

Life After High School
Traits that Help & Traits that Hurt
Olive Peart

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Life After High School: Traits that Help & Traits that Hurt

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Acknowledgments

I have to thank my children and their friends for providing the inspiration for much of this book. Speaking to my children and their friends during their teenage years, and offering solicited and unsolicited advice, often gave me invaluable feedback and a window into the teenage mind.

Books by Olive Peart

Fiction

In **The Intruders** six teens from the Bronx time-traveled into the future and an adventure of a lifetime until forced to take sides in a tribal battle. This was no longer fun. This was war!

Linked is a teen novel about two boys who were begging for help and unable to cope in a world filled with overwhelming family problems. One was black and the other was white and now they had switched!

Non-Fiction

The Dangers of Medical Radiation: Protect yourselves from medical radiation and minimize your exposure. Learn about the dangers from misuse and overuse of x-ray procedures such as CT scans, fluoroscopy including heart angiograms, dental imaging, nuclear imaging and radiation therapy.

Spanish for Radiology Professionals is an English to Spanish translations of often-used, technical terms and radiological instructions.

Professional textbooks

Mammography and Breast Imaging: Prep

Lange Q & A Mammography Examination

Mammography and Breast Imaging-Just the Facts.

LIFE AFTER HIGH SCHOOL

Traits that Help and Traits that Hurt

This book is design to help you, the teenager, understand yourself. If you can figure out what personality type you are, then just perhaps you can move on to figuring out how to manage your life. As a teenager you may be eager to grow up. You want to get out of school, get away from parental control, make your own decisions and live your own life.

Believe it or not, making your own decisions and living life without parental control is not really all that it's hyped up to be. Just consider:in addition to deciding where to live and making your own rules, you will actually have to pay your own bills, buy your own food, cook (or buy) your own meals, plus keep your living space clean, all this while working—fun...fun...fun. You will have no one telling you what to do or how to do it. The problem is that you will have to do these things all on your own — and oftentimes without help.

However, only experience will teach you that your school years can be a great time and this book will not even attempt to convince you otherwise. Here, you'll only be given a few guidelines that you can choose to use or refuse.

Stop and think for a minute. Where do you want to be twenty years from now? Sometimes that is hard to envision. In fact, it is the rare teenager who has completely mapped out his or her path, even two years down the line. You can, however, set goals and position yourself for a successful future.

What this means is that you have to hold on to your dreams. Sometimes it can take years of struggle, both financial and emotional, to realize your dream. Then there is also the other 'big deal' – sometimes casually referred to as studies. Regardless of the issues, what is important is the decisions that you make, and the path that you take, immediately after

leaving high school. Education cannot be overemphasized. You **must** finish high school. That's definitely the most important factor. However, next on the list of importance is to find something that you like or love doing. If you like doing something, you're more likely to stick with it. You will not let a few disappointments get you down or steer you away from your goal.

Disclaimer: This book is not intended to help everyone. Sorry! This book is meant to help those who want to succeed, hope to succeed, or think that with help they can succeed. Reading this book will also help those who don't see anything in their future yet, but want to see something.

If you are thinking of dropping out of high school or have already dropped out because you find it boring or don't see how it can help you, perhaps this book will show you why education is so important. If you are failing or are about to fail and can't see that it matters, read this book. If you would really love to have a baby or if you had a baby because babies are adorable and cute and you really want to love someone or you want someone who will love you, perhaps this book will help.

If you have heard repeated insinuations from others that you're a loser but you don't want to believe them, I think this book can help you. If you think you're a loser and are quite happy with that state of affairs, this book will not help you.

Regardless of your confidence or lack of confidence in your abilities to succeed, I will leave you with a positive proposal: If you think you are a loser prove me wrong. Dream a dream and live it!

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Self-Fulfilling Prophecy – Fulfilled

It sounds almost silly that someone could be a loser just because others expect it. Yet it happens all the time. Take a minute to read the following three short paragraphs from an old newspaper article. This article is comparing the difference between two groups of people. For now we will call them People X and People Y.

1. In the private sector, two main categories of imbalance existed between People X and People Y: The **level of unemployment** and the **type of employment**. Unlike People Y, People X's employment tended toward the lower end of the job market. Also, People X were employed predominantly in unskilled and lower-paying jobs, such as clothing manufacturing and textiles.
2. Public housing is overwhelmingly segregated between the two communities with 69 percent of People X and 56 percent of People Y living in streets where they were in their own majority.
3. Education is also heavily segregated. The overwhelming majority of children of People X can go from age four to 18 without having a serious conversation with a member of People Y.

If you would think these paragraphs are referring to minorities – you are right. If you think People X are blacks, Hispanics, or any other minority group in America – you are wrong.

This excerpt describes the Irish in Northern Ireland. People X are the Irish Catholic and People Y are the Irish Protestants. However, I'm sure you noted how easily these conditions could be applied to minority groups in America or elsewhere. That's because unfortunately, people with poor expectations internalize their negative labels leading to a self-fulfilling

prophecy. Because of their circumstance, they tend to develop personality traits that keep them from progressing to their full potential.

Minorities are found in different countries throughout the world. In all cases they face similar issues of discrimination or feelings of hopelessness. Not surprisingly, the same terms can often be used interchangeably to describe minorities anywhere in the world. And, regrettably, within all minority groups the self-fulfilling prophecy continues to dominate.

What this means is that if a person thinks that we are clever, they will treat us that way. If we are treated as if we are clever, we will act, and even become, clever. Unfortunately, the reverse is also true: If a person thinks that we are stupid or whatever, they will treat us that way. If we are treated as if we are stupid or whatever, we will act, and even become, that way. The person will therefore have their prophecy about us fulfilled!

Now ask yourself, what is your reason for your failing grades? Why are you acting up in class? Why are you constantly fighting with your classmates? Are you really stupid or do you just like acting stupid? Are you refusing to study, just because? Is the topic really boring, or would your friends think, "What's up with you?" if you actually opened a book?

In this day and age, do you actually still believe that because you are a good basketball player you do not need to be educated? What planet are you living on?

As a student, you need to focus on a goal. Sure you want to play baseball and be famous. Just think about those future television interviews! You will need to at least *sound* educated. That means studying now!

Focus on what you want to do with your life. Suppose you want to be an engineer. There is nothing wrong with

researching the field now. Find out if it is right for you. If you want to be a marine biologist but can't stand water or you are fearful of water, perhaps you should reconsider your career choice. If you don't think any of the common professions are a match for you, start looking into the not-so-common fields of study.

You are really at the beginning a long process of choosing a career path and studying to attain your goal. This process will involve a series of major decisions. Concentrate on the positive traits and avoid negative traits. These negatives will only lead to disappointments, failure and conditions that often reinforce the self-fulfilling prophecy.

So what if your teacher/parent/guardian/classmate thinks that you will never make it. Prove him or her wrong! You will have the last laugh!

Who's Who in Minority Groups Around the World

If you are a minority in your school, your neighborhood, your country, or your world, you are not alone. Minorities exist all around the world. For example:

- The Burakumin are one of a number of minority groups in Japan. They were liberated from a feudal caste system in 1871 and still face discrimination in marriage and employment today.
- In much of Central and Eastern Europe the Romani, sometime referred to as Gypsies, have faced housing, employment and education discrimination for centuries.
- In Germany, children of minorities such as the Turks have a dropout rate that is three times the national average and recent immigration laws have made it even harder for them. The inequalities also persist in the job market with high unemployment rates.
- In France, the French Arabs (people who originated in North Africa) and blacks have yet to be accepted.

They face discrimination in employment, promotions, accommodations and even leisure activities.

- Approximately 20 percent of Israel's population, about one million people, are not Jewish. They are primarily Arabic-speaking groups and face discrimination in housing, education and employment.
- About 97 percent of Argentina's population is white of Spanish and Italian descent. However, the Amerindian and other nonwhite groups in Argentina face persistent forms of racial discrimination. Argentina's indigenous peoples are often impoverished and face struggles concerning fundamental issues of survival, maintenance of cultural and linguistic integrity (perhaps say something simpler like keeping their culture alive), land rights and bilingual education.
- Minority and indigenous groups exist in just about every African country. Discrimination in a number of countries has sometimes led to ethnic cleansing where entire population groups have been forced to flee or be massacred by opposing groups. The most recent examples are the action of the Sudanese government against the non-Arab indigenous population and the 1994 massacres of nearly 1,000,000 Tutsis by Hutus in the Rwandan genocide.
- In India, the Dalits and the Adivasis continue to suffer from enormous discrimination and social ostracism.
- The Karen is the largest minority group in the Republic of the Union of Myanmar (former Burma) and has faced discrimination, ethnic cleansing and a decades-long war that continues today.

Before and After HSY

There is a very sharp before-and-after in the life of a teenager. There is life before and life after your high school years (HSY). It is true that life before and during high school can vary tremendously, depending on where you live, whom you live with, and other key factors such as parental involvement and income. As a teenager, you could be struggling to study and care for a younger sibling. You could be working, part-time yes, but work is still work. Your family could be under pressure to make ends meet, with its accompanying stress and confusion. Life could mean repeated fights with a parent or guardian. Life could include high emotional drama in your effort to be accepted and to let your voice be heard. Life could also include almost cuddling help from teachers, parents, or other caregivers.

Regardless of your life before or during high school, life after high school will mean work, trade school or college. The other options are a life of despair, crime, jail or homelessness.

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