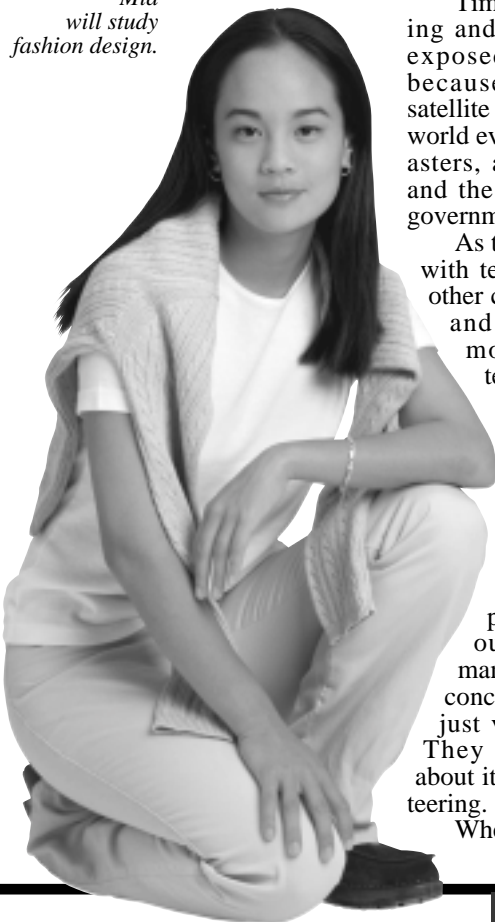


You can do something good

Mia will study fashion design.



Times are definitely changing and teens are much more exposed to world events because of the Internet and satellite TV. We constantly see world events such as natural disasters, abuse of human rights and the rise and fall of world governments.

As teens in the U.S. connect with teens in other states and other countries through emails and chat rooms we learn more about how other teens are coping with situations in their hometown, and lately we have begun thinking more about other people's lives. More teens are willing to have their voices heard about their support for people's rights throughout the world. But now many teens are taking their concerns a step further than just voicing their opinions. They are doing something about it. More teens are volunteering.

Whether it's volunteering to

support a cause or help build a house, teens are getting involved. Students in high schools throughout the U.S. are taking on causes and volunteering their services to help make a difference.

At a local school students studied about Haiti and how its history led to its present day poverty and how most of the country's children do not go to school. They did some research and found out about an international project that was planning to build schools in Haiti. The schools cost \$4500 each, so they decided to raise money for one school. They worked so hard that they actually raised enough money for two schools.

Other teens have supported coffee growers' rights, donated



money for refugees from Kosovo and collected money for orphans in Rwanda. These volunteer efforts for international causes are in addition to the volunteer activities that teens are involved with in their own communities, such as tutoring younger kids, filling grocery bags at a food pantry, collecting supplies for tornado victims and delivering meals to homebound people.

The common denominator for all volunteer work is that it is unpaid. In most cases, volunteer

for others and still

come out ahead

work ends up being the most rewarding of all jobs because it gives you the opportunity to learn new skills, gain much-needed experience, and make some lasting contacts. Volunteer work is work experience that can also be a plus on your resume. You might even try to volunteer for jobs that you are thinking about exploring after high school to see if you really have an interest in that field.

Through volunteering, teens are making themselves useful and making connections throughout the world. By becoming a volunteer you make a difference in your life, as well as the lives of those you will touch.

I was the best high school football player to ever attend my high school—everybody who saw me play said so. I loved football and hoped to play college ball in front of huge crowds. I registered with the NCAA Clearinghouse my freshman year and prepared an athletic resume and contact letters to several of my favorite colleges. I kept my grades just high enough to meet the NCAA academic requirements but preferred playing football to spending time in the classroom. I was dating one of the football cheerleaders and had a lot of friends. I was just about to start my senior year and seemed to have everything going my way.

Then one day I was helping my father with chores around the house and I stepped in a rabbit hole. The doctor said that he had never seen a worse tear of the achilles tendon. The doctor was able to repair the damage

MAKING IT TO THE PROS

so that I could walk without a limp but he told me I would never play football again. I was so disappointed by my injury that my first reaction was to not apply for college and just get a job at the local feed store when I finished high school.

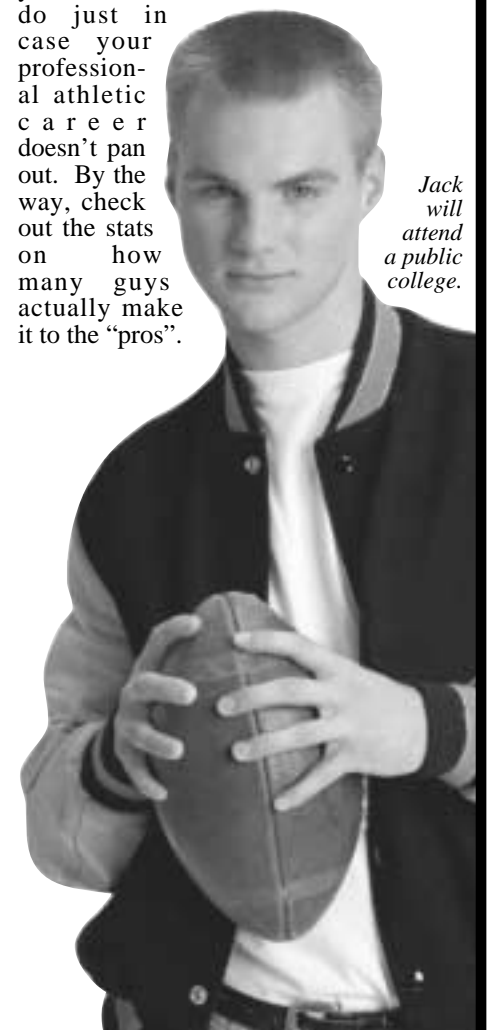
My senior year in high school was tough. I couldn't focus and I was angry because I wasn't going to play football anymore. But then I did some research and found out that a lot of

guys (and girls) end up sidelined because of injuries. Hey there's nothing wrong with wanting to be a professional athlete but you should always have a back-up plan—I call it "Plan B". Just because I can't play football doesn't mean that I can't go to college or get some other training.

The thing to realize is the importance of getting an education, even if you are the "bomb" at football or any other sport.

There is nothing wrong with working at the local feed store. However, if that's not what you want to do, then you are going to have to do some research and find out what else you would like to

do just in case your professional athletic career doesn't pan out. By the way, check out the stats on how many guys actually make it to the "pros".



Jack will attend a public college.

Most teens put their chances of playing in the NBA at 50%. However, becoming a pro isn't easy, there are only a few "jobs" and even fewer "job openings".

In addition, sports careers are usually short lived—once it's over you will still need a skill to fall back on. You do not have to give up your dreams of becoming a pro, but be aware of the odds and prepare yourself to have an alternate career.

The Odds

Sport	# of HS Players	New Major League Pros/Yr	Odds of H.S. to Pros
Baseball	393,905	300	1,300 to 1
Football	956,500	192	5,000 to 1
Basketball	505,100	48	10,000 to 1