

# Activity Ideas from the Field: Make the Change

<b>CONTACT:</b> Tami Keith: Wahkiakum High School		<b>ACTIVITY NAME:</b> United Way of Cowlitz & Wahkiakum County: Make the Change Campaign
<p><b>AUDIENCE:</b></p> <input type="checkbox"/> All Students <input type="checkbox"/> All GU Students <input type="checkbox"/> DREAMers <input type="checkbox"/> English Language Learners <input type="checkbox"/> Families <input type="checkbox"/> First Generation Youth <input type="checkbox"/> Rural Schools <input type="checkbox"/> Students with Disabilities <input type="checkbox"/> Underrepresented Minorities <input type="checkbox"/> Youth Experiencing Homelessness <input type="checkbox"/> Youth In Foster Care <input type="checkbox"/> Other: _____ <p><b>GRADE LEVEL:</b> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/>          10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/>          Other: _____</p> <p><b>SERVICE TYPE:</b></p> <input type="checkbox"/> College Applications <input type="checkbox"/> College Goal Washington <input type="checkbox"/> College Visits <input type="checkbox"/> Comprehensive Mentoring <input type="checkbox"/> Counseling & Advising <input type="checkbox"/> Educational Field Trips <input type="checkbox"/> Family Events <input type="checkbox"/> Financial Aid & Financial Literacy <input type="checkbox"/> Job Shadowing <input type="checkbox"/> Rigorous Academic Curriculum <input type="checkbox"/> Student & Family Orientation <input type="checkbox"/> Summer Programs <input type="checkbox"/> Tests & Test Preparation Workshop <input type="checkbox"/> Tutoring & Homework Assistance	<p><b>THEME:</b></p> <input type="checkbox"/> Advisories <input type="checkbox"/> Attendance <input type="checkbox"/> Career Exploration <input type="checkbox"/> CCSS <input type="checkbox"/> Collective Impact <input type="checkbox"/> College Bound Scholarship <input type="checkbox"/> College match/selection <input type="checkbox"/> College-Going Culture <input type="checkbox"/> Community College <input type="checkbox"/> Credit Retrieval <input type="checkbox"/> Dropout Prevention/ Reengagement <input type="checkbox"/> Early Warning Systems <input type="checkbox"/> Equity <input type="checkbox"/> Essays <input type="checkbox"/> Family engagement <input type="checkbox"/> Games <input type="checkbox"/> Graduation Requirements <input type="checkbox"/> Guest Speakers <input type="checkbox"/> Health/Wellness <input type="checkbox"/> Leadership for college readiness <input type="checkbox"/> Partnerships <input type="checkbox"/> Scholarships <input type="checkbox"/> Social & Emotional Learning <input type="checkbox"/> STEM <input type="checkbox"/> Supporting undocumented students <input type="checkbox"/> Test preparation <input type="checkbox"/> Transitions <input type="checkbox"/> Using data and evaluation <input type="checkbox"/> Working in rural schools Other: _____	<p><b>GOAL:</b> Addressing personal identity, developing leadership and organizational skills, goal setting, teamwork, developing empathy and sensitivity to others. Develop skills to avoid and stop bullying, identifying areas of need for teens in our community and learning how to impact others positively. Inclusive of our whole high school student body.</p> <p><b>ACTIVITY OVERVIEW:</b> We selected a team of #10 students represented from each grade. This group had 3 students to act as lead advocates – they attended the day long assembly at RA Long and determined it should be implemented at our school. Students were trained by The United Way Representatives with the intention of using them to facilitate our all school assembly. It involved two meetings after school to train our trainers and a few hours the night before the assembly to set up the gym and review everyone’s responsibilities for the next day. We conducted a full day closed assembly to our entire student body. As a follow-up all students were involved in weekend retreat at Cispus to further the goals of the program.</p> <p><b>PREP TIME:</b> Facilitator has to prepare activities that break down barriers and force students to look at their own actions first, then learn to appreciate the strengths and talents of others.</p> <p><b>MATERIALS NEEDED:</b> A positive attitude, a willingness to be open &amp; participate. We made posters, murals for our halls and gym promoting the day.</p> <p><b>COST:</b> \$1000.00 - GEAR UP sponsored \$500. Our local sponsors donated money to cover the cost of tee-shirts and pizza lunch for the entire school.</p> <p><b>PROCEDURE:</b> Contact United Way of Cowlitz &amp; Wahkiakum County for their program information. This project began at the Mark Morris High School and grew from there through the United Way involvement and Leadership Teacher of the Year – Travis Ruhter.</p>



# *Be the Change*

*Wahkiakum High School*

*Partnerships are KEY!*



WAHKIAKUM HIGH SCHOOL  
CATHLAMET, WA

***Students will leave Wahkiakum High School with the tools and skills necessary to persevere in their pursuit for college or career success.***



# Mule Success, Club Time, Advisory



Wahkiakum Community Network - TAG

***Make It Happen!  
Make a Difference***



***What are our needs, wants and dreams?***

***Keep all your doors open!***

***Build Strength through Partnerships***

***United Way***



BE THE  
**CHANGE**

United  
Way



**Make the Change** - a one day seminar

**Be the Change** - a three day weekend  
retreat

**Live the Change** - an ongoing follow  
up and mentoring program.





Goals of the program include:

1. Addressing Personal Identity
2. Developing leadership and organizational skills
3. Developing empathy and sensitivity to others
4. Developing skills to avoid and stop bullying
5. Identifying areas of need for teens in our community
6. Learning how to impact others positively

“All aspects of the program focus on creating relationships, mentoring, and teaching students to take charge of their future and surroundings. We believe that each person can make a difference in their community and in the life of others,” Ruhter said.

**Goals**



Staff Nominated 3 Students  
Attended a workshop at RA Long  
Students Felt Make a Change was a Good Fit

The Rest of the Nominated Students  
were Selected as Small Group Leaders



“If you have a pulse you have a purpose  
and it all starts with loving yourself.”



Be the Change!



# Teaching through Quotes

"Be the change you wish to  
see in the world!"

-Gandhi



Make the  
Change.



If you've got a pulse, you've got a purpose



starts with Loving yourself



All Day Assembly  
Leadership Skills  
Honoring & Appreciating Talents



Travis Ruhter said, “The United for Change staff believes this initiative is essential in our community today. **Although we live in an ever more electronically connected culture and society, person to person empathy and communication are at an all time low. This program reverses that tide and challenges young people with real dreams, emotions and feelings, and not simply as icons or pictures on the internet.**”

# **Lower Columbia Collegege & WHS Cowlitz Wahkiakum Career Development Consortium**

[http://cwcdc.net/  
wahkiakum.k12.wa.us](http://cwcdc.net/wahkiakum.k12.wa.us)





**Interior design**  
**Elementary Teacher**  
**MS Teacher**  
**Artist**  
**Welder**  
**Biologist**  
**Judge**  
**Physical Therapist**  
**Dental Hygiene**  
**Log truck driver**  
**Hairstylist**  
**Tattoo artist**



## **What is a Job Shadow?**

Job shadowing is a career exploration activity that offers an opportunity to spend time with a professional currently working in a person's career field of interest. Job shadowing offers a chance to see what it's actually like working in a specific job. Not only do participants get to observe the day-to-day activities of someone in the current workforce, they also get a chance to have their questions answered.

## **Job Shadow Student Checklist**

### **Before the Job Shadow**

- Request a Job Shadow opportunity with your advisor by having him/her sign the bottom of the Teacher Permission Form (pg. 3).
  - Seniors: Ms. Haberlach or Mr. Cox
  - Juniors: Ms. Petterson or Mr. Rooklidge
  - Sophomores: Mrs. Niemeyer or Mr. Niemeyer
  - Freshman: Mr. Garrett or Mr. Hurley
- Complete Parent/Guardian Authorization Form (pg. 2)
- Complete the Teacher Permission Form (pg. 3).
- Meet with advisor to confirm Job Shadow date and time. Bring the following documents to the meeting:
  - Complete the pre job shadow questionnaire with employer (pg. 10)
  - Parent/Guardian Authorization Form
  - Teacher Permission Form

### **Day of the Job Shadow**

- Check in and out of office.
- Take this packet, extra paper, pen/pencil to the work site.
- Ask employer host for business card at the end of the job shadow.
- Say thank you to everyone at the work site place.

### **Day after the Job Shadow**

- Send Thank You email to Job Shadow host, see samples (pg. 8)
- Complete the Reflections form page. (pg. 7)

## Parent/Guardian Authorization Form

**PERMISSION:**

I agree to allow my student, \_\_\_\_\_ to participate in the Job Shadow program. I accept full responsibility for his/her safety and conduct and will hold the employer and the Wahkiakum School District harmless in case of an accident on the job, or while traveling to and from the Job Shadow work site.

**PERSONAL LIABILITY:**

Students are not covered for liability by the employer in which they are placed for the Job Shadow experience. Therefore, Wahkiakum School District is requiring that students carry personal coverage or take out medical accident coverage through their school in order to participate in a Job Shadow experience.

My student has individual medical for all school activities through my personal provider.

Name of insurance provider: \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Phone \_\_\_\_\_

**EMERGENCY AUTHORIZATION:**

**I authorize any emergency procedures deemed necessary.** All efforts to contact me or other contact person(s) will be made in the event emergency medical treatment is necessary. I agree to assume all costs related to those emergency medical procedures.

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

**TRANSPORTATION:** I understand that the parent/guardian and students are responsible for arranging transportation for the Job Shadow experience.

***I have read the above Parent/Guardian Authorization form and have completed the above permission, personal liability, emergency authorization, and transportation information and I agree to all terms necessary for my student to participate in the Job Shadow experience.***

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

## Teacher Permission Form

Student: \_\_\_\_\_ School: Wahkiakum School District

Employer: \_\_\_\_\_ Date of Job Shadow: \_\_\_\_\_

**Advisor's Signature:** \_\_\_\_\_

Please mark this absence as "school-related." The student is responsible for work and content missed during this absence.

Work-based learning opportunities instill a work ethic, increased self confidence and a sense of responsibility for students. Students gain a clear idea of career possibilities and the importance of a good education. Community and business involvement helps teachers make education more relevant to the lives and futures of their students.

Teacher permission that student has provided advanced notice of this job shadow.

<b>Period 1</b>	_____
<b>Period 2</b>	_____
<b>Period 3</b>	_____
<b>Period 4</b>	_____
<b>Period 5</b>	_____
<b>Mule Success</b>	_____
<b>Period 6</b>	_____

**Please submit this completed form to your Advisor with parent permission form and the job shadow questionnaire.**

## Reminders!

- You are representing your high school and your family. Do your best to make a good impression.
  - ✓ Put away your cell phone!
  - ✓ Be friendly, courteous, and professional.
- Once a Job Shadow experience is planned, you must follow through and do everything you can to be at the work site as arranged. If you become ill, call the work site and call the office to notify of your absence.
- You are there to witness firsthand the work environment, skills, and abilities used on the job, the value of professional training, and other activities involved in the career/occupation you are observing. Show an interest and willingness to learn, but respect the time and needs of the person you are shadowing. Remember, they do have work to do.
- Dress appropriately for the work site you are visiting.
  - ✓ No open toe shoes
  - ✓ If required keep PPE (personal protective equipment) on at all times
- Be prepared. Don't forget your packet, extra paper, and a pen or pencil.
- Keep matters of business in strict confidence and understand that there are times you may be asked to be excluded from an activity.
- Be flexible, job shadow experiences rarely go exactly as planned. Enjoy the experience.
- Be prompt with your thank you letter. This is very important and shows you appreciate the work site's time. It leaves the door opened for the next student.

## Interview Questionnaire

These are questions to be asked of your Job Shadow Host

1. What is the required work schedule for this position?
2. What are tasks you complete on a daily basis?
3. How did you choose this profession/position?
4. What are the educational requirements for this profession/position?
5. What are the training requirements for this profession/position?
6. What is the average salary range for this job?
7. What can I do now to prepare for this field of work?

8. How do the following skills apply to this job?

- a. Accuracy:
- b. Teamwork:
- c. Communication:
- d. Working independently:

9. How has technology changed your job over the years?

10. What do they like best about this job? (Rewards/benefits?)

11. What are some of the challenges of this career?

**Submit this form to your advisor.**

## Reflections

1. Was there anything that surprised you about your Job Shadow?
2. What was most interesting about being at the work site?
3. What did you like least about your Job Shadow?
4. What are some challenging aspects of the job/career?
5. From your observation, how important are “people skills” to the success of this career?
6. Is this a career you may pursue in the future? Why or why not?

**Submit this form to your advisor.**

## Thank You Email

Use this model to write a thank you email to the Job Shadow employer.

	To...	<a href="mailto:Bobthebuilder@qsn.net">Bobthebuilder@qsn.net</a>
	Cc...	
	Subject:	Job Shadow

Hello Bob,

Thank you for the Job Shadow experience. I enjoyed spending the day with you learning about the construction industry. The information you provided will help me make decisions as I continue in my education.

Best,  
Sally Student

	To...	<a href="mailto:TinaTurtle@worksource.net">TinaTurtle@worksource.net</a>
	Cc...	
	Subject:	Job Shadow

Dear Ms. Turtle,

I appreciate you taking the time out of your schedule to spend the day with me. Learning about accounting practices for the health care industry really showed me how much I need to keep up on my math classes.

As a result of this job shadow, I am positive I want to continue my goal of becoming an Accountant. If you ever have special projects or time for me to visit again I would love the opportunity. Here is my contact information: [williamwaters@hotmail.com](mailto:williamwaters@hotmail.com) or my cell (360) 555-5555.

Thank you,  
William Waters

## Pre Job Shadow Questionnaire

1. What is the required dress attire?

\_\_\_\_\_

2. What is the name of the person I will be shadowing? \_\_\_\_\_

3. What is the title of the person I will be shadowing? \_\_\_\_\_

4. What is your web address for you company? \_\_\_\_\_

5. What time should I arrive at the work site? \_\_\_\_\_

6. Where should I check in when I arrive? \_\_\_\_\_

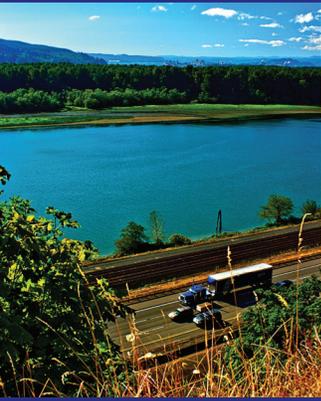
7. What are three tasks I can expect to complete during my job shadow experience?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

8. Do you have any question for me before the job shadow experience?



# *In the Loop*

*The Newsletter of the Cowlitz Economic Development Council*

## Our Team

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## *Ports are Leading the Way*

*by Ted Sprague*

**The Kelso/Longview Chamber of Commerce and the Cowlitz Economic Development Council worked together to host our annual Economic Summit on November 19th. This year we decided to shake up the format and focused simply on our county's three port districts. With the help of nine local sponsors underwriting the event, we had over 150 in attendance to learn more about our Ports and what projects they are projecting for the future.**

We led off the evening with our newest Port Director, Jennifer Keene from the Port of Woodland. Jennifer discussed the uniqueness of her port district and the challenges of being a first time port director. The comments that gathered the most attention were the necessity of confidentiality when dealing with prospects and clients and the fact that the port controls approximately 8,000 feet of undeveloped Columbia River access. The potential for development in that area of the county is nearly limitless with that much access. We will work closely with the port and the community to ensure the property is developed with the capital investment and jobs we all desire for our community.

The Port of Kalama took over from there with remarks from Executive Director, Mark Wilson. Mark is the longest tenured port employee as he has worked for the port dating back to 1989. Currently, the port is working with NW Innovations (NWI) on a \$1.8 BILLION capital investment to construct a methanol manufacturing facility. The work with NWI dates back to this time last year, but has hit the accelerator button recently. The port and county held a scoping meeting last week to discuss with the community areas of concern or highlights that should be considered in the Environmental Impact Statement for permitting the project. The event was lightly attended, but good dialogue took place with citizens and permitting agencies. You can add your input



**Jennifer Keene**  
Port of Woodland



**Mark Wilson**  
Port of Kalama



**Geir Elif-Kalhagen**  
Port of Longview



*Austin Point is one of two marine areas and three industrial areas owned by the Port of Woodland. With its deep draft feasibility, it is a prime location for future development. The Port is also developing Martin's Bar and creating the Rose Growers Industrial Park.*

and infrastructure repair that is overdue. While doing this critical work they are also developing the Barlow Point area for future development and working with clients in the existing port area for new projects. The one taking the most attention is the Haven Energy project which is investigating



*One project nearing completion at the Port of Kalama is the expansion of the TEMCO grain terminal. The Port is also working with NW Innovation Works to site a methanol plant at the Port, just opened its new administrative offices and interpretive center and is creating a new industrial park and sports fields on its East Port property.*

to the discussion by submitting comments to [sepa@kalamamfgfacilitysepa.com](mailto:sepa@kalamamfgfacilitysepa.com). Comment on the importance of this project locating in an appropriately zoned area, providing the largest capital investment in decades, 1,000 construction jobs for over six years and 240 full time jobs are important to point out to the permitting agencies.

We wrapped up the evening with Port of Longview Executive Director, Geir Elif-Kalhagen. Geir educated everyone on the global reach of our ports and the impressive economic impact the channel deepening project has had on our area and the entire northwest. The port is concerning itself with some maintenance



*Barlow Point is a 285-acre property owned by the Port of Longview. A comprehensive plan is currently being created to determine how to best develop the property. The Port of Longview is also working on a rail corridor expansion, the redevelopment of Berth 4 and Willow Grove Park.*

the location for a \$200 million plus capital investment for a propane/butane facility.

While we focused this year on the work of the ports, the developments being done by the private sector is equally important. All told, the projects looking to locate in Cowlitz County could total over \$3 Billion in capital investment and over 1,000 full time jobs for our future. It is important we support these developments in order to get our families back to work and our tax base fully diversified to support schools and necessary infrastructure for a strong quality of place.

# United For Change Campaign Helps Students Create Relationships and Fight Bullying

by Joelle Wilson

Addressing issues of inclusion, bullying, and building connections and understanding between teens and their peers is the focus of United for Change, a program started at Mark Morris High School by Travis Ruhter, Washington State's Leadership Teacher of the Year in 2013. With plans to expand the program into all local high schools, the United Way of Cowlitz and Wahkiakum Counties have partnered with Ruhter and begun a fundraising campaign for that purpose.

Brooke Fisher, Director of Community Services for the local United Way, said the program falls in line with one of their health and wellness initiatives of empowering youth to be leaders and unite with their peers. In working with members of the Kelso High School DECA program students, Fisher said she heard about instances of bullying via social media. "Kids were utilizing pages to defame others' character by spreading malicious and obscene rumors about other students. The result of these horrible acts was students left with low self esteem, poor school attendance for fear of humiliation and thoughts of suicide. I brought this news to the attention of the United Way staff and we were all in agreement that it was time to partner with Travis Ruhter and his team."



Ruhter said the program has been put into action at Mark Morris and RA Long High Schools. It is comprised of three complementary components: Make the Change, a one day seminar; Be the Change, a three day weekend retreat; and Live the Change, an ongoing follow up and mentoring program.

Goals of the program include: addressing personal identity, developing leadership and organizational skills, developing empathy and sensitivity to others, developing skills to avoid and stop bullying, identifying areas of need for teens in our community, and learning how to impact others positively

"All aspects of the program focus on creating relationships, mentoring, and teaching students to take charge of their future and surroundings. We believe that each person can make a difference in their community and in the life of others," Ruhter said.

Fisher said they met with local law enforcement officials and the school superintendents and principals and all have agreed the program couldn't be timelier.

Ruhter said, "The United for Change staff believes this initiative is essential in our community today. Although we live in an ever more electronically connected culture and society, person to person empathy and

communication are at an all time low. This program reverses that tide and challenges young people with real dreams, emotions and feelings, and not simply as icons or pictures on the internet.

Fisher said, "We all know the phrase, 'It takes a village to raise a child'. Our local businesses and community members can be the village that supports our children and gives them opportunities to stay on positive paths." Donations can be made at [www.cowlitzunitedway.org](http://www.cowlitzunitedway.org). For more information, call 360-423-5320.



Give. Advocate. Volunteer.



**LIVE UNITED™**

**United Way**



**Cowlitz  
and  
Wahkiakum  
Counties**

**Give. Advocate. Volunteer.**

## UNITED FOR CHANGE

A health and wellness focus initiative for United Way of Cowlitz and Wahkiakum Counties is our youth, and specifically empowering our youth to be leaders, and to unite with their peers. Bullying has been around for ages, but with time has taken different forms. We are now in the age of social media bullying, where a student may not know or have control over their name being mentioned, or a particular rumor being spread. It is easier for an individual to bully through a screen than to a real face. This is impacting self esteems, attendance, and reputations in our community. In our observation in working with our local youth, we have discovered the need to support and reinforce our schools in their efforts to decrease bullying and increase leadership.

*"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself."-Anonymous*

"United for Change" is a program that was created by Mark Morris Leadership Teacher and Washington State Leadership Teacher of the Year, Travis Ruhter. United Way of Cowlitz & Wahkiakum Counties has partnered with Travis with the goal of conducting this program in all of our Cowlitz & Wahkiakum District High Schools, also in hopes to provide tailored health and wellness events for elementary and middle school levels in the near future. We are proud that this program is endorsed by local law enforcement and business and education leaders in our community. Your donations to the United for Change program under our health and wellness initiative will support such things as:

*1 Day "United for Change" Seminar at a local high school  
 Scholarships for students to attend United for Change Weekend Camp  
 Outreach mentorship to student participants  
 Special School "Anti-Bully" focused assemblies*

*We appreciate your donations to our health & wellness initiative and supporting our youth!*



Yes, I want to help the United for Change Program. Enclosed is my contribution:

Total Gift Amount: \$ \_\_\_\_\_

ONE TIME GIFT (check payable to United Way enclosed) Check # \_\_\_\_\_

BILL ME (billing address & phone required) \_\_\_\_\_ Donated Now \_\_\_\_\_ Balance\$ \_\_\_\_\_

Credit Card payments accepted at [www.cowlitzunitedway.org](http://www.cowlitzunitedway.org) or by calling 360-423-5320

Signature \_\_\_\_\_

Date \_\_\_\_\_

Phone \_\_\_\_\_

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_, STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Please return your gift and this form to the address listed.

1138 Commerce Avenue, Suite 201 Longview, WA 98642

Phone (360) 423-5320 Fax (360) 423-8862

Facebook at United Way of Cowlitz and Wahkiakum Counties, Inc.

[www.cowlitzunitedway.org](http://www.cowlitzunitedway.org)

Thank You!

Disclosure: Only check this box if you do not wish for United Way to allocate any unused program funds toward the 2015 campaign which benefits the 23 local partner agencies of United Way.