



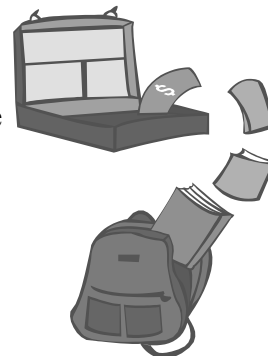
SUMMER INTERNSHIPS AND CAREER LEARNING OPPORTUNITIES

Interested in a career but not sure if it will be a right fit for you? One way to find out more information about careers is to seek an *internship*. An *internship* is a form of on-the-job training where a participant is able to train in a career field usually without pay or for a small *stipend*. Students learn skills and valuable knowledge to help prepare them for that specific career. It is also an excellent way for students to gain volunteer hours, *network* with professionals and possibly earn college/class credit. To find out about internships, ask your Open Doors advisor, call the Open Doors office for ideas or look at some of the programs listed below:

United Way of Lawton/Ft. Sill

The United Way of Lawton/Ft. Sill has an extensive list of organizations that require assistance in various areas around the community. Students can work in education, civil service, or in waste management. Either contact them via phone or check out their website for organizations that they partner with.

www.uwlawton.org



Southwest Oklahoma Area Health Education Center

Students can participate in job shadowing experiences and summer camp to explore careers in the health profession. Visit the website below to find out more about upcoming opportunities.

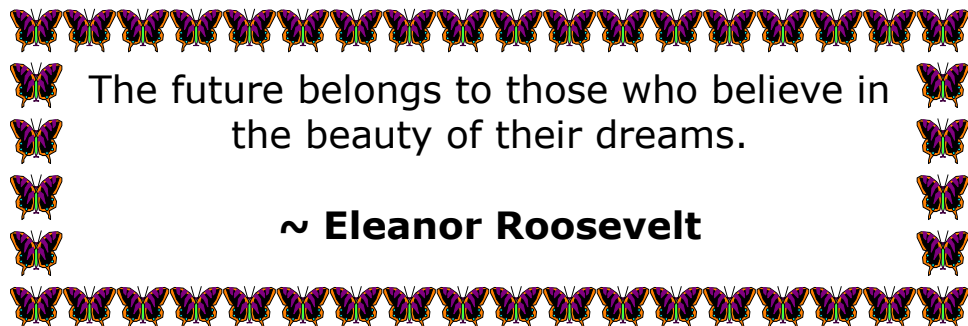
<http://cameron.edu/swahec>

Terms: *Internship, Stipend, and Network*

Internship: *A system of on the job training where a participant is able to train in a career field usually without pay or for a small stipend.*

Stipend: *A fixed amount of money paid in exchange for work completed for a set amount of hours; however, stipends can also be in the form of housing and meals.*

Network: *A wide group of people that communicate and work together as a unit or share collective ideas.*



The future belongs to those who believe in
the beauty of their dreams.

~ Eleanor Roosevelt





Student Success



Most of you told yourself last fall that you were going to hit the books and make really good grades this year. How's that working for you??? Ever think it would be great if you got to grade yourself rather than leave that up to your teachers? Now is your chance. Following are the top traits of successful students.

With **5** being **ALWAYS** and **0** being **NEVER**, score your success as a student.

_____ I attend school
 _____ I set goals

_____ I turn my assignments in on time
 _____ I get help when I'm unsure

What's your grade in school success?

Scores: 18 and above A,
 16-17 B,
 15-14 C,
 13-12 D and 11 and below F

Get an Early Start!

OPEN DOORS COLLEGE BOOT CAMP

- What:** College Preparation Camp
Who: Open Doors students who will enter their senior year of high school in the fall of 2011.
When: July 27-29, 2011, 9am-3pm
Where: South Shepler, Cameron University
Why: To get an early start on college preparation. (FREE Lunch)
How: Call the Open Doors office, at 581-5581, to sign-up!



Students that participate in this program will:

- Complete College Applications
- Begin Financial Aid Process
- Apply for Scholarships
- Prepare for their Senior Year of High School
- Participate in an Exciting Field Trip!

* * * * *


The "Summer" Challenge

* * * * *

* The end of this school year is rapidly approaching and you have some decisions to make. Will you sit around the house watching television and playing video games.....or.....will you make the choice to be physically active?

* I challenge you to use one hour of every day to be physically active. That activity can include walking, jogging, playing your favorite sport, dancing, etc.

* Get outside, enjoy the sunshine and accept the challenge!



* * * * *

Cameron University's Open Doors Program is 100% federally funded through the United States Department of Education. For the 2010-2011 school year, the program has received \$344,914 to serve 775 students in Lawton Public Schools. Open Doors is one of the TRIO programs funded under Title IV of the Higher Education Act of 1965, and is designed to encourage students to complete secondary school and pursue education beyond high school. Cameron University, in compliance with federal laws, does not discriminate on the basis of race, color, national origin, gender, age, religion, disability, or status as a veteran in any of its policies, practices and procedures.