirations and increasing educational opportunities for underserved and diverse students in rural and urban districts. Providing guidance for educating your students and organizing communities for expanding educational opportunities, this is a must-read for every school leader and counselor interested in promoting educational uplift. This comprehensive guidebook offers a wealth of resources and tools for educators and professionals to help students build essential college and career readiness skills. College For Every Student gives you the research-based, proven strategies needed for promoting the core student skills essential for college and career readiness: aspiration, grit, perseverance, adaptability, leadership, and teamwork.

College and Career Ready in the 21st Century 2015-04-17 James R. Stone III More than half of 9th graders in the United States will never complete a college degree. High schools must do more than prepare some students for college: They must prepare all American youth for productive lives as well as continued learning beyond high school. In this timely volume, two educational leaders advocate for a more meaningful high school experience. To accomplish this, the authors argue that we need to change the focus of our current high school reform efforts from "college for all" to "careers for all." This work shows how schools can prepare young people both for the emerging workplace and postsecondary education.

Academic Moves for College and Career Readiness, Grades 6-12 2015-01-28 Jim Burke Depth matters! Can a mere fifteen words turn today's youth into the innovative, ambitious thinkers we need? Yes, contend Jim Burke and Barry Gilmore, because these are the moves that make the mind work and students must learn if they're to achieve academically. With Academic Moves, Jim and Barry distill each of these 15 powerhouse processes into a potent concision that nevertheless spans core subject areas: Before, during, and after sections offer essential questions, lesson ideas, and activities. Student samples illustrate what to look for and the process for getting there. Culminating tasks include producing an analytic essay, argument, and more. Reproducible rubrics assist with assessment.

Supporting the Dream 2015-04-22 Charis McGaughy Educational partnerships for postsecondary readiness - your resource guide is here! High school graduates want to be prepared to succeed in life after high school; for most that includes completing some form of postsecondary education. This thoroughly researched guide to building and sustaining effective, cross-system partnerships between high schools, colleges, and regional and local communities will help educators support students' college and career readiness. College and career readiness experts, McGaughy and Venezia lead education stakeholders through a step-by-step process that improves postsecondary outcomes for all students. This book stresses the need to build effective working relationships and offers practical, actionable, information and straightforward strategies to help you: Identify needs Leverage existing relationships, programs and resources Build and sustain regional and local partnerships Implement a plan to measure key outcomes and

provide comprehensive supports to ensure postsecondary readiness Connect policies and practices across partnerships to benefit student learning Communicate and work across partnerships to support successful student transitions Includes key research findings, real-world examples and reflections, and templates to guide your work to support improved student learning. "As high schools strive to partner with post-secondary institutions to improve their students' college readiness, they will find the how-to answers here." Dave Daniels, Principal Susquehanna Valley Senior High School "I found the material interesting, engaging, and important. This book provides a solid rationale for partnership, provides a blueprint that is detailed enough to be helpful and loose enough to make clear that there is no one way approach but rather than their partnership must reflect their context." Natalie B. Schonfeld, Director Student Transition Services, University of California, Irvine

Rural America's Pathways to College and Career 2021-04-21 Rick Dalton This book provides solutions to the vexing educational challenges that rural communities face and serves as a how-to guide for building college and career readiness within rural schools. Rural America's Pathways to College and Career shares practical tips that can be used by educators and community members to transform rural schools, help students develop essential skills, locate and train college- and career-ready advisors, establish business partnerships, build college readiness, leverage technology, build interest in science, technology, engineering and math (STEM) careers, and understand how to pay for college. Based on research and drawing on best practice and poignant stories, Dalton shares examples of success and challenges from interviews conducted with over 200 individuals who have participated in programs across the country. By helping rural youth learn about the opportunities available and by providing them with the support they need to succeed, this book serves as an actionable guide to helping students in rural schools attain postsecondary school success.

Habitudes 2015-03-15 Timothy Elmore

The Problem of College Readiness 2015-03-30 William G. Tierney Examines how states, schools, and postsecondary institutions might best help improve college readiness and completion. Though more students are entering college, many drop out, especially those who are low income and/or of color. To address this problem, educational stakeholders have focused on the concept of "college readiness," or the preparation a student needs to succeed in college. However, what it means to be college ready and how to help more students become ready are questions without clear answers. By way of historical and contemporary analyses, this book uses California as a case study to demonstrate how the state has endeavored to make postsecondary opportunity accessible for all students. The contributors also explore the challenges that remain and address what states and schools can do to improve college readiness and completion. William G. Tierney is Wilbur-Kieffer Professor of Higher Education at the University of Southern California and the editor of many books, including Governance and the Public Good; Preparing for College: Nine Elements of Effective Outreach (with Zoe B. Corwin and Julia E. Colyar); Increasing Access to College: Extending Possibilities for All Students (with Linda Serra Hagedorn); and Faculty Work in Schools of Education: Rethinking Roles and Rewards for the Twenty-first Century, all published by SUNY Press. Julia C. Duncheon is a doctoral candidate in urban education policy at the University of Southern California.

Supporting the Dream Charis McGaughy Educational partnerships for postsecondary readiness - your resource guide is here! High school graduates want to be prepared to succeed in life after high school; for most that includes completing some form of postsecondary education. This thoroughly researched guide to building and sustaining effective, cross-system partnerships between high schools, colleges, and regional and local communities will help educators support students' college and career readiness. College and career readiness experts, McGaughy and Venezia lead education stakeholders through a step-by-step process that improves postsecondary outcomes for all students. This book stresses the need to build effective working relationships and offers practical, actionable, information and straightforward strategies to help you: • Identify needs • Leverage existing relationships, programs and resources • Build and sustain

regional and local partnerships • Implement a plan to measure key outcomes and provide comprehensive supports to ensure postsecondary readiness • Connect policies and practices across partnerships to benefit student learning • Communicate and work across partnerships to support successful student transitions Includes key research findings, real-world examples and reflections, and templates to guide your work to support improved student learning. "As high schools strive to partner with post-secondary institutions to improve their students' college readiness, they will find the how-to answers here." Dave Daniels, Principal Susquehanna Valley Senior High School "I found the material interesting, engaging, and important. This book provides a solid rationale for partnership, provides a blueprint that is detailed enough to be helpful and loose enough to make clear that there is no one way approach but rather than their partnership must reflect their context." Natalie B. Schonfeld, Director Student Transition Services, University of California, Irvine.

Diploma Matters 2011-06-20 Linda Murray **DIPLOMA MATTERS** In our current education system too many high school students wind up with too few choices. Students are locked into what is decided for them by a broken system. Too often, they are handed a diploma that holds an empty promise. This practical field book is filled with effective tools from The Education Trust-West. Diploma Matters helps school leaders and teachers examine the current high school experience and develop a detailed action plan that will transform curriculum and ensure that all students are ready for college and the workplace. "This is a book for practitioners who have seen it all. Linda Murray captures in a straight-forward way the nuts and bolts of how to do the work of reform. Linda, who was an extraordinary superintendent, proves to be a captivating storyteller." —PETER J. NEGRONI, senior vice president, College Board "This is a story worth reading, including the specific implications for schools and districts nationwide." —MICHAEL W. KIRST, emeritus professor of Education and Business Administration, Stanford University; president, California State Board of Education; author, *Political Dynamics Of American Education* "This book is a definitive 'how to' for effective, meaningful, and lasting school reform." —KATHY BURKHARD, former president, San Jose Teachers' Association

Teaching Students to Dig Deeper 2017-09-18 Ben Johnson What does it really mean for students to be college and career ready? In this new edition of *Teaching Students to Dig Deeper*, Ben Johnson identifies the ten attributes students need for success, according to key research, the College Board, the ACT, and rigorous state standards. In order to thrive beyond high school, students must become... • Analytical thinkers • Critical thinkers • Problem solvers • Inquisitive • Opportunistic • Flexible • Open-minded • Teachable • Risk takers • Expressive But how? Johnson offers the answers, providing practical strategies and techniques for making the ten attributes come alive in the classroom, no matter what grade level or subject area you teach. With the book's strategies and tools, you will be inspired, armed, and ready to help all of your students think on a deeper level and expand their learning.

Preparing English Learners for College and Career 2018 María Santos How do school communities create environments that fully prepare both English learners and dual-language learners for colleges and careers? This valuable book profiles six high-performing high schools that had a singular focus on improving the educational outcomes of English learners. The authors use these case studies to identify a comprehensive set of design elements and shared values that were key factors in yielding extraordinary results. These include a school-wide language development framework that integrates content, analytical practices, and language learning; a broad and dynamic view of assessment practices; intensive social-emotional support for students and their families; and mission-driven staff and leadership that maximize learning opportunities across classrooms. The practices employed in these schools are not only essential for English learners' success but, as the performance data shows, they also benefit all students. "This is my kind of change book: clear and deep; causes one to think; and inspires the reader to what may be possible on a wide scale." —From the foreword by Michael Fullan, professor emeritus, University of Toronto "The schools featured in this set of beautifully drawn case studies reveal how they managed to beat the odds for their students—and there is much to learn by looking closely at what made them so effective." —Lilly Wong

Fillmore, professor, University of California, Berkeley "This book is a rich resource for all educators driven to ensure that all multilingual learners are ready for college and career." —Angélica Infante-Green, deputy commissioner, New York State Education Department

College For Every Student 2016-08-12 Rick Dalton College For Every Student shares best practices for raising college and career aspirations and increasing educational opportunities for underserved and diverse students in rural and urban districts. Providing guidance for educating your students and organizing communities for expanding educational opportunities, this is a must-read for every school leader and counselor interested in promoting educational uplift. This comprehensive guidebook offers a wealth of resources and tools for educators and professionals to help students build essential college and career readiness skills. College For Every Student gives you the research-based, proven strategies needed for promoting the core student skills essential for college and career readiness: aspiration, grit, perseverance, adaptability, leadership, and teamwork.

Career and College Readiness Counseling in P-12 Schools, Second Edition 2017-02-24 Jennifer R. Curry, PhD Praise for the First Edition: "Serves as an excellent foundational text...I am very thankful that the authors wrote this text. [It] is written for school counselors by school counselor educators!" -Gene Eakin, PhD, School Counseling Program Lead, Oregon State University "The school counseling focus makes it unique... This is...a great improvement to other texts I've used and I plan to continue using it." -Dr. Carolyn Berger, Chair, Department of Counseling, Nova Southeastern University Fully updated to serve the needs of school counselors in training, this remains the only text to present a comprehensive, developmental, and practical approach to preparing school counselors to conceptualize the career development and college-readiness needs of P-12 students. The second edition reflects the ASCA's new Mindsets & Behaviors for Student Success, which focuses on college and career-readiness standards for all students, 2016 CACREP Standards, and the 2015 Every Student Succeeds Act. The text is uniquely grounded in developmental, ecosystemic, and career theories as a basis for career interventions. Considering the range of psychosocial, cognitive, and academic development spanning P-12 students, the authors review relevant developmental and career theories as a foundation for the design of sequential and developmentally appropriate career and college-readiness curricula and interventions. The text provides school counselors and educators concrete examples of how to select, implement, and evaluate the outcomes of interventions grounded in various career counseling theories and addresses career development and college readiness needs by grade level. Also included is expanded information on diversity; reflections and advice from actual school counselors; updated statistics, references, and appendices; and an updated Instructor's Manual, test bank, and PowerPoint slides. New to the Second Edition: Features a "Building a College-Going Culture" section that expands coverage on college readiness counseling Reflects updated legislation and policy information including ASCA's new Mindsets & Behaviors for Student Success, 2016 CACREP Standards, Every Students Succeeds Act, and the Reach Higher Initiative Completely new chapter on college and career decision making "Voices from the Field" highlighting experiences from actual school counselors Enhanced instructor resources including Instructor's Guide, test bank, and PowerPoint slides Key Features: The only comprehensive text devoted to career and college counseling for school counselors; written by former school counselors Disseminates current data and research focusing on college readiness needs of diverse populations Includes interventions grounded in theory and connected to national standards

What Is College? 2020-05-26 4pt0 Growth Productivity Accountability It's never too early to start learning about college or the career of your dreams. Follow Uche and BJ as they explore what college is. These two students share dialogue on how to prepare for college. This book aims to help elementary students see the big picture.

Rethinking Readiness 2021-02-17 Rafael Heller Rethinking Readiness offers a new set of competencies to replace the narrow learning goals of No Child Left Behind and, in chapters written by some of the nation's most well-respected education scholars, explores their implications for schools. Today's students must

cultivate the full range of intellectual, interpersonal, and intrapersonal capacities that have been grouped together under the banner of “deeper learning.” Rethinking Readiness focuses on how educators and policy makers should move forward to provide the educational experiences that students need to become truly well prepared for college, careers, and civic life, including changes in curriculum, teacher evaluation, and student assessment. As state leaders chart a new course for K-12 education in the Every Student Succeeds Act era, Rethinking Readiness offers a succinct and compelling vision for a new agenda for school reform so future generations can prosper in a rapidly changing world.

Post-Secondary Planning for All 2023-08-01 Sejal Parikh Foxx It is not surprising that in order to meet the job demands of the future, we need to ensure that students have the knowledge and opportunity to choose from an array of postsecondary options before graduating from high school. Particularly as our society continues to increase in diversity, providing access to college and career choices for all students is imperative. However, there are many barriers that keep students from reaching their potential and envisioning a future that is personally and professionally rewarding. Many of these barriers are systemic in nature and others are related to individual circumstances. Regardless from where the barriers stem, school counselors and others who provide postsecondary readiness services to students must advocate, work to create equitable access, and assist with navigating through complex systems. This book compiles information and strategies from experts in the field. Each chapter in this book offers definitions of specific populations, evidence-based culturally responsive counseling strategies including those related to collaboration, case studies and interventions, and opportunities for readers to reflect on their understanding of that population to inspire professional growth. Groups included in this book include students who are experiencing homelessness, students in English Language Learner programs, families experiencing poverty, students with special needs, and many others that school counselors and college advisors will encounter in their career.

Counseling 21st Century Students for Optimal College and Career Readiness 2012-03-27 Corine Fitzpatrick In order for students to compete in today’s global economy, our schools need to help them develop better cognitive and technological skills. School counselors have an enormous impact on students’ achievement and their success in their post-secondary education, yet initiatives to improve student outcomes often overlook them. Fitzpatrick and Costantini present their own action-based curriculum for high school counselors that will meet the needs of 21st century students, helping to foster their growth and ambition and actively engage them in learning what they need to succeed beyond high school. Important steps covered in this curriculum include Making the transition to ninth grade successful Using technology in the advising process, such as online resources for college and career research, assessing interests, and structuring advising sessions Preparing for standardized testing and using it to motivate students about the college application process Assisting students in researching careers and colleges, making the most of college visits, applying for college, and writing the application essay Equally important, the book focuses on the counselor and his or her role as an advocate and leader for students and details running a guidance office, working with parents, and writing Secondary School Reports. While applicable for all school counselors and students, the authors’ curriculum has a special focus on students in urban public schools to enable them to have the same experiences as their counterparts in suburban and private schools. Accompanying downloadable resources contain the tables, exercises, and charts from the book so they can be easily accessed and reproduced.

Counseling 21st Century Students for Optimal College and Career Readiness 2022-02-17 Corine Fitzpatrick This second edition presents an updated action-based curriculum for high school counselors that will meet the needs of 21st century students, helping to foster their growth and engage them in learning what they need to succeed beyond high school. This book takes a comprehensive, developmental approach, focusing on 9th-12th grade students rather than solely on those in 11th and 12th grade. It provides a model for developing and enhancing a successful college advising office as well as essential advice on methods of working with parents. Specific topics discussed include successful transition to 9th grade, using technology

in the college and career advising process, assisting and advising students in college research and application, and helping seniors make successful transitions to college. There is also a special focus on students in urban and rural schools to enable them to have the same enriched experiences in their college and career advising program as those students in private and suburban schools. The curriculum is geared for use by school counselors, college advisors, and readers in graduate counseling student courses.

College and Career Readiness in Context 2013 Leslie Santee Siskin The shift in education reform to a goal of college and career readiness for all students is a change that has been embraced widely across the country. The challenge of designing new policies and programs that could accomplish the goal that all students should graduate from high school with the skills and knowledge necessary to succeed in college and career is tremendous. The pressing question now is whether and how students, schools, and the New York City public school system can move this ambitious goal from rhetoric to reality. To help understand this change, the challenge it presents for schools and students in New York City, and the ways in which philanthropy might help move New York City's schools closer to the goal, Philanthropy New York commissioned a set of three papers. This paper, the first in the series, takes a broader look at the context of this reform, beginning with a brief overview of the challenge, both nationally and in New York City. The second section explores the policy context: how we moved from addressing the "rising tide of mediocrity" targeted in "A Nation at Risk," the 1983 report by the National Commission on Excellence in Education, through efforts to raise achievement levels and reduce dropout rates, to this new goal of readiness without remediation. The third focuses on the history and context of the high school--the deeply embedded structures and expectations that make this change so very difficult. The final section looks at current examples of instruments and initiatives underway to measure where we are now, and how to move forward. This section centers on New York City, where over the last decade philanthropies have invested more than two billion dollars in public education, developing many of the innovations that have helped raise the graduation rate, and have begun to advance college and career readiness. [For the second paper in this series, "The Experiences of One New York City High School Cohort: Opportunities, Successes, and Challenges," see ED562061. For the third paper in this series, "Building Blocks for Better Schools: How the Next Mayor Can Prepare New York's Students for College and Careers," see ED562069. For the "Initiative Overview & Summary of Research," see ED562084.].

A Non-Freaked Out Guide to Teaching the Common Core 2014-09-29 Dave Stuart, Jr. Implement the Common Core for ELA without all the stress A Non-Freaked Out Guide to Teaching the Common Core uses the often-neglected anchor standards to get to the heart of the Common Core State Standards (CCSS)—teaching students the skills they need to be college and career ready. Each anchor standard is broken down into its key points, and a discussion of each anchor standard's central purpose helps outline the context for each required skill. This easy-to-read guide gives educators the kind of clear explanations, examples, and strategies they need to feel comfortable teaching the CCSS, and shows how CCSS skills can be integrated into virtually any existing lesson plan. Getting a firm grasp of the anchor standards is the quickest way to start teaching the key concepts of the CCSS, and this user-friendly guide is designed to pave the way for both the first-time teacher and the experienced pro.

Be Core Ready 2013 Pam Allyn This book provides practical strategies for how to implement core ideas for the classroom, school, and home communities. All students can be college and career ready scholars—reading, writing, speaking, listening, and using language in real world ways. This book answers all your questions about how to master core teaching and core learning. And it's all about what you, your students, and their families can do right now to become Core Ready.

College Knowledge 2008-01-28 David T. Conley Although more and more students have the test scores and transcripts to get into college, far too many are struggling once they get there. These students are surprised to find that college coursework demands so much more of them than high school. For the first time, they are asked to think deeply, write extensively, document assertions, solve non-routine problems,

apply concepts, and accept unvarnished critiques of their work. College Knowledge confronts this problem by looking at the disconnect between what high schools do and what colleges expect and proposes a solution by identifying what students need to know and be able to do in order to succeed. The book is based on an extensive three-year project sponsored by the Association of American Universities in partnership with The Pew Charitable Trusts. This landmark research identified what it takes to succeed in entry-level university courses. Based on the project's findings - and interviews with students, faculty, and staff - this groundbreaking book delineates the cognitive skills and subject area knowledge that college-bound students need to master in order to succeed in today's colleges and universities. These Standards for Success cover the major subject areas of English, mathematics, natural sciences, social sciences, second languages, and the arts.

Setting Statewide College- and Career-Ready Goals. Issue Brief 2010 National Governors' Association. Center for Best Practices The changing economy requires that states focus on postsecondary education and training as the goal for all students. Recognizing this, states have led the charge to increase expectations for all students. Unfortunately, the newfound support for college and career readiness has not yet led to significant improvements in student outcomes. To stimulate improvement in the preparation of students for postsecondary education and training, states can set statewide college- and career-ready goals. In setting state education goals, governors can define the vision and inspire the change necessary to prepare all students for success in college and careers. However, to date, very little guidance exists for states seeking to create education goals. This Issue Brief provides direction to state leaders on establishing college- and career-ready performance goals. Appendices include: (1) Power Indicators Cross-Reference Table; and (2) Arkansas Performance Goals and Measures. (Contains 47 notes.).

College-ready, Career-ready Or Career- and College-ready 2016 David Andrew Ruhman The face and make-up of education has experienced an almost constant state of reformation resulting in progressive benchmarks from each transition: the establishment of national education goals (Vinovskis, 2009); increased federal policy on education and accountability (DeBray, 2006); No Child Left Behind (NCLB) legislation (Rebell & Wolff, 2009) and the National Governor's Association Common Core State Standards (Herian, 2011). As a result, there is debate as to whether the educational challenge of today is best summed up by the assurance that all students succeed in meeting college-ready, career-ready or career- and college-ready standards (Stone & Lewis, 2012; CORD & NASDCTEc, 2012; Scott & Sarkees-Wircenski, 2008). Little has changed in the perception that career-ready preparation was second-rate to college-ready preparation. According to Scott and Sarkees-Wircenski (2008), administrators, counselors and instructors have long supported career-ready preparation for those students who appeared unsuccessful in college preparatory courses. The rapid growth of vocational training centers in American schools (Scott & Sarkees-Wircenski, 2008) in conjunction with today's increased focus on academic rigor (DeBray, 2006; Herian, 2011; Rebell & Wolff, 2009; Vinovskis, 2009) challenge local school districts to once again reevaluate individual and corporate perceptions of career-ready educational programs. Cyclical financial support, as well as minimal collaboration by federal, state and local education agencies, has increased the pressure on secondary education to fill the needs of business and industry in producing graduates who are both career- and collegeready upon graduation from high school. Utilizing a social justice model, the researcher researched through the ethic of community to discern examined teacher perceptions of college-ready, career-ready and career- and college- ready education for a variety of internal education stakeholders. This research expanded awareness of the impact education stakeholder perceptions of collegeready, career- ready and career- and college-ready preparation have in encouraging and promoting student advancement toward college and career goals. Statistical significance would enhance conclusions drawn from the quantitative and qualitative analysis of the data. When people are involved, however, seldom does it turn out that the answer is statistically clear. The present study shows that educators perceive there to be barriers to progress during secondary matriculation. It is not, however, clear that one's orientation toward a philosophy of college-ready, career-ready, or career- and college-ready gives the clearest answer as to why these barriers exist. The results indicate that educators do not have their heads stuck in the sand,

promoting and supporting a single path to secondary matriculation. Respondents displayed a balance across the three categories. The language of the responses to openended inquiries lent support to the quantitative analysis of the data, presenting teachers as balanced in orientations toward the student and concerned for the progress of students toward reaching career and college or advanced training goals. The learning community has much to offer to prepare students for life after high school. Educators appear to be progressing toward instituting more rigorous opportunities for students to be ready for both college and a career. The results of the research offer hope that educator perceptions are changing and moving toward greater opportunities for students to leave high school college-ready, career-ready or career- and college-ready. Tapping into the commitment of educators to improve student achievement will assist students in attaining career goals and advance achievement in American schools.

English Learners' Access to Postsecondary Education 2021-09-09 Yasuko Kanno Why does a public high school, despite having resources and educators with good intentions, end up graduating English learners (ELs) without preparing them for college and career? This book answers this question through a longitudinal ethnographic case study of a diverse high school in Pennsylvania. The author takes the reader on a journey with seven EL students through their last two years of high school, exploring how and why none of them reached the postsecondary destinations they originally aspired to. This book provides a sobering look into the systemic undereducation of high school ELs and the role of high schools in limiting their postsecondary options.

Tomorrow's High School 2022-04-11 Gene Bottoms How do some high schools produce graduates that consistently achieve at high levels? Would you believe there's a set of proven strategies that could help you deliver similar impressive results and better prepare students for the world after high school? High schools in the United States face a startling reality: many graduates are unprepared for success in postsecondary studies or for high-demand, well-paying jobs in a rapidly changing economy. Although this situation is alarming, the high schools that have embraced new ways of learning show us what is possible. Drawing from his experience with the High Schools That Work initiative, Gene Bottoms offers educators a path forward by urging them to pursue bold goals and outlining bold actions for achieving those goals. His vision is clear: replace the traditional model of secondary education with one that engages students in a rigorous curriculum that combines a solid academic core with intellectually demanding career pathway courses. The notion that nearly all students can achieve at high levels is borne out by numerous examples of high schools—including those with traditionally underperforming student populations—that have used key strategies to help all students realize their potential. Bottoms explains the root causes of the current shortcomings in high school education and then specifies critical components of successful transformation: * Shared leadership; * Powerful assignments—especially in math, literacy, and career/technical education—planned and executed by academic and career pathway teachers working together; * Strengthened connections between middle school and high school; * A redesigned senior year; and * Comprehensive counseling and advisory programs. Provocative and persuasive in its sense of urgency, Tomorrow's High School offers proven and practical solutions to finally make high schools a rich and rewarding experience for all students, whatever their future college and career goals may be. This book is a copublication of ASCD and SREB. It includes access to nine downloadable appendixes.

The Middle School Student's Guide to Academic Success 2016-08-30 Blake Nemelka It's never too early to start achieving your goals! Get started on the road to success with this unique guide to middle school and beyond—brought to you by FranklinCovey, the company behind the 7 Habits series and The Leader in Me. Middle school is full of changes—maybe it's a new, bigger school, maybe it's friendships starting to get more complicated, or maybe it's a combination of a lot of things. But these changes don't have to be bad, in fact they could be the best thing for us—because when things start to change we have the opportunity to grow. That's why even though middle schoolers have a ton of other things going on, middle school is the perfect time for them to start altering their habits and goals for their future success. Sure it might sound a little scary, but with a little help it can also be exciting! Framed as twelve conversations to start having,

rather than checklists or rules, this unique guide helps students start thinking about what they want their futures to look like and readying themselves to achieve those goals. In *The Middle School Student's Guide to Academic Success*, portions of which were previously published as *Beat the Middle*, authors Blake and Bo Nemelka offer tried and true advice, opportunities for reflection and action that middle schoolers can tailor to their individual goals and interests, and ways for parents and guardians to help them along the way. Beginning with topics students can get started on now—like setting goals, improving your GPA, working on time management skills, and balancing extracurricular activities—and moving forward to future subjects including college applications, scholarships, and money management—this book is the ultimate guide to helping readers become not only successful middle schoolers, but successful people.

(Re)Defining the Goal 2016-07-02 Kevin J. Fleming, Ph.d. How is it possible that both university graduates and unfilled job openings are both at record-breaking highs? Our world has changed. New and emerging occupations in every industry now require a combination of academic knowledge and technical ability. With rising education costs, mounting student debt, fierce competition for jobs, and the oversaturation of some academic majors in the workforce, we need to once again guide students towards personality-aligned careers and not just into college. Extensively researched, (Re)Defining the Goal deconstructs the prevalent "one-size-fits-all" education agenda. The author provides a fresh perspective, replicable strategies, and outlines six proven steps to help students secure a competitive advantage in the new economy. Gain a new paradigm and the right resources to help students avoid the pitfalls of unemployment, or underemployment, after graduation.

English Language Arts, Grade 11 Module 2 2015-12-18 PCG Education Paths to College and Career Jossey-Bass and PCG Education are proud to bring the Paths to College and Career English Language Arts (ELA) curriculum and professional development resources for grades 6–12 to educators across the country. Originally developed for EngageNY and written with a focus on the shifts in instructional practice and student experiences the standards require, Paths to College and Career includes daily lesson plans, guiding questions, recommended texts, scaffolding strategies and other classroom resources. Paths to College and Career is a concrete and practical ELA instructional program that engages students with compelling and complex texts. At each grade level, Paths to College and Career delivers a yearlong curriculum that develops all students' ability to read closely and engage in text-based discussions, build evidence-based claims and arguments, conduct research and write from sources, and expand their academic vocabulary. Paths to College and Career's instructional resources address the needs of all learners, including students with disabilities, English language learners, and gifted and talented students. This enhanced curriculum provides teachers with freshly designed Teacher Guides that make the curriculum more accessible and flexible, a Teacher Resource Book for each module that includes all of the materials educators need to manage instruction, and Student Journals that give students learning tools for each module and a single place to organize and document their learning. As the creators of the Paths ELA curriculum for grades 6–12, PCG Education provides a professional learning program that ensures the success of the curriculum. The program includes: Nationally recognized professional development from an organization that has been immersed in the new standards since their inception. Blended learning experiences for teachers and leaders that enrich and extend the learning. A train-the-trainer program that builds capacity and provides resources and individual support for embedded leaders and coaches. Paths offers schools and districts a unique approach to ensuring college and career readiness for all students, providing state-of-the-art curriculum and state-of-the-art implementation.

English Language Arts, Grade 11 Module 2, Florida Special Edition 2019-10-22 PCG Education Using Figurative Language or Rhetoric *The Souls of Black Folk* Atlanta Compromise Speech An Address by Elizabeth Cady Stanton From the House of Yemanjá How to Write the Great American Indian Novel Paths to College and Career Jossey-Bass and PCG Education are proud to bring the Florida edition of our grades 6–12 Paths to College and Career English Language Arts (ELA) curriculum and professional development resources to Florida educators. Originally developed for EngageNY, we've updated the curriculum with a

focus on the shifts in instructional practice and student experiences the Language Arts Florida Standards require. Paths to College and Career includes daily lesson plans, guiding questions, recommended texts, scaffolding strategies and classroom resources that support student success. Paths to College and Career is a concrete and practical ELA instructional program that engages students with compelling and complex texts. At each grade level, Paths to College and Career delivers a yearlong curriculum that develops all students' ability to read closely and engage in text-based discussions, build evidence-based claims and arguments, conduct research and write from sources, and expand their academic vocabulary. Paths to College and Career's instructional resources address the needs of all learners, including students with disabilities, English language learners, and gifted students. This enhanced curriculum provides teachers with freshly designed teacher materials that include everything educators need to manage instruction, and student journals that give students learning tools for each module and a single place to organize and document their learning. The Florida edition of Paths to College and Career adds even more resources to support teacher instruction and student learning of the Language Arts Florida Standards, including additional guidance for how to help English language learners and supplementary selected-response and constructed-response assessment options. As the creators of the Paths to College and Career ELA curriculum for grades 6–12, PCG Education provides a professional learning program that ensures the success of the curriculum. The program includes: Nationally recognized professional development from an organization that has been immersed in the LAFS since their inception. Blended learning experiences for teachers and leaders that enrich and extend the learning. A train-the-trainer program that builds capacity and provides resources and individual support for embedded leaders and coaches. Paths to College and Career offers schools and districts a unique approach to ensuring college and career readiness for all students, providing state-of-the-art curriculum and state-of-the-art implementation support. ABOUT PCG EDUCATION PCG Education, a division of Public Consulting Group, works with schools, districts, and state education agencies to build their capacity for instructional and programmatic improvements. We provide curriculum development, coaching, professional development, and technical assistance services. Our partnership with educators and leaders in Florida ensures effective implementation of state standards and college and career readiness for all students.

Advanced Strategies and Models for Integrating RTI in Secondary Schools 2019-01-18 Epler, Pam L. To better identify and assist struggling students and avoid unnecessary placement into special education services, the service delivery model response to intervention (RTI) is used with the general education population. Even though RTI has been studied in elementary schools for many years, further research on its use at the secondary academic level is scarce. *Advanced Strategies and Models for Integrating RTI in Secondary Schools* provides emerging research exploring the advanced theoretical and practical aspects of the use of RTI to assist teachers in providing research-based instructional strategies to students who are failing their academic subjects. Featuring coverage on a broad range of topics such as behavioral response, progress monitoring, and career readiness, this book is ideally designed for educators, researchers, and academic professionals seeking current research on the most effective models in place to promote positive student academic achievement.

College and Career Readiness and Success 2013 College & Career Readiness & Success Center at American Institutes for Research This inventory is designed to assist state education agencies and other stakeholders to identify the policies, programs, and initiatives in their states that support students on their pathways to success in college and careers. In other words, it addresses the question: What policies, programs, and initiatives does your state have in place to prepare all students for college and career readiness and success? The purposes of this inventory are to help users: (1) Catalog their state's policies, programs, and initiatives designed to support college and career readiness and success; (2) Identify areas of strength as well as gaps or redundancies in current and planned policies, programs; and initiatives, and (3) Reflect on state priorities and their alignment with policies, programs, and initiatives.

College and Career Readiness for All Texas High School Graduates 2009 This brief explains how Texas can

implement a college-ready curriculum for all students, while preparing them for careers with advancement prospects and future academic success in two-year, four-year, and technical colleges. It shows how the state can endorse career and technical education for high school students without embracing a two-tiered diploma system that sets lower expectations for one group of students and college-ready expectations for others. To do so, it describes the educational model of Hidalgo Early College High School, a promising and potentially replicable example of how it is possible to wed the goals of college readiness with high-quality career and technical education. This school's adoption of an early college design in 2006, through the Texas High School Project, accelerated a more-than-decade-long effort by Hidalgo ISD to promote college and career readiness. JFF prepared this issue brief for the Communities Foundation of Texas, which manages the Texas High School Project's philanthropic investments. Texas High School Project executive director John Fitzpatrick testified before the Texas Senate and House committees on education regarding SB3/HB3 and submitted this brief as written testimony.

Teacher Effectiveness. Race to the Top 2010 Bryan C. Hassel To make dramatic improvements in all students' preparation for college and careers, states need thoughtful, intentional human capital strategies that get the right teachers in the right places in the right subjects. The need is especially acute in states that have or plan to adopt college- and career-ready academic standards and graduation requirements: they will need highly effective teachers--particularly in upper-level mathematics and science courses--capable of teaching rigorous content to all students. State policymakers are well aware that the quality of teaching is the most critical school-based factor contributing to student learning, especially for low-income and minority students. The Race to the Top criteria accordingly encourage states to adopt policies to measure the effectiveness of individual teachers and leaders use those measures to inform a range of human capital systems and decisions, ensure an equitable distribution of effective teachers and leaders, and provide high-quality support for educators and principals. If enacted, all of these policies could help a state advance its college and career readiness agenda, since that agenda will require higher and higher levels of teaching quality in order to succeed. But meeting these criteria presents special challenges in the college and career readiness context, especially when it comes to identifying, developing and deploying effective teachers at the high school level. The challenge is particularly great in high school mathematics and science, where research suggests that subject matter expertise is vital for effective teaching. The two sections presented in this paper focus on those special challenges. The first explores what states need to consider in meeting the Race to the Top's teacher effectiveness criteria at the high school level if they are committed to a college- and career-ready agenda. The second asks how states can go beyond RTTT to provide effective instruction in rigorous content to "all" students, regardless of where they go to school. While the Race to the Top criteria also encourage states to focus on improving leadership, the focus here is on high school teachers because of the specific issues teacher effectiveness poses for the college- and career-ready agenda. (Contains 1 table and 24 endnotes.).

English Language Arts, Grade 12 Module 2 2015-12-18 PCG Education Paths to College and Career Jossey-Bass and PCG Education are proud to bring the Paths to College and Career English Language Arts (ELA) curriculum and professional development resources for grades 6-12 to educators across the country. Originally developed for EngageNY and written with a focus on the shifts in instructional practice and student experiences the standards require, Paths to College and Career includes daily lesson plans, guiding questions, recommended texts, scaffolding strategies and other classroom resources. Paths to College and Career is a concrete and practical ELA instructional program that engages students with compelling and complex texts. At each grade level, Paths to College and Career delivers a yearlong curriculum that develops all students' ability to read closely and engage in text-based discussions, build evidence-based claims and arguments, conduct research and write from sources, and expand their academic vocabulary. Paths to College and Career's instructional resources address the needs of all learners, including students with disabilities, English language learners, and gifted and talented students. This enhanced curriculum provides teachers with freshly designed Teacher Guides that make the curriculum more accessible and flexible, a Teacher Resource Book for each module that includes all of the materials educators need to

manage instruction, and Student Journals that give students learning tools for each module and a single place to organize and document their learning. As the creators of the Paths ELA curriculum for grades 6-12, PCG Education provides a professional learning program that ensures the success of the curriculum. The program includes: Nationally recognized professional development from an organization that has been immersed in the new standards since their inception. Blended learning experiences for teachers and leaders that enrich and extend the learning. A train-the-trainer program that builds capacity and provides resources and individual support for embedded leaders and coaches. Paths offers schools and districts a unique approach to ensuring college and career readiness for all students, providing state-of-the-art curriculum and state-of-the-art implementation. ABOUT PCG EDUCATION PCG Education, a division of Public Consulting Group, works with schools, districts, and state education agencies to build their capacity for instructional and programmatic improvements. We provide curriculum development, coaching, professional development, and technical assistance services. Our work alongside educators and policy makers ensures effective implementation of both the Common Core State Standards and state-specific standards for college and career readiness.

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Study college and career ready helping all students

Once he or she knows the reason, this is the time that the needles are inserted into different parts of the body. One way is called the multi-targeted approach which is designed to lower the body's weight by increasing the output of the pituitary gland.

The areas where the needles will be inserted will be in the ear and in two of three body points. These areas could also include the mouth, the stomach, the lung, the endocrine, the spleen, kidney or thyroid.

During the initial treatment, the "Four Gate" points would be used to circulate energy throughout the entire body. It is also possible that electro simulation will also be done to increase endorphin release and stimulate metabolism.

For Free college and career ready helping all students

Family and school support is necessary to tackle the depression of the adolescent. Parents can get their children admitted in emotional growth schools, boot camps or wilderness programs, to solve the behavioral problems. These programs consist of non medical staff and confrontational therapies. But care must be taken as some of the programs can in turn harm children who are depressed and sensitive. Adolescents, who get caught due to criminal offense, should be taken special care of by their parents. It is best that the child face the consequences and learn a lesson from it. Depressed adolescents respond well to treatment if they are treated comprehensively and early. More than half of the adults are known to have depression when they were in their teens.

Diabetes in adolescents

Diabetes is a rapidly growing, serious health problem among youngster today. Above thirteen thousand adolescents are diagnosed for type 1 diabetes, every year in America. There has also been an increase in the number of teenagers with type 2 diabetes, which was more common among adults above forty and who were overweight. Clinics are reporting that nearly half of the new childhood diabetes cases are of type 2.

Adolescents, who are obese and had type 2 diabetes in the family history, are at a greater risk of developing diabetes.

Story of" college and career ready helping all students

Along with doctor consultation, a psychologist must also be consulted who can deal with the emotional challenges of the adolescent. The family should also play an active role in making the youngster feel better. The family should work in collaboration with physician, dietitian and diabetes educators. Teachers, counselors, school nurses, day care providers, and other community members can provide extended support and guidance. They can provide help with transportation, mental health counseling, health education, social services and financial services.

Eating Disorders in Adolescents

Since the adolescence is the age where bones are sprout and grow rapidly, well nourished food must be given to the adolescent to facilitate normal growth & development. The nutritional intake must be monitored regularly and modified depending upon the growing needs. Teenagers tend to develop eating disorders which affect their nutritional health. The eating behavior must be corrected as early as possible as it can lead to the development of complex illnesses. Eating disorder is the third common chronic illness, especially in adolescent females and the number has been increasing rapidly from the past thirty years.

Challenge college and career ready helping all students

Although one test has proven that acupuncture can help migraines, other tests will also have to be done to prove if this is true. Until such time that other results are published, patients will have to rely on conventional medicine that is prescribed by a doctor.

But you don't have to wait for the results to come out. If you think it is worth a try, go for it. Just ask for a referral from your doctor as there are many practitioners who have accepted the fact that alternative forms of medicine can also help a patient.

You can also find someone online. You can be sure they are certified if they are recognized by the National Certification Commission for Acupuncture and Oriental Medicine.

Guide college and career ready helping all students,Successful Career in Accounting Even if You're Hit Forty!

You're never too old to dream, right? If it is your ambition to become a well-known and most sought-after accountant in the business industry, you can turn that dream into reality even if you're 40 years + already.

If you started planning your career path when you were still younger, your dream is within your arm's reach. In order to experience continuing success, you must have excellent knowledge in accountancy. You must work accurately and you should gather work experience through the years in the profession. Check these steps so that you can at least evaluate your situation right now:

1. You must excel in Mathematics - you must know how to manipulate numbers. Did you excel the subject when you were still in high school or college? As an accountant, you should love mathematics. If you hate it, then you're not an efficient accountant and you're bound to commit mistakes especially in the computation and analysis of financial data.

Concepts college and career ready helping all students:**The Benefits of an Accountancy Career**

There is an increase in demand for knowledgeable CPAs all over the world. When you say knowledgeable, the accountant must know how to perform various duties like bookkeeping, tax preparation, company audits, and even project management. The demand for the best CPAs in different industries is due to the updated laws, business practices, and the reliance to technology.

Here's great news to those accountancy graduates who love to work with numbers and who are willing to learn the newest accounting software - there are a lot of job opportunities out there, waiting for qualified accountants. According to statistics, the accountancy field is growing at a very fast rate. Presently, there are about 1.2M accountants in different industries including corporations, public agencies, charitable organizations, and educational institutions; this is the best time to join the accounting field.

If you've earned a Master's degree in accounting, the better because you have a higher chance of landing a job; those who have a bachelor's degree can also take advantage of the various job opportunities online or in the local papers.

Obsession college and career ready helping all students

A Quick-Start guide to Acupuncture

Using needles to adjust bodily functions to optimum levels is the principle behind acupuncture. Both ancient Chinese and modern Western practitioners have used this technique to relieve many sufferers of chronic

disease. Needling is a relatively safe, beneficial treatment strategy that can be used to reduce pain, improve healing, and increase general well-being. But exactly how is this procedure done and what sort of benefits can be obtained?

Procedure for Needle Puncture

There are two broad categories of acupuncture practice today, traditional Chinese medicine (TCM) and medical acupuncture. Both have their merits, so the choice is individual. The decision for most people hinges upon which philosophy appeals more to them and which technique holds the least apprehension.

Lolita college and career ready helping all students **Free Accounting Software**

Is there such a thing as 'totally free' nowadays? Life is getting harder and harder every year. A great number of people are starving in different areas of the world. It's quite unbelievable that you can still find 'free' things today but if you try to surf the internet, you will notice a lot of ads that say 'free' this and 'free' that.

Accounting is an essential part of the lives of people as well as businesses. Through accounting, an individual or business can keep track of all its financial transactions. If you're a professional, it only means that you earning income. Your income will be used to finance all your expenditures like food, water, electricity, and many others. If you keep track of these things, it can already be called accounting.

In businesses, financial transactions can get complicated and it will be impossible for one individual to handle the task. This is where the accounting software comes in. did you know that there are free accounting software online? That's true and if ou only take time in surfing the internet, you can find this free software.

Miracle college and career ready helping all students

Types of Accountancy Career

Now that you've taken up a course in accountancy, you probably know that there are various types of careers in accountancy waiting for you after you've graduated. If you pass the CPA examination, you will have higher chances in securing a position as a professional accountant.

Accounting in itself is considered an art. In involves analysis and interpretation of financial data. Do you believe that individuals and businesses need accounting one way or another? Aside from business establishments, individuals also make use of accounting in their everyday life. For instance, when you compute or evaluate your expenses, income, and other financial information, that is already considered accounting. Accounting is very important and because of that, it is considered an indispensable business tool. Big and small businesses, as well as individuals, need accounting.

Accounting is of several types and therefore, when you decide to look for an accountancy career in the future, you will notice that there also several types of accountancy careers available.

Behind the college and career ready helping all students

Therefore, the church accounting software is designed to meet the various needs of the institution and it still has room for customization since the needs of the church also change as years go by.

If the church wants to handle all its financial transactions with ease, they should get a church accounting software. By doing so, they can create account statements, balance sheets, budget reports, print checks, maintain invoices, record purchases, etc with ease.

But before anything else, the church representative who will purchase the church accounting software should be knowledgeable. He or she must look into the software's various features and carefully examine it. That person should make sure that the software is flexible to respond to the church's ever changing needs.

Project college and career ready helping all students; First step, log on to the internet. Job sites are all over the web and so you can definitely find an accounting job there. Most of the sites allow jobseekers to sort the job openings through location. After that, you can simply search by using 'accounting' as the keyword. If you surf the net, you can also find websites that focus mainly on accounting jobs. These sites can truly help you in looking for the perfect accounting job. If you can find a job online, then there's no need to check out other resources.

If the search for an accounting job online fails, your second step is to check out local papers. Local companies who are in need of accounting graduates will usually post an advertisement in the local paper and not on the internet. This only means that you can also find jobs through the local papers.

Take a close look at the classified ads section. Find the section about accounting jobs and there you have it. Sort through the job openings posted on the paper; get the address of the company, and the requirements. All the necessary contact information should be noted. Remember, you will be applying directly to the company and not an employment agency unless stated.

example college and career ready helping all students

Start now and look and look for a career in accountancy while you're still young. New accountancy graduates are produced every year and so you mustn't lose hope if you still don't have a career right now. Exert some effort and time and soon you will have a rewarding career.

If the church doesn't want to hire a skilled force of financial experts, they can simply make use of the church accounting software. Accounting experts designed the software and it can assist church officials in managing finances. The software engineers are already well-acquainted with the church's various needs and so they can easily tailor-fit a certain church's software according to its particular requirements.

The church accounting software is quite different from other software. Ordinary accounting software is designed to suit the needs of modern businesses. The church accounting software on the other hand focuses mainly on the necessities of the institution. The church has no ambition or any financial interest. Remember, the church is not being taxed by the government and so its expenditure and resources takes a different curve altogether. Aside from that, the church has several expenditure and income account heads.

Legend college and career ready helping all students

Others

The following are other ailments that acupuncture has been known to remedy:

- Menopausal problems such as hot flashes, infertility, and premenstrual tension.
- Bladder or bowel problems, difficulty or pain in urination, and urinary infections.

- Digestive disorders including nausea, indigestion, heartburn, and diarrhea.
- Respiratory problems such as rhinitis, hay fever, prickly heat, rashes and ulcers, eczema, and some types of dermatitis and psoriasis.
- Conditions of the eyes and mouth such as cataracts, dry eyes, conjunctivitis, retinitis and toothache, and post extraction pains.
- Heat problems such as poor circulation, stroke recovery, and hypertension.
- Addictions such as smoking, drinking, or other harder drugs.

Best Seller : college and career ready helping all students__Accountants can also work as professors, or as researchers in schools or colleges. They can also become reviewers. If you have a knack for teaching, then this career path is for you. Although you won't directly get experience as an accountant, you will see that this career path in accountancy can also provide you with great opportunities.

You can also enter the government. Whether it is the local, state or federal government, you will see that they will constantly have openings for accounting jobs.

Being in the government can also produce a lot of great opportunities in your field. It will let you meet important people who can help you in advancing in your career and it will also provide you with great intensive training as an accountant.

Project college and career ready helping all students

Quitting Smoking for Good with Acupuncture

Acupuncture is already a renowned method used in treating smoking addiction. An alternative medicine believed to have originated as far as 3000 BC in ancient China, this treatment is now being widely utilized for various medicinal and therapeutic purposes. It has been found furthermore to successfully treat drug dependence and chronic smoking addiction.

There are several smoking cessation medications and therapies available presently. However acupuncture is a recommended alternative procedure, especially where conventional therapies have already failed. The strategic insertion of needles in various parts of the body aims to treat the condition in a more profound and emotional level. A smoker needs to free himself from the physiological and psychological addiction of smoking, thus necessitating a more holistic treatment.

Happiness college and career ready helping all students-The lists of subjects you will be learning in school include anatomy, body therapy, massage therapy and the other sciences. Training will be done also in a clinical setting so you are able to put theory into practice but this will only happen in your third year.

While some schools will let you finish a program in three years, there are those that can be completed after five.

Lately, acupuncture school has also gone down the digital path by offering cyber distance programs for those who cannot go to school. Some of these offer CEU's or continuing education units to advance programs.

*Best Seller : college and career ready helping all students*__Although many forms Chinese medication remain debated concepts in Western society, there is a growing interest in these medications and perhaps as the acceptance of the practice grows, so will the discoveries about its medical properties.

More Information on Acupuncture

You can find more information about acupuncture at an acupuncture center close to you. You can easily locate nearby centers or practitioners by searching online. An appointment may be necessary as acupuncture centers are usually busy with long wait lists.

So if western medicine is not working for you and you are looking for an alternative, give some thought acupuncture. More and more people are discovering the therapeutic benefits of this ancient medicine.

Acupuncture is safe and harmless, and therefore you have nothing to lose and everything to gain.

Hope college and career ready helping all students

Facial Acupuncture

Looking beautiful both inside and out is something we all want to achieve. Since your face is ridden with emotion and hormonal issues, you have to take care of it. Fortunately, there is a technique that can do that using painless mini needles and this is better known as facial acupuncture.

Facial acupuncture is a painless procedure that renews not only the face but the body as well. This is because it can erase lines and eye bags making you look younger. At the same time, it can also help clear up pimples and acne.

For this to work, fine needles are placed in acupuncture points on the eyes, face and neck to stimulate the person's natural energies. As a result, this also improves your facial color.

example college and career ready helping all students~Should there be a school near where you live, you should probably take it so you don't have to worry about boarding and lodging as this is just added cost to this long term investment.

If you like the school but cannot afford the cost of tuition, find out if they offer scholarships or if they have a grant in aid program. If there are none, then check with the federal government because they should have one and they will give it to deserving students who plan to enroll in a school accredited by the National Commission for Acupuncture and Oriental Medicine.

Some states do not require you to get a license once you graduate from the program. However, if you plan to practice this elsewhere, you should prepare yourself for the state board exam as this is a requirement.

Learn college and career ready helping all students

Acupuncture Could Help You Finally Manage Your Stress Levels

Today's world can fill the very busy individual with a lot of stress. Without some way of removing this stress from your system, you're placing yourself in danger from a lot of stress-related diseases. You might suffer from insomnia or headaches or very serious heart diseases.

You could take anti-stress pills to help you relax but, like me, you might also be worried about the side effects these pills could have. The good news is that you could try acupuncture at least once to see if it could help

you manage the stress. It certainly couldn't hurt to try acupuncture if all you're after is stress relief.

If you find it doesn't work for you, then you can just easily stop taking acupuncture treatments. If it works, though, then you can say you've found a good treatment for stress that doesn't rely on those dangerous chemicals and pills.

college and career ready helping all students

The imbalance in the Qi may go one way or the other because of Yin and Yang. The person can only be normal if there is harmony between the two which is what acupuncture is trying to achieve. This can only be restored by stimulating these acupuncture points so your Qi can be adjusted, balanced and harmonized.

Apart from using needles, practitioners also use friction, heat, impulses of electromagnetic energy and pressure to stimulate these points in order to balance the movement of energy in the body to reduce one's health. An example of this is sonopuncture where an ultrasound device that transmits sound waves is applied to these points in the body. Some use a tuning fork and other vibration devices.

The Best college and career ready helping all students

Acupressure is another example and here, the fingers are used to relieve the pain. This can be used by itself or with other manual healing techniques.

Impulses of electromagnetic energy are used because our bodies generate tiny but electrical discharges which influence the function, growth and maturity of certain types of cells. By inserting the needles in these areas, it stimulates and alters the neurotransmitters in the body thus making the patient feel better after treatment. This is also sometimes used for diagnosis and testing.

According to the World Health Organization or WHO, here is a list of some illnesses where acupuncture is used. These include acute bronchitis, the common cold, cataract, toothaches, gingivitis, hiccups, ulcers, constipation, diarrhea, headache and migraine, Meniere's disease, osteoarthritis and a lot more. In the US, acupuncture is often used to treat chronic pain conditions and mind body disorders.

Revenge college and career ready helping all students, The second accountancy career that you may be able to land is serving as a public accountant. If you're already a CPA, you can serve the general public. You will be called a public accountant once there is already the so-called practitioner-client connection or relationship. Even those accountants who are not yet certified can already practice their profession. Oftentimes, CPAs join partnerships and they have a wide scope of clientele from the local area to the national and even international clients at times.

Being a government accountant is another career. In this profession, you will be working for the government, whether local, state, or federal. The accounting methods used conventionally are also used in government accounting. You will make use of the method called double-entry systems and you will be using journals as well as ledgers. If you're a government accountant, you will be focusing more in rendering service. Government units are not very particular with profits because they are put up to serve the public.

Fiduciary accounting is another type of accountancy careers. Here, accounting relies on trust. Executors, administrators, trustees, or any other person who is trustworthy can do fiduciary accounting. A fiduciary accountant keeps important records and he also prepares certain reports. The courts can authorize these fiduciary accountants to carry out their tasks.

Power college and career ready helping all students: There are so many chartered accountants all over the world. Choosing just one for your company or organization is an overwhelming task. You have to give a large portion of your time in searching for reputable chartered accountants as well as financial services. By exerting effort in your research, you will be able to find a good financial service provider.

It would be best to hire the services of chartered accountants as soon as you start your business operation. And you know what? Even individuals can hire the services of these accountants so that they can keep track of their financial matters, especially taxation. Money is very important.

Individuals as well as businesses need it for their everyday expenditures. It is therefore of great importance to keep track of all financial and money matters. Go ahead and search for the best financial accounting service online or even locally.

Reading college and career ready helping all students. There are different accounting fields. Are you already in the right career path? If not, perhaps it's now time to change your accounting career. So which is it going to be? Government accounting, public accounting, internal auditing, management accounting, etc? Choose the one you really like.

Older adults are sometimes hard to teach but if you want to reach your ultimate goals, you must not stop learning. You have to become proficient in the accounting software used by the company that you're working.

There is a great number of accounting software out there and you must familiarize yourself with the software.

How long have you been in the accounting field? Have you been promoted? You have to take advanced accounting career studies so that you can become highly skilled and experienced in the profession. You will benefit a lot and promotions will come soon.

Lolita college and career ready helping all students: Seventy four percent of females above fourteen years and sixty percent of females below fifteen years have reported to have involuntary sex. Fifty percent of the adolescent pregnancies are within the time period of six months after the initial sexual intercourse. More than nine hundred thousand teenagers are reported to have become pregnant every year in the United States. Fifty one percent of the adolescent pregnancies result in live birth, thirty five percent result in induced abortion and fourteen percent result in stillbirths or miscarriages. Four out of ten adolescent females get pregnant, before they turn twenty, at least once. Twenty five percent of adolescent deliveries aren't the mother's first child. When a teenager gives birth to her first child, she increases the risk of begetting another child. One third of the adolescent parents are themselves result of adolescent pregnancies.

There are many reasons why adolescents choose to become sexually active at an early stage in life. The reasons can be early pubertal development, poverty, sexual abuse in childhood, lack of parent's attention, lack of career goals, family and cultural patterns of early sex, substance abuse, dropping out from school and poor school performance. Factors which discourage an adolescent to become sexually active are stable family environment, parental supervision, good family income, regular prayers, connectedness with parents and living with complete family and both the parents. The factors which are responsible for the consistent use of contraceptive among adolescents are academic success, anticipation for successful future, and involvement in a stable relationship.

There are many medical risks associated with adolescent pregnancies. Adolescents who are less than seventeen years are at a greater risk of developing medical complications, when compared to adult females. The risk is even more in teenagers below seventeen. The weight of the child, given birth by an adolescent, is very low in these pregnancies. It is usually below 2.5 kilogram. The rate of neonatal birth is also three times greater in adolescents, when compared to adults. Other problems caused by adolescent pregnancies are prematurity of the child, birth of underweight child, poor maternal weight gain, poor nutritional status, anemia, STDs and

hypertension induced due to pregnancy.

Rating : college and career ready helping all students

Cholesterol in Adolescents

Parts of adolescent's body are filled with a waxy stuff identified as cholesterol. It helps to produce vitamin D, cell membranes and certain hormones. Blood cholesterol comes from two different sources, liver within the body and food. The adolescent's liver produces enough cholesterol to carry out proper functioning.

The blood acts as the carrier of cholesterol and transports it to different parts of the body. They are transported in round particle form known as lipoproteins. There are two types of lipoproteins called the low density lipoproteins or LDL and high density lipoproteins or HDL. Low density lipoprotein or LDL cholesterol is commonly known as bad cholesterol. It helps in the building up of plaque in arteries and this condition is known as atherosclerosis. The LDL level must be low in the blood and if it is high it must be decreased. Healthy weight must be maintained and exercise should be done regularly. Food items which have high contents of calories, dietary cholesterol and saturated fat must be avoided.

High density lipoprotein or HDL cholesterol is the good cholesterol. It is actually a kind of fat in blood which helps to remove bad cholesterol from the body and stops the build up of plaque in the arteries. The more the HDL cholesterol in the blood the better it is. The HDL can be raised by at least twenty minutes of exercising daily, decreasing body mass and keeping away from food with saturated fat. Some adolescents need to take medications in order to increase HDL. In such cases, increasing HDL can be a complicated procedure and the physician can make a therapeutic plan to increase HDL in the blood stream.

Revenge college and career ready helping all students. One can follow certain things to avoid allergies like people who have food allergies that contain should peanuts and any food containing smallest amount of peanuts. Also avoid using cosmetic that contain chemicals allergic to the skin. One can also avoid airborne allergies by keeping pets in restricted areas and away from bedroom. Replace carpets and rugs from time to time. Avoid keeping things that accumulate dust. And also clean the room and house frequently.

Anemia in Adolescents

To understand what is anemia one should begin with breathing. The oxygen that is inhaled simply doesn't stop in lungs. It circulates though out the body and fuels the brains also. Oxygen travels to all parts of the body though bloodstream and to be precise in the RBCs I.e. red blood cells. Now, these RBCs are produced in the bone marrow of the body and they serve as boats carrying oxygen in the bloodstream. RBCs have something called hemoglobin, a protein which holds oxygen. To make adequate hemoglobin body requires iron in plenty. The iron is supplied by the foods that we take along with other nutrients. When these RBCs are fewer in number than what is needed anemia occurs in the body. There can be 3 primary reasons: RBCs are lost due to some reason, the production of RBCs is slower than what is needed and lastly the body is destroying the RBCs. Different types of anemia are linked to at least one of these causes.

Analysis college and career ready helping all students

Although there is an increase in the use of contraceptive methods by adolescents during their first sexual contact, only sixty three percent of the high school students have said to use condom while having sex previously. Adolescents, who use prescription contraceptives, delay their doctor's visit until the time they become sexually active for over a year.

According to a research, youngsters who have participated in sex education programs which gave them knowledge about contraception methods, abstinence, sexually transmitted diseases and youngsters who involved in discussions in order to get a clear picture, used contraceptives and condoms effectively without any increase in sexual activity. The Center for Disease Control & Prevention has said that the solution for unwanted adolescent pregnancies and STDs are barrier contraceptive use and abstinence.

Allergies in Adolescents

Allergies are reactions by immune system that are abnormal in nature to stuff that are usually harmless to majority of the people. When somebody is allergic to something the immune system of that person gets confused and thinks that the substance is detrimental to the body. The substances causing allergic reactions are known as allergens. The examples of allergens are dust, food, plant pollen, medicine etc. The body produces antibodies to protect itself from these allergens. The antibodies make certain cells present in the system to let chemicals to mix with the bloodstream and one of them is histamine. This chemical then acts on nose, eyes, skin, lungs, gastrointestinal tract and results in allergic reaction symptoms. Exposure to the same chemicals in future triggers same response to the antibodies again meaning every time one comes in contact with the same allergen, allergic reaction is produced in the body.

Discovery college and career ready helping all students: Once you start your accounting classes, you have to study all your lessons and know them by heart. This is the only way to become a successful professional someday. And of course, you need to pass all your exams so that you will soon hold your diploma.

There are many career opportunities for accounting graduates. Again, if you think that an accounting course is the best for you, enroll now. Study hard and master the principles and concepts of accounting. Only by then can you say that you're an effective and efficient accountant.

Developing awareness in related fields. In accounting alone, there are several career opportunities. If you keep yourself up to date, you will be able to perform effectively and resourcefully. Know the recent developments in the accounting field. Don't focus all your attention to your current career. You have to look into other accounting careers so that you can be a well-rounded employee.

Read Only : college and career ready helping all students.

Basically, public accountants offer their services in partnerships. They offer their services to individuals, as well as businesses and the government. You need to remember that in order to become a public accountant, you need to be a certified public accountant in order for you to work individually or as part of an accounting firm.

Public accountants basically do jobs, such as taxation, auditing, as well as management advisory services. You should remember that this particular career is considered to be a stepping stone of most accountants. If you want to start your career as an accountant, being a public accountant is usually the first job that you have to take. Here, you will learn a lot of things about running a business and you will also increase your experience. Another great thing about being a public accountant early on in your accounting career is that it provides a lot of great opportunities as it will give you lots of experiences, and become more in demand by companies to handle their accounts and income.

Obsession college and career ready helping all students

Behold {the chronicles|the accounts} of bygone eras, {where|in which} the ink of scribes has {immortalized|preserved} {the narratives|the stories} of kings and commoners alike. This is not {a book|an ordinary book}; it is {a portal|a gateway} to {the epochs|the periods} that have paved {the way|the path} for {the world|the globe} we inhabit today.

Revenge college and career ready helping all students__ Women who are pregnant are also advised not to undergo acupuncture treatment. However, they can engage in that once the baby is born.

How well the acupuncture treatment will go depends also on specialist who will be performing it. You have to take into account their years of experience and skill so they are able to make the correct diagnosis, finding the acupoints in the body, the angle at which the needles will be inserted and the techniques they know as there are different types of acupuncture.

This brings us to asking ourselves how to find a skill acupuncturist. For this to work, we have to do ask our doctor if they can refer anyone. It wouldn't hurt to also do some research online. After all, there are about 3,000 acupuncturists all across the country so it won't be that hard to find one.

example college and career ready helping all students

There are things that patients have to be aware of before, during and after surgery. The same goes for those who undergo acupuncture because in order to enhance the value of the treatment, there are some do's and don'ts that patients have to follow.

First, you should not eat a large meal before or after treatment.

You should also avoid over exercising, engaging in a sexual activity or consume alcoholic beverages 6 hours before and after treatment.

Since the acupuncture session will last from 45 minutes to 2 hours depending on how often you have to go to the clinic, you better fix your schedule so you have time to rest.

college and career ready helping all students

The needles used in acupuncture are very small and you will probably feel a slight twitch when the needle goes in. They will be inserted carefully to ¼ or an inch in depth and will stay there from 45 minutes to an hour depending on the condition of the patient.

If inserted properly, you should feel some cramping, distention, electric sensation or tingling which means that the treatment is working.

Needles used for acupuncture especially in the US are clean because they are required to be disposable. This prevents any chance that those who go for treatment will be contaminated by a communicable disease like hepatitis or HIV.

For Free college and career ready helping all students~There is also auricular acupuncture where it is believed that the ear is a microcosm of the body. This means that acupuncture needles are placed on certain points on the ear so it can treat certain addiction disorders.

Myofascially-based acupuncture is often utilized by physical therapists as it involves feeling the meridian lines in search of tender points before applying needles as this is where abnormal energy flows.

Japanese styles of acupuncture referred to as "meridian therapy," tend to put more emphasis on needling technique and feeling meridians in diagnosis.

*Obsession college and career ready helping all students.*In short, the business' language is accounting. All business activities are quantified through accounting and this is where all business reports are derived and later on, communicated to the management level. What career opportunities can you expect if you're a graduate of accountancy?

Public Practice - if you become a CPA, you can do public practice. You can give your services to clients in exchange for an affordable fee. Usually, CPAs work in partnerships and they offer their services to businesses, governments, and even to individuals. The job responsibilities of an accountant in public practice will usually include auditing, taxation, management advisory services, etc. You can gain a lot of work experience in this field.

Education - accountancy graduates can also teach after they get their methods of teaching. They can become a researcher, reviewer, and a professor. If you choose this profession, you can learn a lot of things. You can clear out certain accounting issues, conduct research, and then distribute the results.

History college and career ready helping all students

After years of being a member of the accounting group, you will have your chance of becoming the department head or you can be promoted as the cost accountant, budget officer, chief accountant, or even the company auditor. The size of the corporation determines the various responsibilities of the accountant.

Now you know that by taking up a course in accounting you will be offered a myriad of opportunities in the future. You must be able to choose the right career path. Before making a decision, you have to consider the responsibilities and nature of work of a certain accounting career.

Choose the one that you like most and one that you're passionate about.

Solutions college and career ready helping all students

The number of treatments you will need depends on the patient's condition. On average this could be from 10 to 5 treatments and 2 to 3 times a week. How much it will cost also varies as this could be from \$40 to \$150. Some insurance companies and HMO's now cover that or partially so you should check if this is included in your policy.

Anyone can try acupuncture to relieve pain or prevent one but many practitioners decline to see someone during pregnancy. But if you have already started, it is generally safe to do so until the infant is born.

Some acupuncturists may ask you to take in some herbs as part of the treatment. Since you have no idea what it can do, have this checked first by your local doctor to make sure this is safe as this could interact with the drugs you are taking causing side effects.

example college and career ready helping all students;While you're surfing the internet, why don't you search for trial versions? By taking advantage of trial versions, you can evaluate if the certain software meets

all your accounting needs. After the trial version, you can now decide whether you will subscribe the software or not. Trying out trial versions does not involve any commitment. If you don't like the software, discard it and then look for another trial version.

If you follow the tips mentioned above, you can now have a free accounting software that you can use personally and even for your small business. Some manufacturers offer different functionalities that are added to your existing downloadable accounting software.

By taking time to surf the internet, you can find intuitive, robust, and practical accounting software. Most free software can be downloaded without any complications. If you want to practical, take advantage of this free software. Try them now and handle all your finances efficiently.

*Obsession college and career ready helping all students...*In the distance, a stream meandered through verdant valleys, carrying with it the stories of generations past. Mountains stood tall and proud, silent sentinels bearing witness to the passage of seasons. The settlement, with its crimson-roofed houses and meandering streets, seemed like a miniature masterpiece nestled within nature's grand picture.

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Concepts college and career ready helping all students...Self motivation is extremely necessary in losing weight. Because obesity is more a family problem and not an individual problem, the whole family can switch to eating healthy food and exercising regularly. This can make the weight control program a success. Parents can play a major role by boosting the self esteem of their children by concentrating on their strengths and encouraging them, instead of targeting the weight problem. The whole family should eat meals together, instead of eating individually while watching a movie. This helps all the members to focus on the food and the quantity being eaten. If the teenager isn't getting support from his family members, he/she can join support groups which can help towards the goals.

After the adolescent has lost weight, it is very important that he/she maintains it. In majority of the cases, people shift back to their old eating habits after losing weight. That is the reason why obesity is more of a lifetime issue. So the main aim of any weight loss program must be make the adolescent like healthy food. He/she must also be made to exercise regularly, irrespective of the weight.

Rating : college and career ready helping all students

The disease should not be taken lightly and if it's left untreated it can spread and affect the bones under the teeth which would eventually dissolve and would not longer support the teeth in its place. The chronic form of the disease is responsible for tooth loss in seventy percent of the cases affecting seventy five percent of the people at some time in their lives.

The causes of periodontal disease are similar to any other oral disease wherein plaque buildup and bacteria are responsible for the condition. According to statistics plaque buildup is the main cause of gum related diseases. Apart from the causes listed, the other possible causes of periodontal disease include: Genetics, unkempt oral hygiene, food getting stuck to frequently in the gums, mouth breathing, low nutrient diet or vitamin c deficient diet, smoking, diabetes, autoimmune/systemic disease, changes in hormone levels, certain medications and constantly teeth grinding.

According to statistics nearly sixty six percent young adult population suffers from periodontal disease and nearly fifty percent of teenagers suffer from periodontal disease. Also, it is the most widespread tooth loss cause in adults. But, what are the symptoms of periodontal disease? There are various symptoms and it could differ from one adolescent to the other which may include swollen, tender, and red gums; if one gets bleeding during brushing or flossing the teeth it is also one of the symptoms of periodontal disease; receding gums; constant odorous breath; loose teeth; dentures not fitting any longer; change in alignment of jaw and bite. The symptoms of the disease may be similar to other medical conditions and doctor's consultation is the best in this regard.

*Obsession college and career ready helping all students.***Obsessive Compulsive Disorder in Adolescents**

Obsessive compulsive disorder or OCD starts from adolescence onwards. OCD is feeling of strong obsessions and compulsions which result in intense discomfort and affects daily functioning. Obsessions are thoughts which are persistent and recurrent. They even include unwanted images and impulses which lead to distress and anxiety. These feelings and thoughts are usually irrational or unrealistic. Compulsions are repetitive rituals or behavior such as checking something again & again, or mental acts such as counting. These obsessions & compulsions cause intense distress and anxiety and can interfere with the daily activities, relationships, social activities and academic functioning. The person with OCD thinks that he has no control over his actions. OCDs are relapsing and chronic illness.

The thoughts change as the adolescent grows. Younger children suffering from OCD often have thoughts of harm befalling on them and their family such as thief getting into the house through an unlocked door. This will make the children to recheck the door and windows again and again fearing that they might have left the door unlocked accidentally. Teenagers suffering from OCD fear that they might get fall sick due to germs, contaminated food and AIDS. The adolescent develops certain rituals, such as washing hands innumerable times, in order to get over the fear. These rituals help them to think that they have overcome the problem for the time being and give them temporary relief. If they do not perform these rituals, they become more and more anxious.

Solutions college and career ready helping all students

Even though acupuncture isn't part of Western medicine, Western medicine experts have studied it extensively. Some theories as to why it works involve acupuncture perhaps stimulating the brain's release of the body's natural painkillers. Acupuncture could also stimulate proper circulation in the human body.

Western medicine is still studying acupuncture and trying to find out how to best integrate it with practices in Western medicine. That is why, along with Western medicine and trips to the doctor, one could certainly try

acupuncture.

It couldn't hurt and it might actually be the one to finally relieve you of a lot of your body's aches and pains and even make you healthier.

example college and career ready helping all students~Obesity can be caused due to complex reasons including biological, genetic, cultural and behavioral factors. Usually a person gets obese when he/she consumes more calories than the body burns. Also there are fifty percent chances of becoming obese when both one of the parent is obese and when obesity has affected both the parents, the chances increase to eighty percent. One percent of obese people can have that fat because of health reasons, as obesity can be caused due to few medical disorders. The causes of obesity in adolescence are overeating, family history, bad eating habits, little or no exercise, medical illness, low self esteem, medications, depression, emotional problems, stressful life, and family problem.

Obesity can cause many major problems. Some of them are diabetes, sleeping disorders, high blood pressure, breathing problems, emotional problems and increase in heart disease risk. Teenagers are more prone to get emotional problems. Because of the weight, they develop low self esteem. They get into depression, obsessive compulsive disorder and anxiety.

Adolescents who want to tackle the obesity problem should approach a pediatrician who will thoroughly evaluate the cause. If no physical disorder is to be blamed, the weight is reduced by limiting the calorie intake and increasing physical activity. The doctor can advise a weight management program and change the eating habits of the teenager, slowly. The patient must avoid oily, fatty, fast and junk food. The portions must be reduced in order to decrease the calorie intake. If the adolescent has developed emotional problems because of obesity, an adolescent psychiatrist can collaborate with the pediatrician in order to make a comprehensive plan for treatment. The plan includes reasonable goals, behavior modification, family participation, and management of physical activity.

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Obesity in Adolescents

Obesity and overweight are the second most major reasons of preventable deaths in America. Stagnant lifestyle and junk food is to be blamed for more than three hundred thousand deaths per annum. The sad thing is that this problem is on the rise. Obesity is a chronic disease which poses serious health risk to the health of an individual. Also, obesity is the easiest recognizable medical problem, but is very difficult to deal with. People usually confuse obesity with overweight. Overweight is gaining of a few extra pounds. A person is considered obese when the total body weight is minimum ten percent more than the recommended weight for his/her body structure and height. According to an estimate every year hundred billion dollars are spent on the obesity problem. It is very important to treat the problem as early as possible. Obese children between the age of ten and thirteen have eighty percent chances of growing into obese adults, unless they change their ways and adopt a healthier lifestyle. The obesity problem starts from the age of five and continues till adolescence.

File Pdf college and career ready helping all students;It doesn't matter if you are still in high school or if you are already working because a shift in your career could let you achieve your true calling.

The best way to start though is to talk with an acupuncturist about what it takes to become one so he or she will be able to give you an idea of what happens in the job.

If you haven't picked a school, talk to students about the curriculum so you get your money's worth should you decide to attend this college.

Miracle college and career ready helping all students

There are many premenstrual syndrome symptoms which can be broadly classified as neurologic & vascular symptoms, psychological symptoms, gastrointestinal symptoms, fluid retention, eye problems and respiratory problems. The cause of premenstrual syndrome are fluctuations in the levels of progesterone & estrogen, hypoglycemia, hyperprolactinemia, psychogenic factors, changes in carbohydrate metabolism, excessive aldosterone, progesterone allergy and water retention by kidneys. The good thing is that premenstrual syndrome can be prevented by exercising regularly, eating balanced diet and sleeping adequately.

Dysmenorrhea is feeling intense menstrual pain and cramps. Depending on the severity, dysmenorrhea is stated as primary dysmenorrhea or secondary dysmenorrhea. Primary dysmenorrhea symptoms are felt from the onset of the menstrual periods and are felt life-long. Because of abnormal uterine contractions due to chemical imbalance, severe menstrual cramping is experienced. Secondary dysmenorrhea starts in the later stages. The causes are different for primary and secondary dysmenorrhea. Secondary dysmenorrhea can be blamed on medical conditions such as endometriosis, uterine fibroids, pelvic inflammatory disease, tumors, infections, and abnormal pregnancy.

Dysmenorrhea symptoms are lower abdomen cramping & pain, lower back pain, nausea, diarrhea, vomiting, fatigue, fainting, weakness and headaches. Females who are overweight, smoke, and have started to menstruate before turning eleven are at a higher risk of developing dysmenorrhea. Females who drink alcohol during menstrual period experience prolonged pain. After studying the health conditions, age, cause of dysmenorrhea, and extent of condition of the individual, corresponding treatment will be recommended. Regular exercise, abdominal massage, hot bath, vitamin supplements, and dietary modifications can help overcome dysmenorrhea.

Study case college and career ready helping all students

The treatment is finished after an hour and when the needles are removed, you are advised to wear ear magnets so your session continues even when you leave the clinic. While acupuncture itself is a painless procedure, some smokers have claimed that they felt a prick or get sleepy.

Most smokers will have to come to the clinic 4 to 6 times before seeing any significant results. Just to give you an idea, one study shows that the respondents reported a decrease in the number of cravings to smoke just after one or two sessions. Seven out of 10 of the respondents were able to kick the habit after 5 or 6 sessions.

Because the number of test subjects is small, there are some who doubt the effectiveness of acupuncture. This is because although there are positive signs with regards to the short term effects of this technique, its effects were not sustained. This is why some medical journals have stated that it is unclear what acupuncture can do in smoking cessation.

Happiness college and career ready helping all students-**Heat-Related Illnesses in Teens**

Heat related illnesses are caused due to prolonged exposure to heat and also humidity without any reprieve and due to inadequate intake of fluids. Kids and teens adjust to the variations in heat compared to adults who adapt more quickly. However the heat production is high in them when compared to adults but sweat relatively less. Sweating is the natural action of the body and cooling mechanism to counter heat. Kids and teens often ignore these facts and do not hydrate themselves enough while playing, participating in sports and exercises.

Kids and teens with health problems that are chronic or those who are on certain prescription could be more susceptible to heat related problems. Overweight adolescents or those who wear heavy clothing in times of exertion also suffer heat related illnesses. Heat related illnesses are basically classified into three types. They are: Heat cramps, heat stroke and heat exhaustion.

Behind the college and career ready helping all students~The other virus called cytomegalovirus which also belongs to the family of herpes simplex causes the cells to become enlarged. According to statistics, about eighty percent of adolescents infected with this virus generally don't see any further symptoms. Although EBV has potential to develop infectious mononucleosis in adolescents the virus could make throat and blood cells its home for the lifetime. The virus has the capability to bounce back and reactive from time to time but the consolation is that it would reactivate without symptoms.

The condition usually lasts for 1-2 months. The symptoms may vary from one adolescent to other but may include inflamed lymph glands in areas such as groin, neck and armpits, fever, continuous fatigue, enlarged spleen, sore throat as a result of tonsillitis that can make things difficult to swallow and last but not the least minor liver damage that can lead to short-term jaundice. Some adolescents may also experience symptoms such as abdominal pain, petechial hemorrhage, muscle ache, headache, depression, loss of appetite, skin rash, weakness, dizziness, enlarged prostate, dry cough, swelled genitals and puffy and swollen eyes. Some parents are puzzled by the symptoms of mononucleosis as it may be similar to other medical conditions. It is safe to consult a doctor in such cases.

The viruses are usually transmitted to other people through saliva (the reason why it is also called kissing disease), blood, sharing drinks and sharing utensils. The symptoms usually lasts for 4-6 weeks and do not cross 4 months. The disease is diagnosable but requires a thorough medical history of the adolescent. The diagnosis also involves physical examination of the adolescent and is based on symptoms reported to the physician. The diagnosis is further supported by laboratory test like blood test, antibody test and test to count white blood cells.

college and career ready helping all students, Variations of Conventional Acupuncture

Auriculotherapy or ear acupuncture is one of the variations of conventional acupuncture. In this practice, it is believed that the ear provides a map for all the major bodily organs. A specific area or point on the ear corresponds to a particular organ, such as the heart, kidneys, or liver. Thus, the needles are placed in particular points around the ear and on the ear cartilage.

Staple acupuncture is a method used in smoking cessation, wherein staples are placed for a certain period anywhere on the ear area to provide stimulation.

Indeed there is growing evidence that this traditional Oriental practice can rival any modern forms of treatment. If you are one of the many people who are looking for a widely recognized and time honored therapeutic practice, acupuncture may just be the alternative treatment for you.