

“I thoroughly enjoyed this program. Not only did I learn about my career of interest at WTTW, I also was able to see various other positions and jobs needed to put on a daily television show.”

student with journalism interest

“This really opened my eyes to what architecture is really like.”

student with architecture interest

“My mentor took a lot of time with me explaining how physical therapy is used in fitness training. It was a very rewarding experience.”

student with physical therapy interest

“I was introduced to a world of high-tech, high-efficiency medicine.”

student with medicine interest

“I saw that courthouses are a little more friendly than I thought they would be.”

student with law interest

When you were five years old, what did you want to be?

A doctor, teacher, police officer, firefighter, President?

Now in 2008, do you feel the same, or has your direction changed?

CAREER EXPLORATION

Open Doors is a career exploration program designed to guide you in an answering that question. By indicating specific career interests, we will attempt to place you in job shadowing experiences in those fields.

VOLUNTEER SERVICE

By helping others through volunteer service you can make a positive difference in your community and have an opportunity to explore potential career options.

WHO CAN PARTICIPATE? AND WHEN?

This program is available to ALL students on April 23, 24, 25 & 26, 2008. There is no school on these days for all students other than Juniors taking PSAE exams. Juniors will be limited to Friday and Saturday participation in *Open Doors*.

Lake Forest High School
1285 McKinley Road
Lake Forest, Illinois 60045

LFHS “OPEN DOORS”
Career Exploration through
Job Shadowing and Volunteer Service
April 23, 24, 25, & 26 2008

Open Doors

**Career Exploration
through Job Shadowing
& Volunteer Service**

**April 23, 24, 25,
& 26, 2008**

Developed by Lake Forest High School and the
Volunteer Center of Lake Forest/Lake Bluff

CAREER EXPLORATION

SUGGESTED OPPORTUNITIES

The more specific you are regarding your areas of interest the more helpful it is for us to match you with a mentor.

- | | |
|--|---|
| Advertising | Hospitality |
| Architecture | Information Technology |
| Business | Journalism |
| Design: Interior, Fashion, Graphic, Landscape, etc. | Law |
| Education: Primary, Middle, High School, Special Ed, etc. | Law Enforcement |
| Engineering | Marketing/Communications |
| Financial Services/Investments | Merchandising/Retail |
| Fitness Training | Military |
| Government/Public Administration | Performing Arts |
| Health Care/ Medical Professions | Personal Services: Beauty, Hair Styling, Spa, etc. |
| | Photography |
| | Sports |
| | Studio Arts |
| | Theatre |
| | Trades |

Other

Any requests other than these listed will also be considered.

VOLUNTEER SERVICES

VOLUNTEER OPPORTUNITIES

Below you will find a list of volunteer explorations available during the Open Doors program dates.

PLEASE take the time to view the website www.LFHS.org under "Student Services Opportunities" for detailed service descriptions, directions and contact information.

Boys and Girls Club of Lake County

Help with homework, reading, arts & crafts, sports, or recreational games. 3-7pm Wed-Fri. *Waukegan*

Catholic Charities

Provide childcare while mothers attend therapy and/or class sessions.

Play games and organize activities for kids. 4pm-5pm Wed-Thurs, *North Chicago*; 6pm-7pm Wed-Thurs, and 7pm-8pm Fri. *Gurnee*

C.O.O.L Food Pantry

Assist with sorting, stocking, packaging and distributing food to pantry visitors. 10am-2pm Wed-Fri. *Waukegan*

C.O.O.L Arbor Day Project

Help plan Arbor Day project at one of COOL's housing sites. Assist with locating donation of planting materials (trees, shrubs, flowers). Fri, time tbd. *Zion*

Elawa Farm Garden

Help open the garden for Spring; turning compost piles, measuring and laying beds, preparing paths for sowing clover and planting

spinach, beets, swiss chard and scallion seeds. 10am-2pm Wed-Fri. *Lake Forest*

Heller Nature Center

Celebrate Arbor Day by prepping oak acorns/seedlings for nursery growth and cutting buckthorn.

9am-12 noon, Fri. *Highland Park*

Holy Family Food Pantry

Help in the office and with the food distribution. 10am-1pm Wed. *Waukegan*

Kids Korner

Supervise and play with children ages 2-12 who are waiting to testify in court, or whose parents are conducting court business. Exposure to court room proceedings is possible. 8:30am -12:15pm or 1:15pm - 5pm Wed-Fri. *Waukegan*

Lake Forest Open Lands

Introduction to prairie and restoration work followed by non-native, invasive species removal; garbage patrol, and planting native plant plugs. 9am-12noon, Wed & Fri. *Lake Forest*

Ragdale

Spring clean-up in inspirational garden at historic estate; weeding and planting. Wed -Fri, am or pm shifts. *Lake Forest*.

Reading Power

Tutoring children in grades 1-3 in reading, writing or math. 9-11am, Wed-Fri. *North Chicago*.

WINGS

(Women in Need Growing Stronger)

Help at resale stores with donation sorting, arranging items on sales floor: Fun place to work and shop! Any time between 10am-5pm, Wed-Fri. *Palatine, Niles, or Schaumburg*

WHAT'S NEXT?

1) Fill out the application provided or online www.LFHS.org

If on this form, it must be signed by the student and a parent/guardian. If applying online, a parent must approve participation by reading over and checking appropriate box.

2) Submit, return or fax application.

Submit online, return to the CCRC, or fax to Kathy O'Hara 847-582-7323

PRIORITY DEADLINE MARCH 7, 2008

3) You will be contacted by email to confirm your choices.

4) A MANDATORY orientation will take place during your lunch period during the week of April 14.

This workshop will be conducted by Marilyn Fettner; of Fettner Career Consulting. At this time you will receive your portfolio containing all pertinent information.

QUESTIONS? CALL OR EMAIL:

Kathy O'Hara (*LFHS Service Coordinator*)

847-582-7424 or kohara@d115.org

Sarah Glynn (*APT Coordinator*) 847-615-9271

or sglynn2@comcast.net

Laura Cox (*APT*) 847-234-3425

or lauracox1@sbcglobal.net

Vickie Marasco (*APT*) 847-234-7553

or vlmarasco@sbcglobal.net

STUDENT APPLICATION (please print)

Name _____ Year _____

Home Phone _____ Cell Phone _____

Parent/Home E-Mail _____

Student E-Mail (not school) _____

Lunch Period for Orientation _____ T-Shirt Size _____

1) Both Student and Parent must read and sign below:

My parents and I have agreed to the commitment and participation in the Open Doors Program.

Parent /Guardian _____ Signature _____

Student _____ Signature _____

2) Check ALL dates and circle times of availability.

Please be sure to check your personal calendar ahead of time to avoid conflicts.

Wed., April 23 morning afternoon

Thurs., April 24 morning afternoon

Fri., April 25 morning afternoon

Sat., April 26 morning

3) Indicate Shadowing and/or Service Interests:

Decide the following: a.) How many of the time slots are you able to fulfill? b.) All career choices may not be available, therefore list areas of interest in order of preference.

a) Shadowing Opportunities (list options)

b) Service Opportunities (list options)

Students are responsible for reviewing the information prior to the Open Doors experience, attending the orientation session, conducting themselves professionally on the job/service site, and completing the evaluation afterward.

The student must provide his/her own transportation!