Only You Can Prevent Failure...

How To Be Successful

by Lois Holmes

I am a former high school dropout who wasted a lot of time blaming my parents for deserting me, the school for having too many rules, and everyone else for my own failures. It wasn’t until I quit worrying about what had been done to me and began to be concerned about what I was going to do with my life that I became successful.

Ninety percent of how your life is going to turn out is determined by your attitude. A temperamental person is 90% temper and 10% mental. If the people around you are critical and don’t expect you to be able to do anything right — prove them wrong. Don’t let their expectations for you become the reality you will have to live with.

Hating someone doesn’t hurt them half as much as it will hurt you because hatred is a poison. It has been suggested that a lot of cancer patients have become ill because they were unable to forgive and forget. Therefore, you can become physically, emotionally, mentally, and spiritually ill by harboring unforgiveness and resentment towards others.

You are what you are and where you are because of what has gone into your mind. You can change who — what — where you are by changing what goes into your mind.” You do have control over what you think about, and this is the number one place you have to be on guard. Your attitude is formed by the things you think about.

“You are what you are and where you are because of what has gone into your mind. You can change who — what — where you are by changing what goes into your mind.”

Remember; your mind is like a garden and what you plant there will grow. No one else has to live your life, and you are the only person you cannot get away from. You will be as successful in your academic pursuits, career, and personal relationships as you want to be. Only YOU can prevent FAILURE.

Project Discovery Students Are A Source Of Pride

by Wilma Holloway

Another school year has come and gone and we are especially proud of the accomplishments of our students. During the 1995-96 school year, Project Discovery’s mentoring program began a new phase of middle school visitation. We recruited a variety of professionals from the community to visit students and share their personal experiences about education, work and personal accomplishments.

This year was an exciting one for Project Discovery students and staff. Each month a professional from our community representing a particular career visited a school. Participating schools were Mayberry, Hamilton, and Robinson Middle Schools. Students had the opportunity to ask questions about careers, salaries, benefits, and education requirements. The speakers were candid about the importance of academic accomplishments in middle school as well as high school. The presenters were Ms. Janet Lloyd, Assistant Vice-President of Marketing at Intrust Bank; Mr. L. Garney Hill, Assistant Vice-President CDC, Bank IV; Sgt. C. Layton, United States Army; Dr. Vernon Keel, Director, Elliott School of Communication, Wichita State University; and Ms. Frankie Brown, Assistant Director of Personnel, Wichita State University.

Mini-workshops were also part of the Mentoring Program this year. Mayberry Middle School participated in three 45 minute concurrent sessions designed for middle school students to enlighten their ideas about college campuses. Connie Morris, Associate Professor for the Elliott School, held a workshop on “Listening Skills”; Becky Nordyke, instructor for The Elliott School, conducted a “Signing Workshop”; and The Center for Entrepreneurship Assistant Director, Ariene Banowetz, presented former graduates of the Center to discuss how they started their businesses and their personal successes.

We look forward to the 1996-97 school year and anticipate new ways to assist our students.
Discoveries In Success

by Kathy Randels

Recognizing that many middle school students struggle with their learning and need a boost to experience success, Project Discovery developed a program component that began in the school year 1991-92 known as the Talent Search Early Intervention program. This program was designed to provide students with support activities during the academic year and summer. Encouraging middle school students to complete high school and then enroll in a post-secondary program (college, voc-tech, training center) are the long range goals of the Early Intervention Program.

1995-96 Tutoring Program
One of the support activities available through the Early Intervention Program is tutoring. This year 100 students received tutoring assistance in math and language arts classes. Project Discovery tutors met with students several times each week, either in their classrooms or in a space assigned by the school. Most students were able to experience success with the assistance of their tutor, with 80% of the students showing an improvement of at least one letter grade on their report card. Student also demonstrated improvement in attendance, attitude, participation, getting their homework in, study skills, and test scores. Marshall, Mead, Curtis, Hadley, and Pleasant Valley all had students participating in our tutoring program this year. In addition to tutoring assistance, each Project Discovery student was also given information about study skills, careers, and the economic importance of continuing in school. Congratulations to each student on the gains made during the year! Keep up the success!

Project Discovery Summer School
By the time this newsletter reaches you, our summer school program will already be underway. Forty students will participate in classes reviewing basic skills in math and language arts. These classes will be taught primarily through use of computer. Students will also be assisted in the development of good study skills. Field trips have been scheduled to aid in career development. Students will visit a television studio and a bank, as well as having the opportunity to find out about health careers, opportunities in engineering, and the communications field on the Wichita State University campus.

Ten Reasons NOT To Be A Dropout
by Sherri Thomas

1. The soup line may close before you are served.

2. Homelessness in a four-season climate is not a good idea.

3. You may have one bean too many to meet the new Welfare guidelines.

4. Mom and Dad may not wait as long as you think before renting out your room.

5. It becomes more difficult to be a legend in your own mind.

6. You need something to depend upon just in case your agent, manager, or studio forgets to call.

7. Your children may want three meals a day, plus shoes.

8. You may not like being the case history your family uses to teach the younger generation about what NOT to do with their lives.

9. It will be helpful when you try to convince your children why they should stay in school.

10. The phrase "use it or lose it" also applies to your brain.

Please see your school or Project Discovery counselor if you are faced with the possibility of becoming a dropout.
Recommended Summer Reading

Watership Down, Richard Adams.
Clan of the Cave Bear, Jean Auel.
National Velvet, Enid Bagnold.
The Martian Chronicles, Ray Bradbury.
The Good Earth, Pearl S. Buck.
The Secret Garden, Little Lord Fauntleroy, Frances Hodgson.
The Chocolate War, Richard Corman.
The Red Badge of Courage, Stephen Crane.
The Adventures of Sherlock Holmes, Arthur C. Doyle.
April Morning, Howard Fast.

Lost on a Mountain in Maine, Donn Fendler.
Johnny Tremain, Esther Forbes.
Death Be Not Proud, John Gunther.
All Creatures Great and Small, James Herriot.
Kon-Tiki, Thor Heyerdahl.
The Chronicles of Narnia, C.S. Lewis.
White Fang, Jack London.
Robin Hood, Walter McSpadden.
Anne of Green Gables, L.M. Montgomery.
A Day No Pigs Would Die, Robert Peck.

The Yearling, Marjorie K. Rawlings.
Where the Red Fern Grows, Wilson Rawls.
Treasure Island, R.L. Stevenson.
The Hobbit, J.R.R. Tolkien.
20,000 Leagues Under the Sea, Jules Verne.
The Time Machine, H.G. Wells.


10 (or more) Things To Do When You Don’t Have Anything Else To Do

Read a book: Try one from our Recommended Summer Reading List (above).

Jump rope: Learn to do some new jump rope tricks.

Take a walk or jog.

Volunteer in your neighborhood: Mow your neighbor’s yard; clean up trash;

Play a game: Scrabble, Othello, Checkers, Monopoly, Chess, etc.

Organize games or a puppet show for younger children.

Go swimming.

ATTEND one of the many Vacation Bible Schools in your area.

Ride your bike.

Visit the Zoo.

Start a collection: Leaves, Rocks, Bugs, etc.

Clean out the garage; organize your room, clean the basement.

Make friends with an elderly person in your neighborhood.

Participate in a park recreation center’s summer activities or Boys and Girls Club activities.
Middle School Wichita—1996
by Darryl Neighbor

I met with 20 eighth grade students at Coleman Middle School on a bi-weekly schedule, over a 24 week period. We met during their Team Activity time for 30 minutes.

Activities included:
- Watched and discussed two videos: 1. ARE YOU READY? 2. NOT SO WILD A DREAM
- Developed an understanding of career goals and key terms.
- Completed goal identification charts.
- Identified good study skills through the SHOT test.
- Discussed memory techniques and other techniques of better study.
- Discussed and practiced the SQ3R method of reading a test.
- Toured the WSU wind tunnel and met with admissions representatives.
- Identified the connection of careers related to their favorite classes at school.

Students practiced ways to increase their memory, improve reading and retention. They discussed and practiced improving listening skills and note-taking. They learned about the different types of tests and specific strategies to use when taking each type. Lastly, students worked on a specific personal goal each week to assess their own improvement.

Be Careful
Be careful of your thoughts
For your thoughts become your words.
Be careful of your words,
For your words become your actions.
Be careful of your actions,
For your actions become your habits.
Be careful of your habits,
For your habits become your character.
Be careful of your character,
For your character becomes your destiny.
—Author Unknown

Do Students Need Math?
by Dr. Stephen Brady, Director, WSU College Algebra Program

—Most educated people know some mathematics.
—Mathematics exposes you to analytical thinking.
—Mathematics is known as the “Queen of Sciences” because it is a universal language used by people throughout the world.
—It is a way of thinking. The more you are exposed to it and practice it, the better you will be able to think. It is part of the developmental process of the mind.
—Knowledge of mathematics is used in most of science and industry. People who have a knowledge of mathematics may have an advantage in their career advancement.
—It is a useful problem-solving technique in all kinds of situations and places: figuring the best by on a car, estimating income and expenses, estimating how long that trip will take, ad infinitum.
Couch Potatoes Anonymous

adapted from Carol Broadstreet

If Wichita were to offer membership in a Couch Potatoes Anonymous Club, it might be surprising to see who would join. Many teenagers would probably want to know first whether or not they would qualify for membership. The question they might ask before joining would be “How do I know if I’m really a couch potato or not?” To answer that question, let’s describe a typical couch potato and you can decide for yourself whether or not you fit the description.

The first noticeable thing about the couch potato is that he or she has an attitude — a spectator attitude. More than anything else, such a person would rather sit back and watch others live their lives on TV or in real life. In short, the couch potato sees life as a spectator sport. Another attitude common to couch potatoes is the “I deserve to be amused or entertained by others” attitude. If his or her life is not a continual party, then somebody and everything is boring, especially work.

Physically speaking, a couch potato can be recognized by the glazed eyes and zombie-like appearance from vegging out in front of the TV for long periods of time or playing video games around the clock. Most importantly, a couch potato has a basic lack of life skills such as the ability to communicate effectively, solve problems, work hard, and meet life’s challenges head-on. Such a person has seldom practiced these skills for himself and learned them, even by trial and error.

If you think you fit some or all of these descriptions of a couch potato, your summer may be pretty boring and dull. But there is hope! You can make the decision to stop being a spectator, and go out to see what life has to offer. Get involved in your family, neighborhood, church, and city. Make the most of your summer! Discovering more about yourself and what you are able to do with your future is a summer project you can’t afford to miss. Go for it!

Eleven Characteristics of Achievers

1. Achievers are self-reliant.
2. Achievers feel responsible for their own actions.
3. Achievers set high but not impossible goals for themselves.
5. Achievers plan carefully and intelligently to meet their goals.
6. Achievers take obstacles into account.
7. Achievers know how to find and use help to reach their goal.
8. Achievers check their progress as they work toward their goal.
9. Achievers don’t waste time, they use skills efficiently.
10. Achievers enjoy achieving their goal.
11. Achievers want to do a better and better job.

(Source: Learning to Achieve, Johnson and McClelland, 1984)

MisCareerConceptions

Geological Aide: Is not a refreshing summer drink. Compiles and examines geological information and transfers data to maps and logs for petroleum production companies.

Energy-Control Officer: Does not issue tickets to hyperactive individuals. Monitors energy use and develops, promotes, implements, and coordinates energy conservation programs for organizations and state and local governments.

Internal Affairs Investigator: Doesn’t check up on romantic involvements between employees. Investigates complaints filed against police officers and government officials by citizens.

Parking Analyst: Does not grade drivers’ parallel parking skills and parking lot manners. Develops plans for construction and utilization of vehicle parking facilities and tracks maintenance problems as they occur.

Notereader: Does not intercept love letters. Operates typewriter to transcribe stenotyped notes of court proceedings.

Food and Beverage Director: Does not direct the dancing raisins and singing soda cans in TV commercials. Directs and coordinates activities of food service facilities at amusement parks, sports arenas, zoos, etc.

Material Coordinator: Is not a fashion consultant. Coordinates and expedites the flow of materials, parts, and assemblies within or between departments in a factory to meet production and shipping schedules.

Orderly: Does not clean and organize your room for you. Performs various patient maintenance duties at a hospital, as directed by nursing and medical staff.