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YMCA-PG&E TEEN CENTER PROGRAM GUIDE



YMCA-PG&E TEEN CENTER

2111 Martin Luther King Jr. Way

510 542 2121

www.ymca-cba.org

Fall 2011-2012 School Year

YMCA OF THE CENTRAL BAY AREA
2111 Martin Luther King Jr. Way
Berkeley CA 94704

JOIN US

Teen Center membership is free to youth ages 13-18.
Come in to fill out an application.

Hours

M-Th: 11:30am-8:00pm
F: 11:30am-6:30pm

HOW TO REGISTER FOR TEEN CENTER PROGRAMS

ONLINE REGISTRATION

Go to www.ymca-cba.org and click on "Register Online" or "Register for Programs".

WALK-IN REGISTRATION

You may register in person for any program at the Welcome Desk during Teen Center business hours.

Thank you to Pacific Gas and Electric Company whose donation of this building made the YMCA-PG&E Teen Center possible.



Discover Your Potential at the YMCA-PG&E Teen Center

Learn more about the academic support programs, career & internship opportunities and leadership development programs for teens.

We offer:

- Tutoring and academic support
- Internships, job counseling and career preparation
- Community service & leadership opportunities
- Multi-Media Lab & Technology Center
- Monthly social, recreational and cultural activities

WHAT'S INSIDE!

The YMCA-PG&E Teen Center provides programs and services that teens want and need. With a focus on academic achievement, career preparation, service learning and leadership development, the Teen Center empowers high school age youth to develop the life skills and competencies necessary to becoming responsible community members.

Programs and workshops at the Teen Center:

- Youth & Government
- Interact Club
- Y-Scholars
- Career Advancement Resources & Training
- Career Counseling
- Tutoring
- Study Groups

Register now!

Youth & Government

Y & G is a model legislature and court program offered to high school students. The program gives students an opportunity to experience democracy in action and is aimed at fostering a strong sense of civic responsibility. Delegates meet weekly with their local delegation and travel to 3 conferences per school year. Their primary focus is to create a piece of legislation that addresses a current issue California may be facing. These bills are debated and voted upon and then an elected Youth Governor will either sign or veto the laws. While learning the function of the California state government through a variety of roles, delegates learn self-confidence, public speaking, the art of argument and build a lifelong sense of value. The Y offers delegations in Berkeley, the Lamorinda area, Pleasant Hill and the entire San Ramon Valley.

Fee: \$1,200/yr.

Financial assistance available

Interact Club

Interact is the high school service learning club affiliated with Rotary International and Rotaract (college-level). Club members participate in service projects with either a local influence or a focus on any Rotary's International services efforts. Members will have the opportunity to serve their community, participate in leadership development conferences, advance international understanding and learn the value of individual responsibility. Scholarship opportunities in collaboration with the Rotary Club are available as well.

Fee: none

Y-Scholars

The Y-Scholars program engages high school students in a comprehensive college-going culture to encourage them to pursue post-secondary education. This college preparatory program works with 200 first-generation college-bound students in grades 9-12, preparing them to pursue higher education through career exploration and academic achievement. Services include: weekly workshops covering topics ranging from study skills to college exploration, mentoring, after-school tutoring, SAT preparatory classes, college tours, social events and much more. All 12th grade participants receive weekly individual advising on exploring college majors and potential careers, and completing college and financial assistance applications. Participants are accepted on a rolling basis.

Fee: none

Application required

Weekly Study Groups

Stay on track with your tough classes at school. These study groups offer two review sessions every week for students taking classes in the math and science subjects. A professional tutor will lead discussions during each session and answer questions pertaining to the specific subject. These groups are for students who seek a small and focused learning environment where they are encouraged to ask for help in order to succeed in their classes.

Fee: Starts at \$350 per semester

Financial assistance available

Registration required

After-School Drop-In Tutoring

Drop-in tutoring provides students the opportunity to come in to the Teen Center for academic support during the weekdays between 3:30-5:30pm. Tutors will be available to help with guiding and assisting students in their studies. With a maximum tutor to student ratio of 1 to 8, drop-in tutoring is for students who are motivated to work in a social learning environment.

Fee: Starts at \$120 per month

Financial assistance available

Registration required

Test Preparation Courses

The SAT Reasoning Test and ACT Test have been a major stress factor for students applying to college. Standardized test scores are not the only factor that colleges look at, but a good score can certainly enhance a student's college application. Test preparation courses emphasize weekly lessons, in-class/homework practice, mastery of test-taking strategies and group discussions. Regular courses are 6 weeks long with 18 hours of instruction plus practice tests. Courses will also be available for seniors who need to prepare for tests before college application deadlines.

Fee: Starts at \$350 per course

Financial assistance available

Registration required

Tutoring

Our tutoring programs focus on motivating students of all academic backgrounds to pursue academic excellence and develop the necessary study skills for a successful educational career. We provide educational programming that emphasizes learning as a process, not a product and teaches students the necessary skills to help them learn how to learn. In addition to in-depth focus on a particular subject, tutors build rapport with a personal understanding of individual students to better engage them in their learning, ultimately preparing them for futures in either college or the workforce. Students can register for individual and group tutoring.

Fee: \$45/hr individual; \$25/hr group

Financial assistance available

Career Panel Series

The Career Panel Series is composed of professionals from different career paths that will provide teens with information on how to get to where they want to go, career-wise. The panels will take place once per month and the panel speakers will be asked questions regarding career advice to teens, significant choices they have made over the years in their career, pros and cons in their career of choice and more. Workshop attendees receive advice and information about possible career paths from those who have first-hand experience.

Fee: none

Application required

C.A.R.T. Internship Program

The 5 week C.A.R.T. (Career Advancement Resources and Training) Internship Program is for teens to gain important job skills that will aid them in their transition into adulthood. The program consists of job readiness training, such as resume building, work ethic, personal finances and career exploration. After completion of the job readiness training, interns will be placed with a community partner to gain 10 hours a week of on-the-job experience for 12 weeks. Y staff will support each intern during placement to ensure their internship is a positive and valuable learning experience. Upon completion, participants may be eligible for a stipend incentive.

Fee: none

Application required

Smart Money Workshops

The Smart Money Program is an 8 week workshop series focused on helping youth reach their financial goals and transition into adulthood with a strong financial skill set. Topics include setting financial goals and saving, credit cards and debt, loans and financial aid and budgeting and spending. Teens have the opportunity to develop skills that will allow them to make informed decisions regarding their personal finances and may be eligible for a savings incentive upon completion of the workshop.

Fee: none

Job Readiness & Career Workshops

Twice a month, teens will have the opportunity to participate in workshops focused on different career areas. Workshops will be given on creating a resume, improving interviewing skills, finding a job and developing professional communication skills and a positive work ethic.

Fee: none

Career Counseling

Through partnership with Berkeley City College, Berkeley High School students who might not otherwise pursue higher education, can enroll in a semester long "Career and Life Planning" course to facilitate a positive transition from high school to post-secondary learning. Students participate in career exploration activities, develop time management and study skills, and create educational and career plans. Whether students transfer to a four-year school or gain specific career training, the class guides participants towards a college program that matches their interests and aptitudes.

Fee: none

Application required

Photography Workshop

The Photography Workshop is a 6 week program that helps teens explore and develop skills - with the goal of helping them to identify a potential career path. Taught by a professional photographer, teens have the opportunity to learn how to take photographs and produce images. Guest photographers also share their experience and provide insights on entering and working in the field of photography or digital arts. Participants create their own photography portfolio and showcase their work in an art gallery at the Teen Center. Teens may use their own digital camera or utilize equipment at the Teen Center.

Fee: \$25 per student

Financial assistance available

Journalism Workshop

The Journalism Workshop is a 6 week program that gives teens the opportunity to develop their writing and communication skills. Taught by a professional journalist, teens will have the opportunity to write an article on a topic of their choosing and have that work published either in a local periodical or online. The program will also incorporate visits from several professional journalists/columnists to speak about a wide range of topics, including investigative journalism, sports and entertainment and more.

Fee: \$25 per student

Financial assistance available

Workshops

At the Teen Center, we recognize that learning is a multi-faceted process that extends far beyond the classroom. To supplement our students' studies, we provide a variety of workshops, both one-time and continuous, designed to engage teen's creativity, passion and curiosity in new and exciting ways. Teen Center members can learn the art of poetry writing, attend photography classes, explore what it takes to be an effective journalist in our journalism workshop, expand their knowledge of technology with Berkeley Community Media, learn about sports health and safety with the Oakland Children's Hospital and the list goes on!

Fee: none

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