

My Education and Employment Goals for After High School

Name: _____

Date: _____

Directions: Read the statement on the next line. Then put an "X" in any boxes below that completes the statement:
 "If everything went exactly as I wanted them to go, once I finished high school I would . . ."

| | |
|--|---|
| - attend a four-year college | - take any job just to earn some money |
| - attend a community college | - join the military |
| - attend a technical or trade school | - I don't know what my future plans are yet |
| - find a job I enjoy and could learn valuable skills | - |

Tasks I Need to Finish Before Graduating to Reach My Goals

Directions: Select tasks below that you will complete to help you reach your goals.

1. If you put an "X" in any of the boxes above for attending a four-year college, community college, or technical or trade school, complete the "Education Tasks" section. If not, skip that section.
2. Put an "X" next to any tasks below that you will complete before graduating.
3. Once you have completed any of the tasks marked with an "X", circle the "X" to show the task has been done.

| Education Tasks | | Independent Living Tasks | |
|-----------------|--|--------------------------|--|
| Sel. | Getting Into Schools after High School | Sel. | Transportation |
| | - I will research school options | | - I will research public transportation |
| | - I will visit one or more schools | | - I will take driver's training |
| | - I will complete applications to the school or training I have chosen | | - I will prepare for and pass the driver's test |
| | - I will schedule and sign up for ACT/SAT | | - I will learn about auto insurance |
| | - I will prepare to do my best on the ACT/SAT | | - I will learn basic car maintenance |
| | - I will practice writing a college essay | | - I will learn about buying a used car |
| Sel. | Paying for Post High School Education | Sel. | Money Management |
| | - I will research the cost of post high schools | | - I will learn to develop a budget |
| | - I will complete a FAFSA application | | - I will set up a checking/savings account |
| | - I will research scholarships and loans | | - I will learn to balance a checking account |
| | - I will share my education plan with key people | | - I will learn about paying bills on time |
| | | | - I will use a debit/credit card wisely |
| | | Sel. | General Independent Living |
| | | | - I will learn about leasing and contracts |
| | | | - I will learn about setting up utilities |
| | | | - I will learn about when and how to seek medical help |
| | | | - I will learn to do laundry |
| | | | - I will make healthy food choices |
| | | | - I will learn about health insurance |
| | | | - I will learn to furnish an apartment |
| | | | - I will register for Selective Service (males) |
| | | | |
| | | | Military* |
| Sel. | Getting Hired | Sel. | Investigate the Military |
| | - I will learn about writing cover letters | | - I will investigate different branches |
| | - I will prepare a list of references | | - I will meet with recruiters |
| | - I will develop a quality resumé | | - I will take the ASVAB military examination |
| | - I will practice interviewing effectively | | *If you're not considering a career in the military, skip the "Military" section |
| | - I will learn how and where to find jobs | | |
| | - I will practice filling out applications | | |
| | - I will share my employment plan with key people | | |



Helpful Websites

EDUHSD WorkAbility I Website:

<http://www.eduhsd.k12.ca.us/Schools--Programs/WorkAbility-I/index.html>

Department of Rehabilitation (Vocational) Website:

www.dor.ca.gov

Connections Job One Website:

<https://www.edcgov.us/connections/>

California Conservation Corps:

<http://www.ccc.ca.gov/Pages/default.aspx>

Job Corps:

<http://www.jobcorps.gov/home.aspx>

Americans With Disabilities Act:

www.ada.gov

Job Accommodation Network:

www.askjan.org

Social Security Administration:

www.ssa.gov

| | |
|---------------------------------|---|
| <u>Job Search Sites:</u> | <u>WorkAbility Social Media Sites:</u> |
| Snagajob.com | Facebook: https://www.facebook.com/Eduhsdworkability/ |
| Indeed.com | Instagram: Eduhsdworkability |
| | Twitter: @eduworkability |



WORKABILITY

WorkAbility is an employment development and training program available to all students with an Individualized Education Program (IEP) within the El Dorado Union High School District. Our Mission is to assist in the preparation for successful transition from high school to adulthood. Transition Specialists work with students at each school site utilizing in-class assignments/lessons, career exploration activities, work-based experiences and community based job placements. Successful transition to adulthood involves a partnership between families, school, local agencies, and the local business community. Juniors and seniors are given top priority for job development and training. The focus of WorkAbility is on work readiness skills and preparation for eventual employment. Our program promotes career awareness, exploration and transition activities while students complete their high school education. Students are provided with opportunities for career exploration, paid and non-paid work experience, and ongoing support and guidance from vocational personnel.

Benefits to students:

- Career exploration
- Work experience
- Support system for making career decisions
- Assessment of vocational interests and aptitudes
- Post-secondary decision making support
- Develop skills necessary for competitive employment

Benefits to Business Partners:

- Screened students ready to learn and work
- Student worker's interests and skills are matched to employer's needs
- Ongoing employee support services
- Low risk, low cost job training
- Trained employees ready to hire
- Helping students develop skills for self-reliance



Some of our current business partners:

Boys and Girls Club
 Churchill Hardware
 CVS Pharmacy
 Jordan's Closet
 Holiday Market
 Animal Outreach
 Round Table Pizza
 EDH Chamber of Commerce

Lee's Feed and Western Store
 Bamiyan
 Snowline Hospice
 Happy Kids Daycare
 Carl's Jr.
 Companion Animal Hospital
 Walgreen's
 California Kitchen

TJ Maxx
 Zia's
 My Sisters' Farm
 Placerville Polaris
 Goldorado Animal Hospital
 Placerville Flowers on Main
 Placerville Hardware
 Lord's Gym



WORKABILITY I

WORKABILITY I POLICIES AND PROCEDURES ARE REGULATED BY THE CALIFORNIA DEPARTMENT OF EDUCATION, SPECIAL EDUCATION

To participate in WorkAbility I, students must have an active IEP however, WorkAbility I is not a required IEP service. Paid employment (WAI placement) is not a guarantee, but a privilege. The number of hours each student is paid is determined on a year-to-year basis by the WAI Coordinator based on state funds, experience, employer needs, and structure of the program.

WAI will follow State and Federal Labor Laws. Students must attend more than 50% of their school day on campus in order to work that day. WAI funds will not be used for additional holiday pay or overtime pay.

Student's eligibility for a work placement will be determined by the following referral procedures. These include but are not limited to:

- Case Manager referral (referral does not guarantee placement).
- Assessment and evaluation by WAI representative of students' work readiness, behavior history, attendance, and academic performance.
- Completion of required paperwork for employment if considered for placement.
- Students under 18 or conserved must have parental approval for WAI services. Students over the age of 18 and not conserved might need parent approval for WAI service if determined by the school district.
- Student must meet the state work permit eligibility guidelines.
- Students must be able to work independently.
- Students must have transportation to and from the worksite.

PLANNING FOR LIFE AFTER HIGH SCHOOL... WHAT ARE MY OPTIONS?

Community College

Several community colleges serve students in our area. These include Folsom Lake, American River and Sierra College. Students with disabilities are eligible for accommodations and additional support services.

Community Colleges have many Career and Technical programs that can provide valuable job training without general education requirements, and for very reasonable prices! There are many programs to choose from including Automotive, Welding, Culinary, Dental, Cosmetology, Music Production, Design....the list goes on and on!

Search for programs on this website:
<http://californiacommunitycolleges.cccco.edu/FindaProgram>

Military

Talk to recruiters on campus - see the Career Center for dates/times & sign up to take the ASVAB

Trade School

Visit your school's Career Center for ideas, and don't forget about Community Colleges for their certificate programs.

Explore

There are many options for exploring next steps. Some ideas include GAP year programs, Service Learning programs, AmeriCorps, California Conservation Corps, and Study Travel Programs.

Charles A. Jones Career & Education Center

Short-term, affordable job training programs
www.caj.scusd.edu

Sacramento Job Corps Center

Offers career training programs in a variety of fields, with the option of a residential program, all at no cost to participants. Students with a disability are eligible for this program.

www.recruiting.jobcorps.gov

Enter the workforce full-time

Check job listings online (Indeed, Snagajob, Monster, etc), personnel staffing (such as Blue Ribbon) and programs such as the El Dorado County Connections One-Stop employment center for help in finding full-time employment.

Talk to family, neighbors, teachers, coaches and any other adult in your life about their background and career experience - you may learn about options you've never heard of before!

Career Exploration and Tools

Career One Stop

www.careeronestop.org

Career exploration videos with captions and helpful information about jobs.

California Career Resource Network (CalCRN)

www.californiacareers.info

California Career Resource Network (CalCRN) provides resources for anyone interested in developing the career self-management skills necessary in today's world of work. There are active links to many other career exploration sites.

California Career Zone

www.cacareerzone.org

Free career exploration and planning system designed for students.

California Career Center

www.calcareercenter.org

Online career resource center.

Occupational Outlook Handbook (OOH)

<https://www.bls.gov/ooh/>

The OOH can help you find career information on duties, education and training, pay, and outlook for hundreds of occupations.

California Career Cafe

www.cacareercafe.com

Fun website from the California Community Colleges - a virtual career center.

Career Cruising

www.careercruising.com

Great website for career and college exploration and interest inventory.

Who Do You Want To Be?

<http://www.whodouwant2b.com/student/pathways>

Career exploration using quizzes, videos and games.

Important Documents for Transition

As you transition into adult life the following documents will be necessary to have where you live, learn and earn:

| | |
|--|---|
| <p style="text-align: center;">Birth Certificate</p> <p>A birth certificate is a vital record that documents your birth date and place of birth. You need a birth certificate for:</p> <ul style="list-style-type: none">● a California ID card● a Driver's License● a Passport● entrance to the military <p>To get or replace a birth certificate, contact the County Recorder's Office in the county of your birth.</p> | <p style="text-align: center;">Driver's License</p> <p>How to apply for a license:</p> <ul style="list-style-type: none">● If you are between 15 ½ and 17 ½ you will need to complete an approved Driver's Education course. See your school counselor for this information.● Obtain and complete application at DMV, make appointment for testing● Provide Birth Certificate● Complete written test● Complete behind-the-wheel test <p style="text-align: center;">www.dmv.ca.gov</p> |
| <p style="text-align: center;">Social Security Card</p> <p>A Social Security number is important because you need it when you get a job, collect Social Security benefits and receive some other government services. Many other businesses, such as banks and credit companies, also ask for your number.</p> <p>To get or replace a Social Security card, visit one of their offices:</p> <p>Placerville Social Security Office 3916 Missouri Flat Rd Placerville, California 95667</p> <p>Roseville Social Security Office 910 Cirby Way Roseville, California 95661</p> | <p style="text-align: center;">California ID Card</p> <p>If you are not getting a Driver's License, a CA ID card can provide an official ID that can be used for employment, banking and other services that require photo ID.</p> <ul style="list-style-type: none">● Visit the DMV office to obtain an application (make an appointment for faster service).● You will have to provide your Social Security number, proof of residency, thumbprint and have your photo taken. <p style="text-align: center;">www.dmv.ca.gov</p> |

Legal Documents For Your 18-Year-Old

When your child turns 18, it's the year they are able to vote for the first time; it's the year that they graduate from high school; and it's the year your child becomes an adult in the eyes of the law. Many parents find it difficult to think of their 18-year-old as an adult especially if that 18-year-old still lives at home, is still under their health or auto insurance, and still needs financial assistance for college and rent.

Many parents and children are surprised when suddenly school, state, and health care officials are no longer able to share legal documents such as the durable power of attorney, HIPAA, and the advanced health care directive.

Health Care Power of Attorney

Elderly people need a durable power of attorney for health care but it is equally important for college-aged children as well. This is sometimes called a health care proxy. It gives parents the ability to make decisions about their child's health care. If a student goes to school out of state, it is important for that child to have a health care power of attorney for both states because some health care professionals may be hesitant to accept a form they don't recognize.

HIPAA Authorization

The HIPAA Authorization allows doctors to speak about a student's medical condition to whomever the student chooses. The student should fill out a HIPAA authorization giving parents the full access to the students' health information under any circumstances. You'll need this authorization to show to the doctor, hospital, or college if you need access to your child's private medical information.

Financial Power of Attorney

This document allows parents to manage their child's finances. Depending on how it's worded, it can become effective immediately or on a future date. It can authorize parents to act on their children's behalf in all financial matters or it can set certain limits. The financial power of attorney can be useful if a student has a car accident or falls ill, leaving permanently or temporarily unable to make financial decisions. The financial power of attorney saves money and time and avoids a conservatorship.

Education Record Release

The Family Educational Rights and Privacy Act (FERPA) requires that students 18 years old or over provide written consent before educational records such as grades, transcripts, and disciplinary records be shared with their parents. Although colleges often notify parents of this requirement, most parents don't understand what's at stake or they often forget. When one child ignored the notification that financial aid documents weren't complete and the child had lost the scholarship, the parents fainted. They were shocked to see the scholarship missing. When the parents called the school for an explanation, the school told them to contact the child because the school could not provide the information. If there had been a letter of authorization, the parents would have received the notice and avoided a lot of anxiety.

Post Secondary Job Training Programs

| | |
|---|---|
| <p>Department of Rehabilitation (DOR)</p> | <p>DOR serves people with disabilities interested in competitive employment. Services include vocational counseling, evaluation and training, job-seeking skills development, job placement, and on-the-job training. (530) 626-0900 www.dor.ca.gov</p> |
| <p>Youth Employment Program - WIOA and One-Stop Employment Center</p> | <p>El Dorado County's Youth Services Program, under the Workforce Innovation and Opportunity Act (WIOA), serves El Dorado County and can help youth prepare for additional education, vocational training, and/or employment. Placerville office: (530) 642-4882</p> |
| <p>California Conservation Corps</p> | <p>The CCC is a workforce development program that trains young men and women to become employable citizens through life skills training and hard work in environmental conservation and emergency services. http://www.ccc.ca.gov/Pages/default.aspx</p> |
| <p>Job Corps</p> | <p>Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a job. For eligible young people at least 16 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career. http://www.jobcorps.gov/home.aspx</p> |
| <p>M.O.R.E. - Motherlode Rehab Enterprises</p> | <p>MORE assists developmentally disabled adults in daily living, social, recreational and community access. Services include supported employment, job skill assessment, job placement and job coaching in individual or group placements. Also life skills programs for people with autism. (Contact: Alta California Regional Center or private pay accepted)</p> |
| <p>PRIDE</p> | <p>Pride industries is a non-profit corporation recognized nationally as a leader in providing quality services to people with disabilities. Services include: Employment Preparation, Job Developing, Job Coaching and Independent Living (530) 621-0469 www.prideindustries.com</p> |
| <p>INALLIANCE</p> | <p>INALLIANCE serves individuals with behavioral or physical support needs who are interested in both vocational and community access. This program is designed for those individuals who require 1:1 or 1:2 support. (Contact: Alta California Regional Center or private pay accepted)</p> |

Post-Secondary Education Pathways

| PROGRAMS | DESCRIPTIONS |
|--|---|
| <u>Bachelor's Degree</u> (University of California, California State University, and private colleges and universities) | Consists of general education courses and courses for the major working toward a four-year Bachelor's Degree. Student may enter from high school or transfer from community college. |
| <u>Associate Degree</u> (community colleges) | The Associate Degree consists of two components: <ol style="list-style-type: none"> 1. Courses of general education 2. Courses toward the major |
| <u>College Certificate</u> (Community College) | College certificate programs are designed to provide employment skills and vocational opportunities. A college certificate is available upon completion of required courses. Math and English general education courses are typically not required. |
| <u>Trade Schools and Apprenticeship Programs</u> | Private and non-profit schools offer training in specific vocational fields. Many building trades organizations in the area offer apprenticeship programs: http://sacramentobuilds.com/programs/ |
| <u>Personal Enrichment</u> (community college) | Community colleges offer personal enrichment courses that match your personal interests, e.g. career exploration, study skills, computer skills, art, and music. |
| <u>Adult Education</u> | Classes are designed to improve basic skills or for personal growth. Examples include adult basic education, English as a Second Language, and GED classes and testing. El Dorado Office of Education Adult Education: www.aded.edcoe.org (530) 295-2291 |

Education Considerations for People with a Disability: High School vs College

| High School | College |
|--|---|
| The law is the Individuals with Disabilities Education Act (IDEA). IDEA is about success. Education is a RIGHT and must be accessible to you. | Laws are Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act. ADA is about access. Education is NOT a right. Students must apply to attend. |
| Core modifications of classes and materials are required. In high school, education may be modified and individualized according to the students' needs. | No modifications are required – only accommodations. At the college level, course work does not need to be modified, and special education services are not provided. |
| Student is helped by parents and teachers, even without asking directly. | Student must request accommodations from the Disabled Students Programs and Services (DSPS). |
| School is responsible for evaluating students' learning and reporting disability to teachers. School also arranges for accommodations and modifications. | Student must self-advocate and arrange for accommodations. The college is not responsible for providing these services, it is up to you to get help. |
| Parent has access to student records. | Parent has no access to student records without student's written consent. |
| Teachers meet regularly with parents to discuss their child's educational progress. | College faculty members seldom, if ever, interact with parents and expect the students to address issues with them directly. |
| School district develops Individual Education Plans (IEPs) and must follow this legal document in the provision of educational services. | Student must identify needs and ask for services. NO IEP exists and is not considered legal documentation. |
| Teachers make sure that students get extra help and tell students where to go to get the help they need. | The student is responsible for knowing where to go to get information and assistance and must schedule it on their own. |
| Teachers often remind you of assignments and due dates. | Professors expect you to read the course syllabus. They do not remind you of upcoming due dates. |

ATTENDING COLLEGE WITH A DISABILITY

Community colleges are committed to ensuring that all of their students, including those with disabilities, are able to participate in and enjoy the benefits, activities, programs, and services. For students with disabilities, colleges are committed to providing the appropriate academic adjustments that do not affect the fundamental nature of the educational program through their DSPTS offices.

Services Provided

DSPTS is dedicated to providing the following services to its students:

- Counseling and advocacy.
- Academic accommodations and support services.
- Alternate media and assistive computer technology.
- Liaison with and referral to campus and community services.
- Diagnostic assessment of learning disabilities (limited service).

Accommodations and support services are based on the functional limitation of the student's disability and how the limitation impacts learning in the classroom. Possible services provided include: priority registration, extended time on tests in a quiet room, tutorial assistance, sign language interpreters, books on tape and MP3 compact disks, note-takers, CCTV monitor/enlarger, assistive computer technology, campus orientation, academic and disability-related counseling, learning disability assessment and study strategy assistance.

The "intake" process is the first step to becoming part of the DSPTS program. During this appointment, you will meet with a DSPTS counselor and they will review your medical verification and go over what accommodations you will be able to receive while you are a student. The counselor will need to see medical verification of your disability. Options for this include: Physician's verification of disability, IEP and Psycho Education Report from High School, other documents from your medical doctor, psychologist, psychiatrist, or hospital that describe your disability and diagnosis, Learning Disability testing results, etc.

Disabled Students Programs and Services (DSPTS)

Los Rios Community College District:

Folsom Lake College (916) 608-6611 / El Dorado Center (530) 642-5630

American River College (916) 484-8382

Sacramento City College (916) 558-2087

Cosumnes River College (916) 691-7275

Sierra College - Rocklin (916) 660-7460

**STATEMENT OF INTENT TO EMPLOY A MINOR AND REQUEST FOR WORK PERMIT-
CERTIFICATE OF AGE**
CDE B1-1 (Rev. 07-10)

A "STATEMENT OF INTENT TO EMPLOY A MINOR AND REQUEST FOR WORK PERMIT-CERTIFICATE OF AGE" form (CDE B1-1) shall be completed in accordance with California *Education Code* 49162 and 49163 as notification of intent to employ a minor. This form is also a Certificate of Age pursuant to California *Education Code* 49114.

(Print Information)

Minor's Information

| | | | |
|---|---------------------------------|---------------------|-------------------|
| _____ Minor's Name <i>(First and Last)</i> | | _____ Home Phone | |
| _____ Birth Date | _____ Social Security Number | _____ Grade | _____ Age |
| _____ Home Address | | _____ City | _____ Zip Code |

School Information

| | | | |
|-------------------------|--|-----------------------|-------------------|
| _____ School Name | | _____ School Phone | |
| _____ School Address | | _____ City | _____ Zip Code |

To be filled in and signed by employer. (Please review the General Summary of Minors' Work Regulations on reverse.)

| | | | |
|---|--|-------------------------|----------------------------|
| _____ Business Name or Agency of Placement | | _____ Business Phone | _____ Supervisor's Name |
| _____ Business Address | | _____ City | _____ Zip Code |

Describe nature of work to be performed: _____

In compliance with California labor laws, this employee is covered by worker's compensation insurance. This business does not discriminate unlawfully on the basis of race, ethnic background, religion, sex, sexual orientation, color, national origin, ancestry, age, physical handicap, or medical condition. I hereby certify that, to the best of my knowledge, the information herein is correct and true.

| | | | |
|--|--|-------------------------------|---------------|
| _____ Employer's Name <i>(Print First and Last)</i> | | _____ Employer's Signature | _____ Date |
|--|--|-------------------------------|---------------|

To be filled in and signed by parent or legal guardian

This minor is being employed at the place of work described with my full knowledge and consent. I hereby certify that to the best of my knowledge and belief, the information herein is correct and true. I request that a work permit be issued.

| | | | |
|--|--|---|---------------|
| _____ Parent or Legal Guardian's Name <i>(Print First and Last)</i> | | _____ Parent or Legal Guardian's Signature | _____ Date |
|--|--|---|---------------|

For authorized work permit issuer use ONLY

Maximum number of hours of employment when school is in session:

| Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total |
|--|-----|-----|-----|--|-----|-----|-------|
| _____ Proof of Minor's Age <i>(Evidence Type)</i> | | | | Check Permit Type: <input type="checkbox"/> * Full-time <input type="checkbox"/> ** Workability <input type="checkbox"/> Restricted <input type="checkbox"/> General <input type="checkbox"/> *** Work Experience Education, Vocational Education, or Personal Attendant | | | |
| _____ Verifying Authority's Name and Title <i>(Print)</i> | | | | | | | |
| _____ Verifying Authority's Signature | | | | | | | |

*EC 49130 | **Permit Type defined by local school | ***Special Education Grant

**STATEMENT OF INTENT TO EMPLOY A MINOR AND REQUEST FOR WORK PERMIT—
CERTIFICATE OF AGE**
CDE B1-1 (Rev. 07-10)

General Summary of Minors' Work Regulations

FLSA-Federal Labor Standards Act, CDE-California Department of Education, EC-California Education Code, LC-California Labor Code, CFR-California Federal Regulations

- **If federal laws, state laws, and school district policies conflict, the more restrictive law (the one most protective of the minor) prevails. (FLSA)**
 - Employers of minors required to attend school must complete a "Statement of Intent to Employ a Minor and Request for Work Permit" (CDE B1-1) for the school attendance for each such minor. (EC 49162)
 - Employers must retain a "Permit to Employ and Work" (CDE B1-4) for each such minor. (EC 49161)
 - Work permits (CDE B1-4) must be retained for three years and be available for inspection by sanctioned authorities at all times. (EC 49164)
 - A work permit (CDE B1-4) must be revoked whenever the issuing authority determines the employment is illegal or is impairing the health or education of the minor. (EC 49164)
 - A day of rest from work is required in every seven days, and shall not exceed six days in seven. (LC 551, 552)
- Minors under the age of 18 may not work in environments declared hazardous or dangerous for young workers, examples listed below: (LC 1294.1 and 1294.5, 29 CFR 570 Subpart E)
1. Explosive exposure
 2. Motor vehicle driving/outside helper
 3. Roofing
 4. Logging and sawmilling
 5. Power-driven woodworking machines
 6. Radiation exposure
 7. Power-driven hoists/forklifts
 8. Power-driven metal forming, punching, and shearing machines
 9. Power saws and shears
 10. Power-driving meat slicing/processing machines

HOURS OF WORK

| 16 & 17 Year Olds | 14 & 15 Year Olds | 12 & 13 Year Olds |
|--|---|--|
| Must have completed 7 th grade to work while school is in session. (EC 49112) | Must have completed 7 th grade to work while school is in session (EC 49112) | Labor laws generally prohibit non-farm employment of children younger than 14. Special rules apply to agricultural work, domestic work, and the entertainment industry. (LC 1285-1312) |

School In Session

| | | |
|---|--|---|
| 4 hours per day on any schoolday (EC 49112; 49116; LC 1391) 8 hours on any non-schoolday or on any day preceding a non-schoolday. (EC 49112; LC 1391) 48 hours per week (LC 1391) WEE students & personal attendants may work more than 4 hours on a schoolday, but never more than 8. (EC 49116; LC 1391, 1392) | 3 hours per schoolday outside of school hours (EC 49112, 49116; LC 1391) 8 hours on any non-schoolday No more than 18 hours per week (EC 49116; LC 1391) WEE students may work during school hours & up to 23 hours per week. (EC 49116; LC 1391) | 2 hours per schoolday and a maximum of 4 hours per week. (EC 49112) |
|---|--|---|

School Not In Session

| | | |
|--|--|--|
| 8 hours per day (LC 1391, 1392) 48 hours per week (LC 1391) | 8 hours per day (LC 1391, 1392) 40 hours per week (LC 1391) | 8 hours per day (LC 1391, 1392) 40 hours per week (LC 1391) |
|--|--|--|

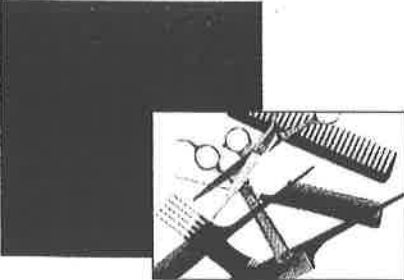
Spread of Hours

| | | |
|--|--|--|
| 5 a.m.–10 p.m. However, until 12:30 a.m. on any evening preceding a non-schoolday (LC 1391) WEE students, with permission, until 12:30 a.m. on any day (LC 1391.1) Messengers: 6 a.m.–9 p.m. | 7 a.m.–7 p.m., except that from June 1 through Labor Day, until 9 p.m. (LC 1391) | 7 a.m.–7 p.m., except that from June 1 through Labor Day, until 9 p.m. (LC 1391) |
|--|--|--|

For more information about child labor laws, contact the U.S. Department of Labor at <http://www.dol.gov/>, and the State of California Department of Industrial Relations, Division of Labor Standards Enforcement at <http://www.dir.ca.gov/DLSE/dlse.html>.

Central Sierra Regional Occupation Program

El Dorado Union High School District 4675
Missouri Flat Rd
Placerville, CA 95667
530-622-5081 ext 7239



Cosmetology



Animal Health



Diesel Engine



Health Careers



Dental Careers



Law Enforcement

Culinary Arts



Fire Control Technician



Metal Fabrication

Auto Engine



Database Design and SQL



For more information, contact your school counseling office.

Central Sierra Regional Occupational Program at a Glance

ROP Animal Health



Take a hands on class that will teach you about specific animal species, health and diseases, animal behavior, veterinary assistance and more. Second semester, students work in community classrooms such as veterinary clinics, pet groomers, retail animal health businesses, horse facilities, ranches, and zoos. Students may take a third semester to earn the Certified Veterinary Assistant certification. Located at PHS (M-F 1:10P - 3:10P)

ROP Dental Careers



Learn the ins and outs of being a dental assistant. Students will earn certifications in CPR, Radiology, Infection Control, OSHA, and Dental Practice Act. During Spring Semester, students intern in a local dental office where they observe and perform dental procedures. Located at VA (M-F 1:30P - 4:30P)

ROP Health Careers



Get an introduction to the health care field. First semester will be in the classroom learning how to work in a patient care setting and studying medical terminology, vital signs, CPR, and basic anatomy/physiology. Second semester the student then interns in one of the many health care training sites including Marshal Hospital. Located at EDHS (M-F 1:30P - 3:30P)

ROP Law Enforcement



This introductory course to the criminal justice field and includes instruction in firearms, law, unarmed defense, rights of citizens, and court procedure. Federal, state and local careers in law enforcement are discussed. Law enforcement entry examinations and interviews are also covered. College credit for this course may be available through El Dorado Center of Los Rios Community College. Located at PHS (M-T-F 8:10A - 10:10A) & (W-TH 8:10A - 9:59A)

ROP Cosmetology



Become a licensed cosmetologist! In 1,600 hours (approximately 58 weeks), students will learn all of the things necessary to take the California State Board Examination course of study: cutting, coloring, manicuring, pedicuring, facials, makeup and much more. Located at VA (M-F 12:30P - 4:00P)

ROP Culinary Arts



Taught in the Foothill Grill of EDHS, this course prepares students for entry-level positions in the food service industry. Learn in a commercial grade restaurant/ kitchen classroom about food safety, preparation, plating, catering and more. Located at EDHS (M-T-TH 1:40P - 5:00P) OR (M-W-F 1:40P - 5:00P)

ROP Fire Control Technician



Major areas of training include State Firefighter I Training, Wild Land Fire Training, EMS First Responder Training, Hazardous Materials Training, and CPR Training. Students will spend part of the second semester shadowing with local fire agencies. College credit for this course may be available through El Dorado Center of Los Rios Community College. Located at UMHS (M-F 7:30A - 9:30A)

ROP Diesel Engine



Diesel principals and theories are studied by running, testing, diagnosing, disassembling and reassembling components, systems, and engines. Learn how to interpret technical manuals and electronic diagnostic reports. College credit may be available through American River College. Located at PHS (M-T-F 8:10A - 10:10A) & (W-TH 8:10A - 9:59A)

ROP Automotive Engine



Learn about the operation and trouble-shooting of all major vehicle systems and components. First semester will cover tune-ups, batteries, starting and charging systems, fuel injection systems, valve work, and automotive electricity. Second semester will cover complete drum and disc brake theory and servicing, wheel alignment and power trains. Located at EDHS (M-1:49P - 2:40P) & (W&F 1:51P - 3:25P)

ROP Database Design & SQL



Learn to analyze business scenarios and create a data model. Implement a database design by creating a physical database using SQL. Culminates with a database solution for a business and a student designed mobile phone App. Located at ORHS (M-1:10P - 1:50P) & (W&F 1:05P - 2:50P)

ROP Metal Fabrication - Welding



Learn skills in the metal working trades with a special emphasis on welding. Metal Fabrication tools and practices are also taught which provide competencies common to the machine tool, plant maintenance, heavy construction, millwright, and industrial services trade. Located at EDHS (M-12:52P - 1:43P) & (T&TH 1:51P - 3:25P)



All courses are open to Juniors and Seniors 16 years of age or older. Students must attend a school in the El Dorado Union High School District, Golden Sierra High School, or EDCOE Charter Alternative Program.

<http://www.eduhsd.k12.ca.us/Educational-Services/Career-Technical-EducationROP>

* ROP classes are available to all district 11th and 12th graders, 16 years and up. Visit your Career Center for more details.



Take Charge of your Future

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today to discover
your opportunities
ahead!**

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Find your local DOR office at
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StudentServices](http://www.dor.ca.gov/home/StudentServices)

The Department of Rehabilitation (DOR) provides valuable skills to propel you on a path toward an independent and successful future.

If you are a student from age 16-21 with an Individualized Education Program (IEP), 504 Plan, or a disability, DOR Student Services can provide job exploration and preparation to ensure you receive skills and knowledge necessary to reach your education, career, and life goals.



explore
Job Exploration Counseling



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empower
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Work Based Learning Experience

Need a **Job** or **Training**?

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Hours

Monday - Friday
8:00 a.m. to 5:00 p.m.

*Please bring a valid picture ID
and Social Security card or valid
passport to register.*

*Register to use Connections -
One Stop services online at:
www.connectioncenters.com*



El Dorado County Connections - One Stop can help you find a job or get enrolled in training! We have programs for anyone who has lost their job, is looking for work or returning to work. Connections - One Stop is an Employment Resource Center that connects people with jobs in El Dorado County.

Free services include:

- Paid on-the-job training
- Help paying for school tuition
- Access to our computer lab and internet services
- An up-to-date job board and job search leads
- Tips to improve your resume and interview skills
- Workshops and classes
- Programs for youth, adults, mature workers and the disabled

Connections

America's **JobCenter**
of California™

Connections - One Stop is a program of the El Dorado County Health and Human Services Agency and a proud partner of America's Job Center of California network.



CONNECTIONS - ONE STOP WORKFORCE DEVELOPMENT AND BUSINESS RESOURCE CENTERS

El Dorado County Connections - One Stop helps people find jobs and improve job skills. We also help business owners find employees and enhance their business. Services are free.

SERVICES FOR JOB SEEKERS:

- Access to internet, job banks and job listings
- Help to create and post your resume
- Help with job searches
- Job readiness workshops
- Employer forums and hiring events
- Disability information
- Programs for youth, dislocated workers and mature job seekers.

Apply for jobs with El Dorado County

SERVICES FOR EMPLOYERS:

- Assistance with CalJOBS listings
- Labor market Information
- Job recruitment assistance
- Work experience placements
- Information on employer tax credits
- Downsize and layoff aversion assistance
- Information on loans, workshops and counseling
- Visit our Employer Services Web Page for More information

America's **JobCenter**
of California™

Connections - One Stop is a proud member of America's Job Center of California network. Program staff collaborate with public and private partners in El Dorado County to provide a comprehensive, integrated approach to high quality service for job seekers and employers. Connections - One Stop strives to enhance employer business productivity and match employers with job seekers.

WORKSHOPS/TRAININGS OPEN TO THE PUBLIC Many programs and services at Connections - One Stop are funded by the Workforce Investment Act (WIA). Learn more about WIA.

Connections - One Stop also assists people in the Welfare-to-Work Program. Learn more about Welfare-to-Work.



NAMI El Dorado County

The families and members of NAMI El Dorado County are here to help! We offer understanding to anyone concerned about mental illnesses and the treatment of mental illness. Mental illnesses are neurobiological brain disorders that are biologically based medical problems. Genetics can play a key role as can the metabolic environment. Untreated, they can cause severe disturbances in thinking, feeling and relating. This results in substantially diminished capacity for dealing with the ordinary demands of life. Mental illness can affect persons of any age and occur in any family. They are not caused by bad parenting and not evidence of weakness of character. Like the heart, the human brain is a vital organ whose illness can be successfully treated and the good news is, recovery is possible!

MISSION

Dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy. Through community collaboration and education, we advocate for a life of quality, purpose, and dignity – one without discrimination – for all people affected by mental health challenges.

OUR GOALS

Advocate at the county, state and national levels for non-discriminatory access to quality healthcare, housing, education and employment for people with mental illness.

- Educate the public about mental health using brain science as a foundation.
- Work to eliminate the stigma of mental health issues using brain science as a foundation.
- Work to identify specific gaps in services/supports within our community and work collaboratively on solutions.
- Advocate for measurable improvements and quality standards in mental health services and supports within our community.

OUR VISION

In our envisioned future mental illness will no longer thwart a person's fulfillment of his or her potential. With early pinpoint diagnoses, interventions and targeted medications and services there is no pervasive disability. Ultimately, we envision a day when prevention or a cure is found.

NAMI Family Support Group Meetings In El Dorado County

These are designed for family members and/or caregivers/friends supporting a loved one living with a mental health condition. The group provides a safe supportive environment where family members and caregivers can talk frankly about their challenges and help one another through group wisdom. These groups provide empathetic support for those dealing with crisis and the emotional overload that is so much a part of having someone you love living with a mental illness. You can come, share or just listen, get useful practical information or a hug from others who understand. This group is for families and friend's of those living with a mental health condition. No cost to attend.

NAMI Family Support Group – Placerville

Meets the first Tuesday monthly at 7:00pm.

Location: The County Government Center, 330 Fair Lane, Conference room C, Placerville

Group facilitator: Jan Melnicoe (530) 306-7710

NAMI Warm-line for Spanish speakers (and occasional support on Friday mornings in South Lake Tahoe): Marisol 775-407-0306.

