



TEEN: MY LIFE SERIES

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FINKELSTEIN MEMORIAL LIBRARY

SPRING VALLEY, NY



WHAT IS IT?

A series of programs that addresses the realities of teen life in the 21st century.



PURPOSE

- **Purpose:** To gear your programming towards the lives your teens are living now. To help teens make better lives for themselves in the future.
- The My Life programs are directly educational:
 - **Academic** – These programs enhance the students' current education
 - **Life Activities** – These programs introduce the teens to new hobbies, activities, or life experiences
 - **The Future** – These programs help teens think about their future, both educational and personal
- Programs should work for your community

ACADEMIC PROGRAMS

- **College visits/fairs**

- CUNY will present all their colleges and answer all teen & parent questions for free
- Create a small college fair with featuring local colleges



- **Professional education**

- For high school students who want to get a jump on a trade career



ACADEMIC PROGRAMS (CONT.)

- **Practice exams – ACT and SAT**

- Free through Princeton Review
- Scored within 2-3 weeks



- **SAT prep course**

- Community members who may have taught SAT prep in the past may be interested in working with your library



LIFE ACTIVITY PROGRAMS

- **Yoga, Zumba, Martial Arts, etc.**

- Encourages healthy lifestyle
- Yoga can promote fitness or calming techniques depending on the type of class



- **Nutrition**

- Nutritional information is a great add-on to a fitness program



LIFE ACTIVITY PROGRAMS (CONT.)

- **Self-defense**

- Encourages confidence
- Makes teens who walk to and from the library safer



- **Prom Makeup Tutorial**

- Geared towards achieving that prom look, but can work for other life situations as well

THE FUTURE (OR “ADULTING” PROGRAMS)

- **Resume writing workshop**

- For high school students and recent graduates

- **Trade school**

- For the teen who feels traditional college is not for them

- **College Life Panel**

- Current college students talk about what it's like to be away from home for the first time and how to balance schoolwork and social lives in college
- Pull from your graduated teens



THE FUTURE (OR “ADULTING” PROGRAMS) (CONT.)

- **Financial responsibility**

- Balancing a checkbook, paying bills, etc.

- **Car ownership**

- Insurance
- Maintenance





Practice SAT

Grades: 10-12
Sunday, April 3
Time: 1:15-4:45 pm
Location: Meeting Room
Teens should familiarize themselves with the new version of the test and take this open practice SAT. Please bring pencils and a calculator.

Registration starts Mar 20

Teen: My Life Series

Resume Workshop for Teens & New Adults

Ages: 16-25
Wednesday, May 11
Time: 6:30-7:30 pm
Location: Meeting Room
Eileen Grimm will give a presentation about the do's and don'ts of resume writing. Perfect for the new graduate who wants to find that perfect job.

Registration starts April 27

CUNY Information Session

Grades: 10-12 & Parents
Tuesday, April 5
Time: 5:30-7:00 pm
Location: Fielding Room
Learn about the different CUNY schools from Jennifer Babarite. She will help you decide which CUNY school is right for you.

Registration starts March 22

College Life Panel

Grades: 10-12
Thursday, May 26
Time: 6:30-7:30 pm
Location: Meeting Room
A panel of college students will tell high school teens what college is really like.

Registration starts May 12



tel# (845) 352-5700 ext. 237 and 238
www.finkelsteinlibrary.org

Teen: My Life Series

City University of NY Information Session

Grades: 9-12;
Parents are welcome
Tuesday, March 7
Time: 7:00-8:30 pm
Location: Meeting Room
Learn about the different CUNY schools have to offer.

Registration starts February 21



Practice SAT

Grades: 9-12
Sunday, April 2
Time: 1:00-5:00 pm
Location: Meeting Room
Teens can familiarize themselves with the format SAT.

Please bring pencils and a calculator.

Registration starts March 19



Professional & Trade School info Session

With Boces
Grades: 7-12
Wednesday, April 19
Time: 6:30-8:00 pm
Location: Fielding Room
Professional high school classes & continuing education for graduates.

Registration starts April 5

Practice ACT

Grades: 9-12
Sunday, March 12
Time: 1:00-5:00 pm
Location: Meeting Room
Teens can familiarize themselves with the format of the ACT exam. Please bring pencils and a calculator.

Registration starts February 26

Self-Defense With Master Portante

Grades: 7-12
Wednesday, May 10
Time: 7:00-8:00 pm
Location: Meeting Room
Learn to defend yourself! Please wear clothing that allows movement.

Registration starts April 25

To register, call Children's Reference at (845) 352-5700 ext. 237



Teen: My Life Series

Practice SAT

Grades: 9-12
Sunday, April 2
Time: 1:00-5:00 pm
Location: Meeting Room
Teens can familiarize themselves with the format SAT. Please bring pencils and a calculator.

Registration starts March 19



Professional & Trade School info Session

With Boces
Grades: 7-12
Wednesday, April 19
Time: 6:30-8:00 pm
Location: Fielding Room
Professional high school classes & continuing education for graduates.
Registration starts April 5

College Readiness with C2

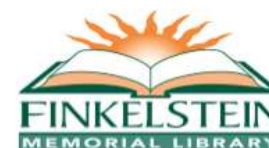
Grades: 7 & 8
Tuesday, May 2
Time: 7:00-8:00 pm
Location: Meeting Room
It's never too early to know how to prepare for college! Join us for tips for the college-bound teen.

Registration starts April 18th

Self-Defense

With Master Portante
Grades: 7-12
Wednesday, May 10
Time: 7:00-8:00 pm
Location: Meeting Room
Learn to defend yourself! Please wear clothing that allows movement.

Registration starts April 25



To register, call Children's Reference at (845) 352-5700 ext. 237

RESOURCES

- CUNY and local colleges – most presenters from these schools will come to your library for free
- Princeton Review – will send you practice exams with proctoring instructions, plus a return label for mailing back the completed exams
- Community Enrichment Programs – C2, Liberty Leadership Program, BOCES
- Community members
- Local businesses