

# "For You" Guide Book



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# SaySo Shout Out

“For You,” started as a wish: A wish that other youth could learn how to survive and thrive through foster care by learning from those who have.

To make this wish come true, SaySo members took their ideas and put them together in a video and this guidebook. The video is available on the [www.saysoinc.org](http://www.saysoinc.org) website.

Putting together a gift like “**For You**” took dedication, time, and a good sense of humor!! SaySo members shared themselves, had fun, and kept you in the forefront of their minds. I am grateful to the many hands that made this wish come true especially for SaySo’s 10<sup>th</sup> Year Anniversary.

The youths listed below volunteered their time and knowledge of foster care to share with you – because you matter! You are important! The adults helped guide the process, content, and logistics. Countless hours were provided by all. A special shout out to Sonja Matheny who partnered with her employer-IBM to help print this book for all SaySo members.

We all hope that you will use this guidebook, visit the SaySo website, watch the video, and share what you learn with others. We welcome submissions to the SaySo website and hearing more about what we can do “**For You!**”

With Warm Thanks!

*Nancy Carter, Executive Director*

March 2008

#### **Youth Contributors**

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## ***A Message from former foster youth –***

***Sonja E. Matheny***



Reflecting over the events that have occurred in my life, I used to ask myself over and over again...WHY ME??? But looking back, life has shown me that there is a reason and purpose for everything and believe it or not, that includes both the good and bad situations that I have faced. From entering the foster care system at the age of 2 years old and remaining a ward of the court until I aged out at 21 years old, the first part of my life was “off the hook”. There are so many challenges that come with being in foster care. I have experienced living with foster parents, living in a group home, and dealing with issues within my biological family. In addition to these challenges, I was also challenged emotionally, feeling disadvantaged and unwanted. My circumstances impacted the way I felt about myself and how others perceived me. It was hard dealing with everything happening around me in addition to my own personal issues.

As the title states, this book is **FOR YOU**. Your unique circumstances have led you to a position of responsibility, far beyond the issues and concerns that many of your peers from other backgrounds have ever considered. While this high level of responsibility feels like a disadvantage, you must realize that you are qualified to overcome it all. The best thing about it is that you don't have to do it by yourself. Believe me, I know from experience.

I'm all grown up now and I'm happy to share that I made it through the foster care system and landed on my feet. I attribute my success to my faith in Christ and my determination to have a better life. However, you must understand that I did not do it by myself. I wasn't afraid to ask for help and when I received help, I took advantage of the resources that were provided. This was not a simple task. I clearly remember as a teenager having to be much more focused and responsible than most of my peers.

As you read this guide, please realize that this is all **FOR YOU!!** Your future is not determined by your past. In the midst of your life's storms, search for the things that will push you forward in life. Look beyond your current situation and make it happen.

Today, I have fully gained my independence. I have an undergraduate and graduate degree, work for a Fortune 500 company, own a home and vehicle, frequently travel and best of all, I'm still young. However, my success means nothing if I do not reach back to help others. I am responsible for sharing my experience with you because statistics primarily show that most foster youth suffer rather than succeed. But YOU are not a statistic.

The choice is yours. Just make the decision to succeed, find the help that you need and follow through. Discover your dreams and desires and make the decision to make it all happen. Remember to take advantage of the resources around you, therefore we present to you, your guidebook. The information you need to succeed is here **FOR YOU**.

With Love,

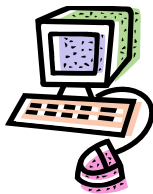
Sonja E. Matheny



# Support in Foster Care



- Letter from SaySo Youth
- Who You Will Meet
- Who You Will Meet Activity
- Top Five People
- Contact with Biological Family
- Becoming Your Own Advocate
- Characteristics of a Friend: Be a Friend – Make a Friend



## Useful Websites:

<http://www.saysoinc.org>  
<http://www.onyourway.org>  
<http://www.fosterclub.org>  
<http://www.fyi3.com>  
<http://www.orphan.org/index.php>  
<http://www.jimcaseyyouth.org>

# Letter from a SaySo Youth

Dear Foster Care Youth,

My name is Jackie Sparks and I have been in foster care for almost four years along with my four siblings. I have one older sister and three younger brothers. Like many other people, my family means a lot to me. Unfortunately, it is hard to place a family of five together; so my family and I were separated. But, my sister and I fought our heads off to be with my younger brothers. However, that did not work and we were all separated from each other. Then we asked our foster parents, social worker and GAL if they would please find a home that would take a family of five, but instead they found a home for three of my family members to live together and the other two to live together. To sum this up, do NOT give up on your siblings; fight all you can for you and your siblings.

Please, don't stop trying!

Sincerely, Jackie S.

“Siblings should be able to fight your hardest to be able to stay with your family because they are all you have. Don't fight with them because they are the only people you can trust with anything personal. So be nice to your siblings.”



“Trust the people that you really like and don't let them go”  
(Jackie S. SaySo Board Member 2006-2008)

(Provided by Jackie S, SaySo Secretary 2006-2008)

Foster care is supposed to be a temporary situation. Along the way everyone has a role to play.

**Youth:**

Youths' may think they can only sit back and let foster care happen to them. There are things youths can do:

- Ask questions about what the court orders mean
- Actively be involved in planning your life! It's your life and safety that's at stake!



**Biological Family:**

In the beginning, their main focus is to accomplish everything the Judge tells them to do. This can include:

- Maintaining therapy sessions, making sure to get their children to ALL doctor appointments, and providing basic needs (food, clothing, shelter)
- Being present at visitations and openly communicating to their children how things are going
- Helping reinforce the "best interest" of their children by listening to them

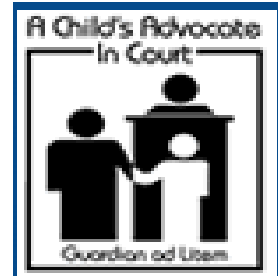


**Caregivers (Foster Parents and Group Home Counselors):**

- By law foster parents have to be LICENSED by the Department of Social Services in their county or another agency that provides foster cares services
- Must know first aid, CPR, and pass a criminal background check
- Be trained to de-escalate a situation
- Have a house with a fire evacuation plan
- Be financially stable (not dependent on foster care money to survive)
- Be willing to provide appropriate living conditions
- Cannot force a youth to adopt their values

### Guardian Ad Litem (GAL):

- Are appointed by the Judge to be the "voice" for youth at ALL court dates
- Are assigned to review all records on the youth - from school, DSS, any mental health records, etc
- Are expected to meet with the youth on a regular basis to understand what the foster youth would like
- On a court day, the Judge will ask the GAL for a report - this includes the GAL's opinion on what is in the "best interest" of the child



### Case Managers and Social Workers:

- Are employees of the State of North Carolina and this means social workers MUST enforce State laws for youth placed in foster care
- Have to work with the Judge/court in order to do ANYTHING
- Need to work with the biological family because the Federal and State governments believe that REUNIFYING (bringing everyone together again) the biological family is the #1 priority
- When working with the biological family and find it is not successful (or youths determine that they would prefer not to return to their families), the social worker needs to help YOUTHS obtain a PERMANENT solution
- When choosing the type of permanence for a youth, a social Worker MUST consider the youths wishes and needs

### LINKS Coordinator:

- Provides independent living skills training and planning for youths ages 13-21 years old
- Have LINKS meetings for youths
- Administers the County funds for LINKS youth



"The LINKS coordinator knows anybody who's anybody. They know where to get you insurance...a car...anything to help you out!"

Julia C.



# Who You Will Meet Activity

Here is a diagram illustrating some other people that will enter your life (besides teachers, coaches, and friends) now that you are in foster care.

Can you think of others to add? List them here:



# TOP Five People Exercise

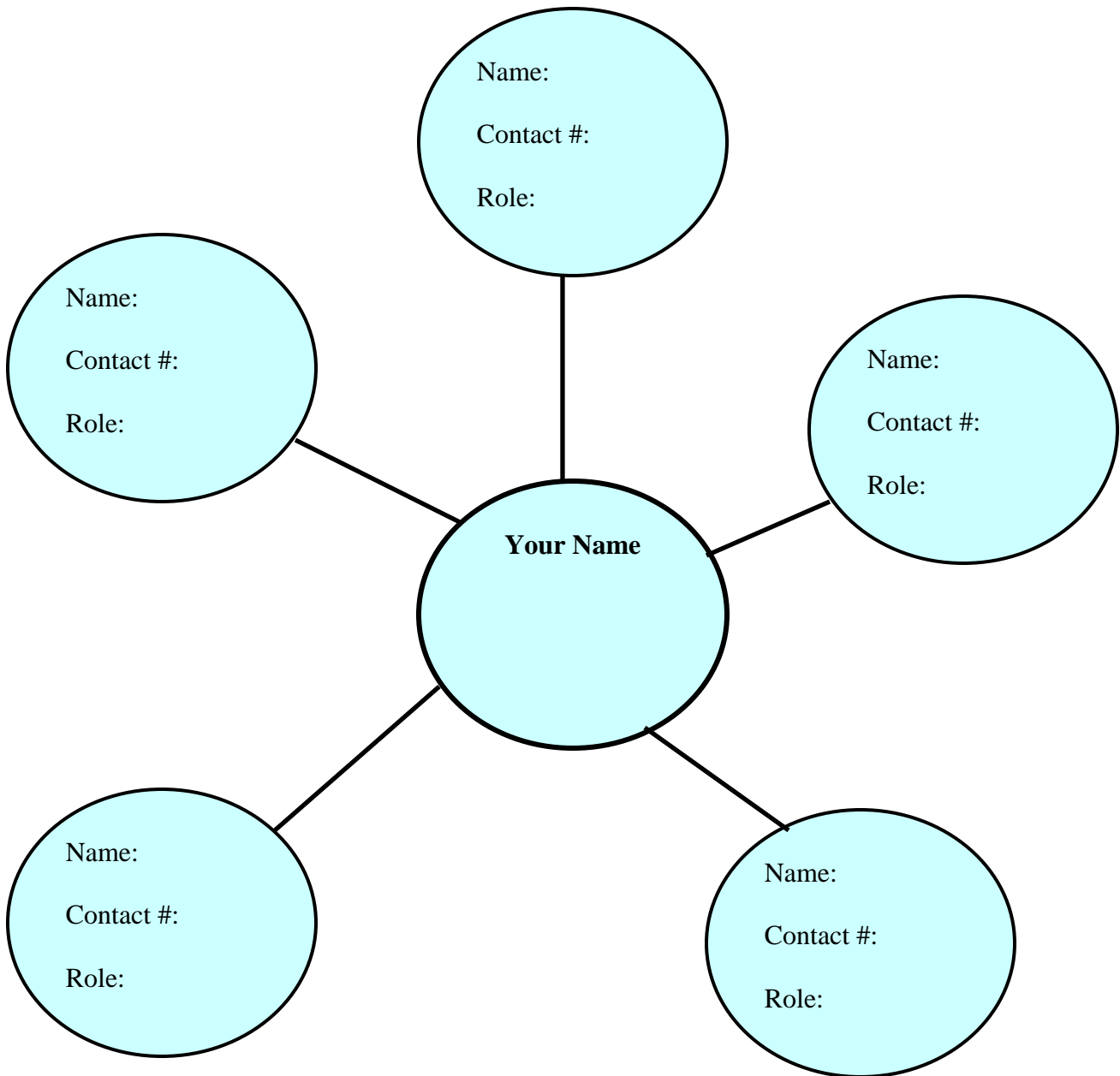
Name YOUR Top Five (or more) People that are in your life and really SUPPORT YOU! Take some time to fill in each circle with the people most important to YOU.

This will help you remember:

- Who is who and,
- What they do!

Have Fun thinking about your favorite people!

Remember, you can always add more circles or leave some blank for later use.



# Contact with Biological Family

(Provided by Jackie S, SaySo Secretary 2006-2008)

Having time with your biological family involves input from many people and depends on the court order. Some court orders will not allow youths to have visits. Other court orders allow supervised visits (only when a social worker is present). The court order really depends on what is happening with your family.

Always remember, court orders can change for lots of reasons.

Some things to remember:

- It is your social worker's job to arrange visits with your family.
- When you first enter care, the judge, GAL, and social worker will determine how visits will be handled.
- Everything a social worker does HAS to be supported by a court order/Judge.
- Your GAL is a great resource to help you advocate for visits with your family.
  - Visits can include not only your parent(s)/guardian, but also your siblings.
  - In many cases, siblings are NOT able to be placed together (sometimes this may be in your "best interest").
- Scheduling visits with your biological family can be a difficult. There are many different people and their schedules to consider in addition to your school attendance.
  - The social worker, foster parents, and biological family all have to agree on a day and time.
  - Be prepared for time conflicts that can lead to lots of rescheduling of visits.
  - Deciding on a place for the visit can also be difficult.



"Tell them that you do not like what they are doing. They are your family; you are supposed to be able to talk to them without them getting mad!"

Jackie S.

**How do you tell your Biological Family you are mad at them?**

# Becoming Your Own Advocate in Foster Care

(Adapted from: <http://www.nccourts.org/Citizens/GAL>)

## Step 1: Know About LINKS (page 16-20) or Your State's Independent Living Program

LINKS or the independent living programs provide assistance to help live on your own after you "age out" of foster care. It means that you may have available things such as medical coverage, education assistance, housing assistance, a monthly stipend, assistance finding a job, etc.

### Participate in meetings/conversations that pertain to you.

Most states allow youth to participate in planning meetings when they reach a certain age, often as a teenager. Speak to your GAL or social worker and find out which meetings would allow you to have the most input. Keep this in mind; it can be painful to hear all of the details that often come up in these meetings. In order for the adults to make good decisions, they need to share details about your history, which might be painful to hear.

### Have your opinions and feelings heard.

You always have a right to express your feelings and opinions! Making them known is an important way to stand up for you. If you find it hard to talk about your feelings, try writing them down and sharing them with a friend, with your foster parents, or your GAL. Speaking clearly, calmly, and directly about how you feel without blaming others, will help have your ideas count.

## Step 2: Speak Up When There Is a Serious Concern

It's not enough to just have a complaint. Think about what the solution will look like when your problem is solved and perhaps what steps you need to take to get there. This is what you should communicate to people who can help you. If you have a clear and consistent message, others are more likely to want to help you.

One advantage is to write a complaint. Writing a complaint gives you additional time to think things through and organize your thoughts and arguments. Writing your complaint allows you to know the problem is always told in your own words.

## Step 3: Understand the Chain Of Command and Process

The chain of command is like stair steps. If you have a problem, you start on the bottom step. If your problem doesn't get solved, you move up to the next step. To find out how the chain of command works in your state, contact the DSS Office (Ask for the DSS Director if talking to your caseworker makes you uncomfortable), and say, "I am a foster child and I have a problem that has not been fixed. I would like to find out the chain of command and who I can talk to next."

## Step 4: Ask for Support from Others

You can try to solve your problems alone, but having help can often bring better results. Sometimes as a youth, you don't have access to the best resources to solve the problem (for example, a problem in school might involve bringing in a specialist in education). Consider what your problem and who is the best person to ask for help. Go to that person and state clearly what you need.

## Step 5: Document Events & Keep a Copy of Your Documentation

If something is happening or has happened to you, write it down while it is still fresh in your mind. It is a way of ensuring you don't forget any details. Documenting the experience can also be a form of "proof" for others that your problem exists. Also, writing your complaint or problem on a piece of paper makes your complaint seem more "official." Written complaints usually get more attention.

# Characteristics of a Friend: Be a Friend – Make a Friend

(Adapted from: <http://www.thecutekid.com/>)

## Characteristics of Good Friends

- Respects your opinion.
- Has own interests outside of yours.
- Acts like you are an equal.
- Is honest with you and others.
- Uses constructive criticism.
- Supports you in your activities.
- Have similar interests.
- Have similar values.



## Characteristics of Bad Friends

- Always wants things done their own way.
- Is jealous of any other relationships or friendships you have.
- Is critical of you and others.
- Doesn't give you any space and always wants to be with you.
- Acts like they are better than you in some way.
- May lie to you and others.
- Encourages you to make bad choices.
- Uses you.

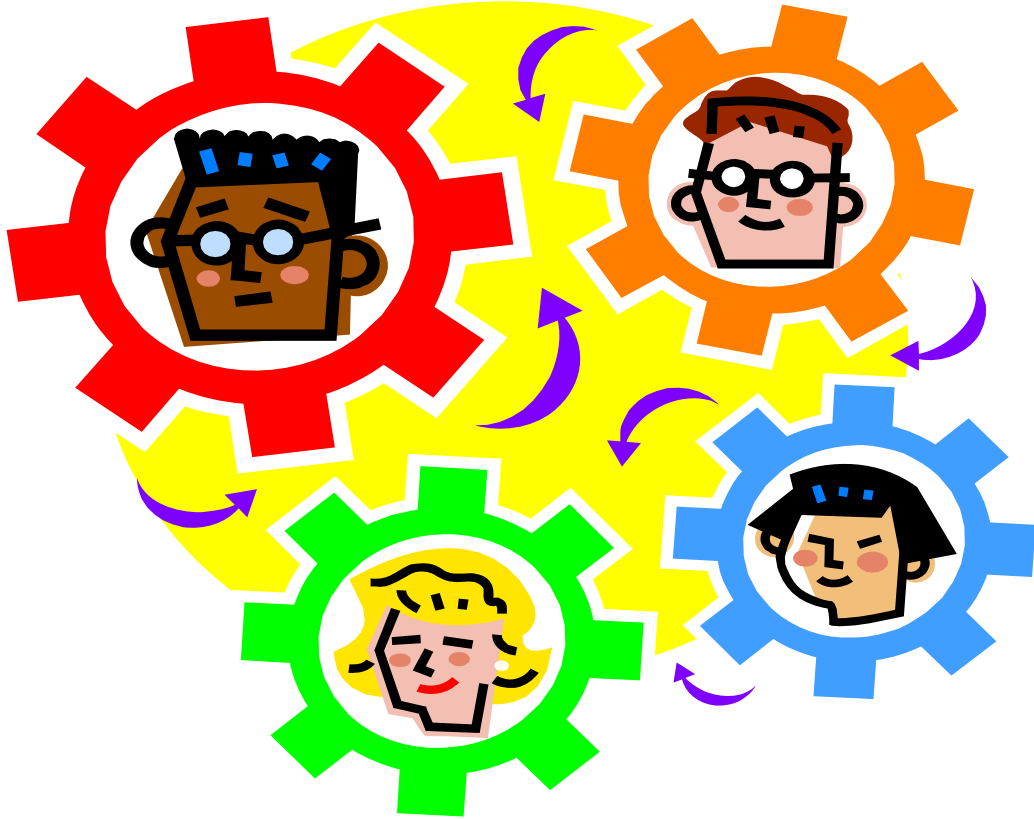
## Questions to Ask Yourself about Your Friends:

- Do your friends make you feel good?
- Do you ever wonder if your friends say bad things about you behind your back?
- Do your friends ever ask you to do things that you are uncomfortable with?
- Do your friends make you feel like you are not as good as they are?
- Do your friends not like it when you hang out with other people?
- Do your friends ask you to contribute more to the relationship?
- Do your friendships make you feel safe and comfortable?



"I created my family through friends, college, social workers, and GAL's. I didn't want any one to know I was in foster care...When I accepted my situation, I was able to let people in...the ones that remained were my true friends... Cherish C.

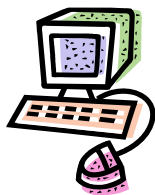
# NC LINKS



- ▶ **What Is It?**
- ▶ **Assistance Offered**
- ▶ **Education Training Voucher**
- ▶ **Post Secondary Education Act**
- ▶ **Transitional Planning**
- ▶ **CARS Agreements**
- ▶ **Blank Transitional Plan**

"One of the best kept secrets in the world...helped keep me out of trouble."

Julia C. discussing  
NC LINKS



## Useful Websites:

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

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

<http://www.dhhs.state.nc.us> (NC Dept of Human Services)

# LINKS

Written by Joan McAllister, NC State LINKS Coordinator

## What is it?

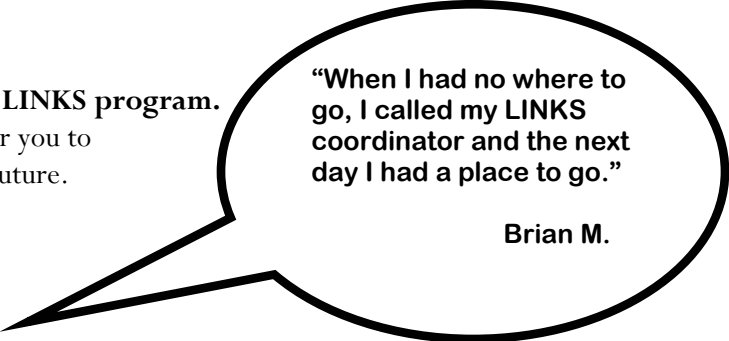
LINKS is the independent living program in North Carolina for older teens in foster care and those aging out to help **YOUTH** prepare for adulthood. Every county has a person who is designated as the LINKS coordinator, whose responsibility it is to coordinate the counties LINKS plan. Every county LINKS program is different, based on the resources that county has and the needs of the young people in foster care. However, there are some things that should be available in all programs.

All youth who are in foster care and who are ages 16 to 18, plus all young adults 18 to 21 who aged out of care have a right to LINKS services as long as they are taking responsibility to work on the barriers they face.

- It means that you are expected to be a full participant in deciding what services you need to get ready to transition from foster care.
- It means that if you are behind in school and want to graduate with a high school diploma, you will talk with your social worker about getting tutoring to help you catch up.
- It means that if you want to stay in a foster home after you turn 18, you will have to try and follow through with your transitional goals along with complying with the rules in your foster home.
- It means that if you want to strengthen your personal support system by spending time with relatives or other responsible adults, you will use that time to get to know each other.
- It means that if you want help paying for furniture or other items as you transition from care, you will research the best buys and will help pay for these items.

**No one can force you to participate in the LINKS program.**

These are just a few examples of what it means for you to handle your responsibility for your life and your future.



“When I had no where to go, I called my LINKS coordinator and the next day I had a place to go.”

Brian M.

## What assistance does LINKS offer?

LINKS Special Funds are a resource to pay counties back for money that they spend on behalf of eligible youth and young adults. The money is limited, so counties have to be very careful how they use it and not spend too much. The money has to be used to help youth achieve one or more of the following outcomes when they leave care: safe and stable housing; sufficient income for basic needs; adequate education and vocational training; a personal support system of at least five responsible adults; avoidance of high risk behaviors, postponed parenthood, and access to medical care.

If you are facing barriers to achieving any of these outcomes, talk with your LINKS social worker about it and plan with him or her how to overcome these barriers. Again, you will need to do your part, but the DSS can help you to do that.

## Education Training Vouchers

Any youth who was in foster care on or after his/her 17<sup>th</sup> birthday, **or** who was adopted from foster care after his/her 16<sup>th</sup> birthday is eligible for an Education Training Voucher (ETV). This is a grant that pays up to \$5000 annually toward costs of attendance at a college, technical school, or vocational training program beyond the high school level. The money does not have to be repaid like a student loan would. This money can only be used for costs of attendance at school, such as tuition, fees, books, room and board, transportation, and equipment (which could include a computer). It will also help you pay child care for those with children. This money can be used at ANY school, not just a North Carolina school. Make sure to have your application filled out (you can receive one from your social worker) on time.

**You can apply for an ETV directly on line at:**

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



## NC REACH [www.ncreach.org](http://www.ncreach.org)

The 2007 legislature has passed a bill that will provide significant funding for all students attending an instate college or community college who either **aged out of DSS foster care at 18 or who were adopted from DSS foster care after age 12**. These scholarships will cover tuition, fees, and books and will have an allowance for room and board. This funding only applies to the 16 branches of the University of North Carolina and the North Carolina Community College System. The 16 branches of UNC are:

Appalachian State University  
East Carolina University  
Elizabeth City State University  
Fayetteville State University  
NC A&T University  
North Carolina Central University  
NC School of the Arts  
NC State University  
UNC Asheville  
UNC Chapel Hill  
UNC Charlotte  
UNC Greensboro  
UNC Pembroke  
UNC Wilmington  
Western Carolina University  
Winston-Salem State University



Information on this new program will be released to the local Departments of Social Services as it is provided to us. The full implementation of this bill is not expected before September 2008.



# Transitional Planning

What does this mean? (Please see page 20 for a blank copy of the Transitional Living Plan)

## **Youths Role in Developing Transitional Plans**

- By policy, youths are supposed to participate in the development of their independent living/transitional plan based on the assessment they did with their foster parent and LINKS social worker.
- Did you have an opportunity to participate in the development of your independent living or transitional plans? If so, how did it make a difference when you started participating in those plans?

If your social worker seems to be unwilling to work with you, there are several steps that you can take to improve the situation.

- First ask the LINKS coordinator for a meeting to discuss your plans and options. This will probably require planning it in advance at a time that works with your schedule and the coordinator's. Thank the coordinator for scheduling the time.
- Talk with the LINKS coordinator about your goals for school, work, where you hope to live when you leave foster care and any other interests you may have. Talk with him or her about what you would like to do to achieve those goals, as well as any help you may need. Help might mean asking your social worker to advocate for you to be able to work while you are still in care, to get your driver's license, to go see schools that you are interested in, to visit with family that might be an eventual resource, etc. Present yourself in a mature and open way, even if you feel yourself getting frustrated.
- Attend your planning meetings. If your schedule will not allow you to attend, ask if they can be scheduled at a different time so you can attend. This is YOUR life!
- You are your own best advocate. However, if you need to, you can get the help of your GAL to advocate for you as well.

## CARS Agreements (Contractual Agreement for Residential Services)

One of the options available to most youth as they approach their 18<sup>th</sup> birthday is the opportunity to enter into a CARS agreement. This is a written agreement between the young adult and the DSS. The young adult agrees to stay in school or vocational training full time, and to do what they can to keep the placement stable. The agency agrees to provide funds to pay for the placement, to supervise the placement, and to provide services to the young adult. Some agencies allow young adults to come back to a CARS agreement if they get out on their own and later decide that this would benefit them. Either the agency or the young adult can end the CARS agreement at any time.

# Blank Transitional Living Plan

(Suggested Format)

(Adapted from: <http://www.dhhs.state.nc.us/dss/local>)

Note: Transitional Living Plans must be developed for youth in out-of-home care who are 16 or 17 years of age, regardless of the primary plan for permanency. A copy of the completed plan should be attached to the Out of Home Services Agreement as well as to any court review documents.

**TRY THIS!!**      **Fill in the blanks and see if this plan looks like you 😊**

Date of review: \_\_\_\_\_ Date of next review: \_\_\_\_\_

Name of youth: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date of first admission to foster care: \_\_\_\_\_ Date of last admission to foster care: \_\_\_\_\_

Number of OOH (Out of Home) placements \_\_\_\_\_ Last completed or current grade in school \_\_\_\_\_

Estimated date of discharge from out-of-home care: \_\_\_\_/\_\_\_\_/\_\_\_\_

Where and with whom does the youth plan to live upon discharge from Foster Care?

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

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

City, State, ZIP: \_\_\_\_\_

Telephone number and Email address: \_\_\_\_\_

## **Comments:**

If this plan does not work out, what is the agreed-upon backup discharge plan?

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

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

City, State, ZIP: \_\_\_\_\_

Telephone number and email address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SaySo

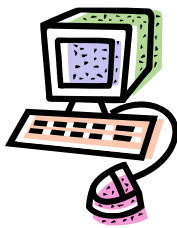


*"Speaking Out Today, While Making Changes for Tomorrow!"*

- Who We Are and Our Mission
- Why Join SaySo?
- Programs
- How To Get Involved

"Being able to meet people who are in the same situation...talk to Congressmen and women about the issues of foster youth."

Cherish C.



Useful Website:

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

**Log on today and sign up!**

**It only takes 20 seconds!**

## **WHO WE ARE...**

*SaySo –Strong Able Youth Speaking Out*

*A statewide association made up of youth who are or have been in out-of-home care. This includes all types of substitute care: foster care, group homes, kinship placement, and mental health placements.*

## **OUR MISSION...**

To work to improve the substitute care system by educating the community, speaking out about needed changes and providing support to youth that are or have been in substitute care.

### **Belief Statement**

We, strong able youth, believe in educating the community about needed changes in the foster care system. As strong able youth, we believe the voices of youth matter. So it is time to listen. We believe that if provided adequate materials we can achieve anything. As strong able youth, we uphold the idea that by expressing ourselves verbally, we are informing others of real life situations that may give a new meaning to life. We believe we have the right to be treated equally and fair and that our voices can make a big difference. We proclaim the love of children as being a primary factor for SaySo's continued existence. As youth, we believe we should have a right to better health care and easy access of monies for our needs. We hold the expectation that every board member is a unique individual, who can and will learn. Provided with a sufficient amount of time, effective teaching, and a positive learning environment we will accomplish our goals.



## **WHY JOIN SAYSO, INC.?**

Members of SaySo have participated in conferences all over the state of North Carolina, as well as a few other states. In addition to trainings and workshops, some members participate in other activities to spread SaySo's mission. Members are active on a variety of boards, statewide and nationally. Our members have met national politicians and influential people! SaySo has partnered with state legislators and administrators to improve the foster care system. SaySo members have learned that adults really do care when we speak, and we are no longer just a number or statistic, but a face. As members of SaySo, we get to be with others who understand and support our issues and solutions.

## **PROGRAMS...**

**2 LINK Up Events** (Various Locations in Eastern and Western NC) – One day Life Skills conferences for youths ages 13-16.

**SaySo Saturday** – One day conference held the 1<sup>st</sup> Saturday in March for all members. State Board members are elected for each region.

**Board of Directors Meetings** – Members elected to the board at SaySo Saturday meet six times per year to plan events, build skills, and maintain the organization.

**SaySo Orientation** – A three-day retreat, for new board members to get a chance to develop leadership, and team skills.

**SaySo Survivor** – A weekend retreat hosted by SaySo that teaches foster youth to build on strengths and resiliencies.

**SaySo Page Week** – SaySo members work for a week as Pages with the NC State Senate, House, and Governor's office in Raleigh.

**Conferences** – There are many opportunities for SaySo sponsored youths to represent NC by attending conferences. Explore the SaySo website to see forthcoming what conferences.

**Advisory Boards** – Members of SaySo are often asked to participate on advisory boards and committees to improve the foster care system.

# HOW TO GET INVOLVED...

If you are interested in becoming a SaySo member just send your:

Name,  
Address,  
Birth-date,  
Phone number, and  
Email address

To:

SaySo Inc.  
411 Andrews Rd, Suite 230  
Durham, NC 27705  
**1-800-820-0001**  
[sayso@ilrinc.com](mailto:sayso@ilrinc.com)

"Instant connection  
with people in NC,  
with others in foster  
care...a brotherhood,  
a family."

Julia C.

Once we receive your information, you will receive a Membership card along with our current newsletter. We will also send you future bi-monthly newsletters to the address provided. Furthermore, with each newsletter, there will be information on upcoming events to participate in with SaySo.

OR

You can also sign up on our website at: [www.saysoinc.org](http://www.saysoinc.org)

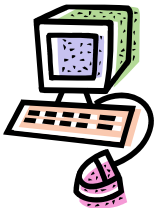


The website is a great place to learn about current, up-to-the-minute State and Federal Legislation that effects foster youth. There are many other resources such as; a LINKS message board and POLLS that are renewed monthly!

# Law



- ➔ **The Process: A Timeline of What to Expect in Foster Care**
- ➔ **Termination of Parental Rights (TPR)**
- ➔ **Who is a GAL and what can they do?**
- ➔ **How to Speak Out**
- ➔ **Finding Permanence**
- ➔ **Your Rights in Foster Care (FosterClub.org)**



## Useful Websites:

[www.ncga.state.nc.us/gascritps/Statutes/StatutesTOC.pl?Chapter=0007B](http://www.ncga.state.nc.us/gascritps/Statutes/StatutesTOC.pl?Chapter=0007B)

[www.dhhs.state.nc.us/dss/local](http://www.dhhs.state.nc.us/dss/local)

[www.dhhs.state.nc.us/dss/adopt/steps.html](http://www.dhhs.state.nc.us/dss/adopt/steps.html)

[ssw.unc.edu/fcrp/Cspn/vol6\\_no1/termination\\_parental\\_rights\\_legal.htm](http://ssw.unc.edu/fcrp/Cspn/vol6_no1/termination_parental_rights_legal.htm)

# Foster Care Timeline

(Adapted from the Wake County Guardian Ad Litem program)



- **Day 1:** Social Worker files a petition in order to secure a placement for a youth in need
- **Day 7:** Hearing is scheduled to determine a youth's needs (is a foster care placement necessary or can the youth be returned home with supports in place).\*
- **Day 60:** A hearing is scheduled to review the case. Has the biological family made some good changes? Should the youth remain in foster care?
- **Day 90:** Review case to see if there are any changes with the situation.
- **Day 180:** Review the case and issues concerning placement; what needs to be changed/what is going well?
  - **Day 365:** Once a youth has been in placement for one year, there must be a plan for permanence. Meetings will be held every six months until permanence is secured (please see page 29 for more information about permanence).

"Every child should ask when their court dates are because the Judge Listens to You!"  
Cherish C.

\* Examples of supports are family therapy, substance abuse treatment, counseling for the youth, receiving intensive in-home services. These will be monitored by the Social Worker.

"I wrote letters (to the judge), sometimes 10 pages, sometimes one. No one can change what you write in that letter." - De'Von



# Termination of Parental Rights (TPR) Timeline

- **Day 1:** TPR Petition is filed with the court (if the permanency plan is for adoption then a petition for TPR MUST be filed within 60 days of the permanency planning hearing).
- **Day 90:** TPR hearing is held NO LATER than 90 days from submission of the petition.
- **Day 180:** Post TPR review is held six months after TPR entered.
- **Day 365:** Additional post TPR hearings are held every six months until permanence is found.

Please note: That after an adoption petition is filed and 10 days have passed without the GAL raising any issues of concern, the court may release the GAL from the case.



## **Who is the GAL?**

(Adapted from: <http://www.nccourts.org/Citizens/GAL/>)

**A Guardian ad Litem (GAL) is a trained community volunteer who is appointed by a district court judge to investigate and determine the needs of abused and/or neglected children or youth petitioned into the court system by the Department of Social Services. The Guardian ad Litem advocates for a permanent and safe home for every child within the shortest time possible. In some rare cases petitions alleging only dependency also get a GAL.**

## **What Can a GAL Do?**

- **Visits youths and keeps them informed about court proceedings.**
- **Communicates with the Attorney to further the best interests of the youth.**
- **Gathers and assesses information about a youth to recommend a resolution that is in the youth's best interest.**
- **Interviews parents, guardians, caretakers, social workers, other service providers, and reads records related to the family.**
- **Seeks cooperative solutions with other participants in a youth's case.**
- **Writes fact-based, youth-focused reports for court hearings.**
- **Attends and participates in court hearings and other related meetings to advocate for a permanent plan, that serves in a youth's best interests.**
- **Testifies, if needed, to inform the court of changes in a youth's situation.**
- **Keeps all records and information confidential.**
- **Monitors ordered services and keeps the court informed about needs of the youths involved in the case.**
- **Consults with local program staff for support and guidance.**
- **Ensures that the court knows the youth's wishes.**



If you do NOT like your GAL, tell your social worker that you do not like them and tell them you would like a new one. If she/he does not listen, then tell the GAL supervisor.

Jackie S.

# How to Speak Out

(Advice and experiences of current and previous foster youths)



## In Court:

- **A youth who is too young to truly understand the court process will NOT be asked to speak in court (usually under 12).**  
However, the Judge may ask to speak directly to a youth before or during a court hearing in order to know what the youth WANTS.
- **If the Judge sees that a youth is old enough to understand what is going on, they may ask them to speak openly before the court.**  
However, many times the situation can be emotionally difficult. Therefore, the social worker, GAL and the youth's lawyer will be asked if it is a good idea to have the youth speak in court.
- **When speaking in court, the best advice is to BE HONEST – Let the Judge know how you feel and what YOU BELIEVE is in your “best interest.”**

## Social Worker:

- **You may get a Social Worker that you do NOT like or feel is not doing their job. Make sure to communicate how you feel to them.**
- **If you see that your Social Worker is NOT listening, talk to the Supervisor. Your GAL is also a good person to talk to about the situation.**
- **You may have to keep talking to different people until your voice is heard. Don't give up.**

## Foster Family:

- **The main role of your foster family is to provide your basic needs along with any educational needs you may have depending on your age.**
- **If you are 16, the goal is for them to provide you with independent living skills.**



**If you feel AT ANY TIME, that your foster family is treating you poorly- SPEAK UP!!!**  
**That is the only way to work things out.**

**What can you do if you do NOT like your foster family?**

“Tell your social worker that it is not working out and that you want a new one (foster family). If they do not listen then tell their supervisor.”

Jackie S.

# Finding Permanence



There are several types of permanence and placements DSS will try to provide some sort of permanence for young people once they leave their biological families:

**Reunification:** A social worker will determine if permanence can be achieved by reunifying young people with their biological families.

- In NC reunification is attempted within one year and this can seem like a long time.
- During this time, family visits and counseling are critical.
- Many times it can be frustrating to live in one of the placements (listed below) while working on reunification.
- Sometimes reunification does not work out.

**Kinship Care:** A young person lives with a family member or a family friend (such as a god-parent).

- Very little assistance is provided by DSS and the government.
- Statistics indicate that youths placed in Kinship care remain closer to their biological families than those in other types of care.

**Adoption:** Can offer a permanent, legal and forever family to provide for the young person's overall care.

- This option is only available when reunification is not an option and the biological parent's rights have been terminated.
- The social worker may work with a private adoption agency to help find a family for a youth.



**Foster Care: (Family and Group Care)** A foster home placement provides financial, daily guidance, and housing support until a youth turns 18- or 21 depending on whether a youth signs the VPA/CARS agreement.

- It is not uncommon to have multiple foster care placements.
- It is not uncommon that the chosen family is one that a youth had been previously placed.
- When foster care placements do not meet the needs of youths, they have the right to speak to their social workers and request homes that can meet their needs.

**Guardianship:** A legal, permanent placement when reunification and adoption are not options as determined by the court.

- This arrangement is usually made when a close bond exists between a youth and prospective guardian (often a relative).
- The court transfers custody, decision-making, and overall protection and care from DSS to the guardian so the young person is no longer in “foster care.”
- DSS is not required to provide financial support or supervision to the guardian.

**Transitional Programs:** A program specifically designed to help youths learn independent living skills.

- There are some transitional living programs in NC. These are usually connected to a group home agency.
- These programs allow youths to learn and practice the skills necessary to live on their own through community based interactive programs focused especially on employment and budgeting skills.
- If a program is not available, foster homes can tailor a program to meet specific youth needs.



“When we are completely content...I feel I am perfectly safe and will be OK.”

Julia C. (answering a question about Permanence)

# **Your Rights in Foster Care**

(Taken from: <http://www.fosterclub.com/>)

**As a youth in foster care, you have the right\* and responsibility:**

- 1 To know your rights in foster care, to receive a list of those rights in written form and to know how to file a complaint if your rights are being violated.**
- 2 To be told why you came into foster care and why you are still in foster care.**
- 3 To live in a safe and healthy home where you are treated with respect, with your own place to store your things and where you receive healthy food, adequate clothing, and appropriate personal hygiene products.**
- 4 To have personal belongings secure and transported with you.**
- 5 To have caring foster parents or caretakers who are properly trained, have received background checks and screenings, and who receive adequate support from the Agency to help ensure stability in the placement.**
- 6 To be placed in a home with your brothers and sisters when possible, and to maintain regular and unrestricted contact with siblings when separated (including help with transportation), unless ordered by the court.**
- 7 To attend school and participate in extracurricular, cultural, and personal enrichment activities.**
- 8 To have your privacy protected. You can expect confidentiality from the adults involved in your case.**
- 9 To be protected from physical, sexual, emotional or other abuse, including corporal punishment (hitting or spanking as a punishment) and being locked in a room (unless you are in a treatment facility).**
- 10 To receive medical, dental, vision and mental health services.**
- 11 To refuse to take medications, vitamins or herbs, unless prescribed by a doctor.**
- 12 To have an immediate visit after placement and have regular ongoing visits with biological parents and other relatives unless prohibited by court or you don't want to visit.**
- 13 To make and receive confidential telephone calls and send and receive unopened mail, unless prohibited by court order.**

- 14** To have regular contact from and unrestricted access to social workers, attorneys, and advocates and to be allowed to have confidential conversations with such individuals.
- 15** To be told by your social worker and your attorney about any changes in your case plan or placement and receive honest information about the decisions the Agency is making that affect your life.
- 16** To attend religious services, activities of your choice, and to preserve your cultural heritage. If possible, your placement should be with a family member or someone from your community with similar religion, culture and/or heritage.
- 17** To be represented by an attorney at law in administrative or judicial proceedings with access to fair hearings and a court review of decisions, so that your best interests are safeguarded.
- 18** To be involved, where appropriate, in the development of your case plan and to object to any of the provisions of the case plan during case reviews, court hearings and case planning conferences.
- 19** To attend court and speak to a judge (at a certain age, usually 12) about what you want to have happen in your case.
- 20** To have a plan for your future, including an emancipation plan if appropriate (for leaving foster care when you become an adult), and to be provided services to help you prepare to become a successful adult.

\* Unless restricted by law or otherwise restricted by the court



"I want to be involved,  
I want to Speak Out!"

Cherish C.



**\*ATTENTION\***

## **If your rights have not been met:**

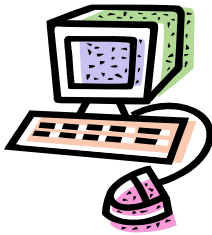
**Try some of these ideas from current foster youths...**

- 1. Make sure to first consider YOUR ROLE! Did I do what I was responsible for?**
- 2. Talk to your social worker.**
- 3. Document your issues and what you would like to have happen.**
- 4. Talk to your GAL.**
- 5. If your social worker and GAL are unable to assist you, write a letter to the foster care supervisor and copy it to the agency director.**
- 6. Do not whine or blame anyone, state the facts and your ideas for a possible solution.**
- 7. It's your life, so begin problem solving on how to get what you need... BUT be willing to do somethings yourself.**
- 8. Do not expect a hand out – life doesn't work that way.**

# Health



- Health Questions and Answers
- Relaxation Techniques
- Teen Health Concerns
- Teen Health Statistics
- “What is Your Opinion” Questionnaire



## Useful Websites:

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

[www.fosterclub.com/index.cfm](http://www.fosterclub.com/index.cfm)

[www.mayoclinic.com/health/teens-health/TN99999](http://www.mayoclinic.com/health/teens-health/TN99999)

[www.teengrowth.com/](http://www.teengrowth.com/)



Dear Foster Care Youth,

My name is Dwayne and I have been in foster care for four years. I have two younger sisters who are also in foster care. While in foster care, I have experienced many problems. I want to help you with some of those issues related to health: physical, mental and sexual. This next section will address each of those issues along with suggestions on how to handle different situations that you as a foster youth may face.

Being in foster care can be scary at first. You do not know how the foster parents will think about you, or if their family will accept you for who you are. This can be very emotionally draining. This section will also address SEX! WOW! I bet that got your attention. Any way, did you know that the statistics are really negative for teenagers having sex and getting an STD??? Some people who have an STD do NOT even know it. Sometimes this is because they are too scared to go get tested. This is especially true for foster youth who may not have someone that they feel comfortable to turn to and talk about sex. So...Let's talk about sex...

Hopefully this section will help offer you the support you need☺!

Sincerely,

Dwayne W.☺



# Health Questions and Answers

(Adapted from: <http://www.fosterclub.com/>)

## 1. What are some ways to tell fosters parents and others about your physical illness?

You can find some adult in the foster care system that understands you and is willing to talk to people about your condition. Go to the doctor's office and let the doctor speak with your foster parents. Bug the heck out of your social worker to get you out of the house. If you cannot get through to your social worker, try talking to the Social Worker's bosses. If the bosses will not listen to you, bug them again and again until they are tired of hearing you complain.

## 2. Can a foster parent force me to do something that I do NOT want to do?

They are not allowed to force you to do anything that is not a serious issue. It is good to go outside for a while. Try to plan something at school with your friends; go to the library, movies, mall, bowling, skating, a party, or gym. Be active in after school activities for the fun of it or just to do something instead of being home.

## 3. What do I do if I think I have a sexually transmitted disease?

If you think you have an STD:

- Talk to your foster parent or another adult you trust, or
- Ask the school nurse about getting help, or
- Call your doctor, or
- Call your local public health department or Planned Parenthood Clinic.



Remember: If you call your local public health department or Planned Parenthood Clinic and ask about testing, they cannot diagnose over the phone. You will need to go to the clinic and get tested to know for sure if you have an STD.

For more information about sexually transmitted disease, logon to [www.iwannaknow.org](http://www.iwannaknow.org).

## 4. I just feel so depressed and hopeless. What's the point?

It is completely normal to feel depressed about being in foster care. Usually, it is not a youth's choice to be in foster care. Even for teens who realize they might be better off in foster care, it is still normal to miss your family, your old home, your sisters and/or brothers, a pet and all your old stuff. Sometimes we use the word "depressed" when we really mean "bummed out."

Here are some signs you may be seriously depressed:

- |   |                                       |
|---|---------------------------------------|
| Having feelings of sadness, hopelessness, worthlessness | Forgetting things                     |
| Getting sick a lot more than before                     | Being tired, bored, sleeping a lot    |
| Not being able to sleep much at all                     | Drinking and drugging a lot           |
| Not being able to decide stuff, concentrate in school   | Being angry, violent                  |
| Blow off your family and friends a lot                  | Being obsessed with suicide and dying |
| Not being interested in things you used to like         |                                       |

If you are experiencing two or more of these signs, you need to get some professional help, like therapy.

**5. I have been sexually molested or abused, but I am too embarrassed to tell anyone. What should I do?**

The most important thing you can do to protect yourself is to tell someone. If they don't believe you, then tell someone else until you find someone who believes you and is willing to help. Teachers, principals, and school nurses are good people to tell because there is a law that they must take you seriously.

Molestation and rape are violent crimes and staying silent only protects the criminal.

Victims of sexual abuse are often embarrassed and feel that it is best to keep the whole thing quiet. You are not alone with your feelings. Often victims feel that they will be punished or rejected if anyone finds out, or that they will be looked on as "odd" or deserving of the abuse. All victims of childhood abuse have emotions and fears like this. It is very important to get counseling to get you back on track about your feelings. Call the Rape Abuse and Incest National Network (1-800-656-HOPE) for information about crisis counseling groups in your area, or ask your foster parents to help you find an individual therapist.

**6. Who should I turn to if I am pregnant?**

You can talk to your foster parents, your caseworker, a teacher, a friend or friend's parent, or your doctor. What is really important is to talk to someone right away and get prompt medical attention. Don't try to deal with it alone. There are many people who want to help you.

**7. I can't stop worrying about my parent. What can I do?**

Probably one of the hardest things in life is to love someone who is in trouble. But it is your parents job to take responsibility for their lives. If you find yourself focusing a lot of energy worrying about your parent's problems, you might find it helpful to talk to other teens facing the same sort of problems; they may know how to help you talk your feelings out. Talk to your caseworker or counselor about how you feel. They may have some suggestions on how to communicate to your parents.

**8. Why do I have to see a therapist or counselor?**

Your mental health is as important as your physical health. As a foster youth, you may have experienced many difficult, sad, or scary things. It can be very helpful to discuss experiences and problems with someone who is trained to understand how human emotions work. Talking to a therapist does not mean that you are "crazy" or that there is something "wrong" with you. It is just the opposite. Talking to a therapist shows that you are strong and capable enough to deal with problems.

**9. My foster parents won't let me see my boyfriend. What can I do to make them trust me?**

Your foster parents may be concerned that your behavior with your boyfriend won't be appropriate or that you will get yourself into trouble. Romantic relationships can add even more emotional pressure to your family situation. If you want to spend time with your boyfriend, try asking your foster parents if he can come over for dinner. After spending some time with him and seeing that the two of you act appropriately, maybe their level of trust will go up.

If your boyfriend and you are not willing to visit in a "supervised" situation, then most likely the real reason you want to spend time together is not what your foster parents consider "good" behavior. They may feel that the best move right now is to be separate for a while and keep in touch by writing letters, phone calls, or e-mails with your foster parents' permission

**10. What's wrong with having a boyfriend/girlfriend because it makes me feel safer!! [Like I belong to someone?**

Sometimes being in foster care can be like "losing" a parent. Many teens feel a true sense of loss, rejection, anger, or anxiety. It is not uncommon for a teen to try to fill this "gap" with a boyfriend or girlfriend. Unfortunately, if sex is a part of your relationship, this often leads to even more problems. Following is a list of some unhealthy reasons to be in a sexual relationship:

- a. Trying to cure loneliness or unhappiness
- b. Wanting to be more popular
- c. Using physical sex to avoid close, caring relationships
- d. Wanting to "prove" you're not gay or lesbian
- e. Hoping to discover the "fireworks" that go with sex, like on TV and in records, movies, magazines, and books
- f. Believing "the first time" is not important, so just get it over with
- g. Getting back at parents
- h. Using poor judgment because you're high on alcohol or drugs

If you are having sex for any of the reasons listed above, you should talk to someone about the situation. The thing to remember is that you do not belong to someone else!! You belong to yourself. Sometimes people feel so desperate to hang on to a new relationship that they make decisions that they're not ready for or they stay in a relationship that is abusive.

**"There's a difference  
between sex and love...if  
you don't love yourself  
than nobody can."**

**De'Von M**



# Relaxation Techniques

Reprinted with permission of the University of Maryland Medical Center ([www.umm.edu](http://www.umm.edu))

Relaxation techniques often can help people with sleep problems get a good night's sleep. Several relaxation techniques are listed below.



## Toe Tensing

By alternately tensing and relaxing your toes, you actually draw tension from the rest of the body. Try it!

1. Lay on your back, close your eyes.
2. Sense your toes.
3. Now pull all 10 toes back toward your face. Count to 10 slowly.
4. Now relax your toes.
5. Count to 10 slowly.
6. Now repeat the above cycle 10 times.

## Deep Breathing

By concentrating on our breathing, deep breathing allows the rest of our body to relax itself. Deep breathing is a great way to relax the body and get everything into synchrony. Relaxation breathing is an important part of yoga and martial arts for this reason.

1. Lie on your back.
2. Slowly relax your body. You can use the progressive relaxation technique we described above.
3. Begin to inhale slowly through your nose if possible. Fill the lower part of your chest first, then the middle and top part of your chest and lungs. Be sure to do this slowly, over 8–10 seconds.
4. Hold your breath for a second or two.
5. Then quietly and easily relax and let the air out.
6. Wait a few seconds and repeat this cycle.
7. If you find yourself getting dizzy, then you are overdoing it. Slow down.
8. You can also imagine yourself in a peaceful situation such as on a warm, gentle ocean. Imagine that you rise on the gentle swells of the water as you inhale and sink down into the waves as you exhale.
9. You can continue this breathing technique for as long as you like until you fall asleep.

## Guided Imagery

In this technique, the goal is to visualize yourself in a peaceful setting.

1. Lie on your back with your eyes closed.
2. Imagine yourself in a favorite, peaceful place. The place may be on a sunny beach with the ocean breezes caressing you, swinging in a hammock in the mountains or in your own backyard. Any place that you find peaceful and relaxing is OK.
3. Imagine you are there. See and feel your surroundings, hear the peaceful sounds, smell the flowers or the barbecue, feel the warmth of the sun and any other sensations that you find. Relax and enjoy it.
4. You can return to this place any night you need to. As you use this place more and more you will find it easier to fall asleep as this imagery becomes a sleep conditioner.
5. Some patients find it useful to visualize something boring. This may be a particularly boring teacher or lecturer, co-worker or friend.



## Quiet Ears

1. Lie on your back with your eyes closed.
2. Place your hands behind your head. Make sure they are relaxed.
3. Place your thumbs in your ears.
4. You will hear a high-pitched rushing sound. This is normal.
5. Listen to this sound for 10–15 minutes.

Then put your arms at your sides, actively relax them and go to sleep.

# Teen Health Concerns

(Adapted from: <http://www.teengrowth.com/>)



## Healthy Living

Physical activity, along with a healthy diet, plays an important role in the prevention of overweight and obesity (USDHHS, 2002). In order to maintain one's weight, the amount of calories used should equal the amount of calories consumed. The body burns calories for everyday functions such as breathing, digestion, and routine daily activities. But many people eat more calories than they burn each day. A good way to burn off extra calories and prevent weight gain is through leisure-time physical activity.

## Positive Self Image

Adolescence can be a challenging time for young people. Your reactions to the physical and emotional changes occurring during puberty often depend on how you feel about yourself. If you have a strong self-esteem, you're less likely to engage in socially unacceptable behaviors. While everyone makes mistakes, if you're self-confident you will learn from those mistakes and adapt your behavior, rather than repeating the same mistake again.

## Eating Disorders

Eating disorders are VERY common. In the U.S. approximately 0.3 to 3 percent of adolescent and young adult females have an eating disorder and the incidence of eating disorders in this country has doubled in the past 20 years. Eating disorders are not just a problem of women; approximately 5 to 15 percent of people affected with eating disorders are male. The sooner an eating disorder is recognized the easier it may be to treat or reverse.

## Depression

Something almost everyone experiences from time to time during their life. Sometimes it's just a short-lived gloomy feeling about something that has gone wrong, like having an argument with a friend or flunking a test at school. Sometimes it lasts longer, like if you've lost a close friend or there has been a death in the family (bereavement).

Depression is very treatable with talk (cognitive) therapy and if needed with medication.

# Teen Health Statistics

(Adapted from: <http://www.soundvision.com/>)



-Nationally, more than half of teenagers are virgins until they are at least 17 years of age (Sex and America's Teenagers, The Alan Guttmacher Institute, New York, 1994).

-In the U.S., 7 in 10 women who had sex before age 14, and ...  
6 in 10 of those who had sex before age 15 report having had sex involuntarily.  
(Facts in Brief: Teen Sex and Pregnancy, The Alan Guttmacher Institute, New York, 1996).

-Nationally, one-quarter of 15 year old females and less than 30% of 15 year old males have had sex, compared with 66% of 18 year old females, and 68% of 18 year old males who have had sexual intercourse. (A Statistical Portrait of Adolescent Sex, Contraception, and Childbearing, National Campaign to Prevent Teen Pregnancy, Washington, DC, 1998).

## Did you know????

### Statistics on Teen pregnancy:

-Nationally, nearly one million young women under age 20 become pregnant each year. That means close to 2800 teens get pregnant each day. (Facts in Brief: Teen Sex and Pregnancy, The Alan Guttmacher Institute, New York, 1996).

-Approximately 4 in 10 young women in the U.S. become pregnant at least once before turning 20 years old. (Facts in Brief: Teen Sex and Pregnancy, The Alan Guttmacher Institute, New York, 1996).

-Teen childbearing alone costs U.S. taxpayers nearly \$7 billion annually for social services and lost tax revenues. (Kids Having Kids: Economic Costs and Social Consequences of Teen Pregnancy, Prebecca Maynard (ed.), The Urban Institute, Washington, DC, 1997).

### Statistics on Rape in Teen:

-Teens 16 to 19 were three and one-half times more likely than the general population to be victims of rape, attempted rape or sexual assault. (National Crime Victimization Survey. Bureau of Justice Statistics, U.S. Department of Justice, 1996.)

-According to the Justice Department, one in two rape victims is under age 18; one in six is under age 12. (Child Rape Victims, 1992. U.S. Department of Justice.)

-While 9 out of 10 rape victims are women, men and boys are also victimized by this crime. In 1995, 32,130 males age 12 and older were victims of rape, attempted rape or sexual assault. (National Crime Victimization Survey. Bureau of Justice Statistics, U.S. Department of Justice, 1996.)

### Sexually Transmitted Diseases Among Teens:

-In the U.S., 1 in 4 sexually active teens become infected with an STD every year. Some common STDs are Chlamydia, gonorrhea, genital warts (also known as HPV - human papillomavirus), and herpes. (Facts in Brief: Teen Sex and Pregnancy, The Alan Guttmacher Institute, New York, 1996).



### **Teens are Victims of Violence, murder and Crime:**

In 1998, the young, blacks, and males were most vulnerable to violent crime:

- 1 in 12 persons age 12 to 15, compared to 1 in 357 age 65 or more
- 1 in 24 blacks, compared to 1 in 28 whites
- 1 in 23 males, compared to 1 in 33 females

(Bureau of Justice Statistics, U.S. Department of Justice)

-Teenagers and young adults were more likely to become victims of violent crime than older persons. In 1998, about a third of all victims of violent crime were ages 12 to 19 and almost half of all victims of violence were under age 25. (Bureau of Justice Statistics, U.S. Department of Justice)

-The percent of students reporting street gang presence at school nearly doubled between 1989 and 1995, increasing from 15.3% to 28.4%. (Bureau of Justice Statistics, U.S. Department of Justice)

-Homicide is the second leading cause of death for persons 15-24 years of age and is the leading cause of death for African-American and Hispanic youths in this age-group (Anderson RN, Kochanek KD, Murphy SL. Report of final mortality statistics, 1995. Monthly vital statistics report 45, 11(2 Suppl) 1997).

-In 1996, 6,548 young people 15-24 years old were victims of homicide. This amounts to an average of 18 youth homicide victims per day in the U.S. (National Summary of Injury Mortality Data, 1988-1996. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, November, 1998 (Unpublished)).

### **Statistics on Teen Smoking:**

-Approximately 80% of adult smokers started smoking before the age of 18. Every day, nearly 3,000 young people under the age of 18 become regular smokers.

More than 5 million children living today will die prematurely because of a decision they will make as adolescents--the decision to smoke cigarettes. (Centers for Disease Control and Prevention)

-An estimated 2.1 million people began smoking on a daily basis in 1997. More than half of these new daily smokers were younger than age 18. This translates to more than 3,000 new youth smokers per day. The rate of youth initiation of daily smoking increased somewhat from 55.5 to 74.9 per 1,000 potential new users between 1991 and 1996, but remained level in 1997 (the 1998 National Household Survey on Drug Abuse)

-Nearly all first use of tobacco occurs before high school graduation.

-Most young people who smoke are addicted to nicotine and report that they want to quit but are unable to do so.

-Tobacco is often the first drug used by young people who use alcohol and illegal drugs.

-Among young people, those with poorer grades and lower self-images are most likely to begin using tobacco.

-Over the past decade, there has been virtually no decline in smoking rates among all teens. Among black adolescents, however, the prevalence of smoking has declined dramatically.

-Young people who come from a low-income family and have fewer than two adults living in their household are especially at risk for becoming smokers.

(Preventing Tobacco Use Among Young People, U.S. Surgeon General Report, 1994)

### **Statistics on Drugs among Teens:**

-There were an estimated 708,000 new inhalant users in 1997, up from 332,000 in 1989. The rate of first use among youths age 12-17 rose significantly from 1989 to 1995, from 8.4 to 18.8 per 1,000 potential new users, and remained level after that. For young adults age 18-25, there was an increase in the rate of first use between 1989 and 1996 (from 3.7 to 10.7 per 1,000 potential new users) and a leveling off in 1997 (9.2 per 1,000 potential new users). (The 1998 National Household Survey on Drug Abuse)

-More than half (56 percent) of youths age 12-17 reported that marijuana was easy to obtain in 1998. This is an increase from 1992, when 51 percent reported that marijuana was easy to obtain. (The 1998 National Household Survey on Drug Abuse)

-The percent of the population reporting that they had been approached by someone selling drugs in the past month decreased from 9.2 percent in 1992 to 6.1 percent in 1998. However, among youths age 12-17 years, the percent was 13.7 percent in 1998, similar to the percentage in 1992 (13.4 percent). (The 1998 National Household Survey on Drug Abuse)

### **Statistics on Alcohol among Teens:**

-More than 40% of teens who admitted drinking said they drink when they are upset; 31% said they drink alone; 25% said they drink when they are bored; and 25% said they drink to "get high." (U.S. Surgeon General, 1991)

-Each year, students spend \$5.5 billion on alcohol, more than they spend on soft drinks, tea, milk, juice, coffee or books combined. On a typical campus, per capita students spending for alcohol—\$446 per student—far exceeds the per capita budget of the college library. (Eigen, 1991 in the 1998 National Household Survey on Drug Abuse).

-Nearly one-third of college students surveyed said they wished alcohol was not available at campus events, and nearly 90% wished that other drugs would disappear from campuses. (Core Institute, 1993)

-Approximately 240,000 to 360,000 of the nation's 12 million current undergraduates will ultimately die from alcohol-related causes—more than the number that will get MAs and PhDs combined. (Eigen, 1991 in the 1998 National Household Survey on Drug Abuse)

-Sixty percent of college women diagnosed with a sexually transmitted disease were drunk at the time of infection. (Advocacy Institute, 1992)

### **Statistics on Drinking and Driving among Teens:**

-Eight young people a day die in alcohol-related crashes. (CSAP, 1996) (Mothers Against Drunk Driving website)



# What is Your Opinion?



1. What do you think about abstinence and why?

2. Do you feel that your High school/Middle school has prepared you to handle sex in a positive way? Why or Why not?

3. How many STD's can you name? Do you know the side effects of each STD?

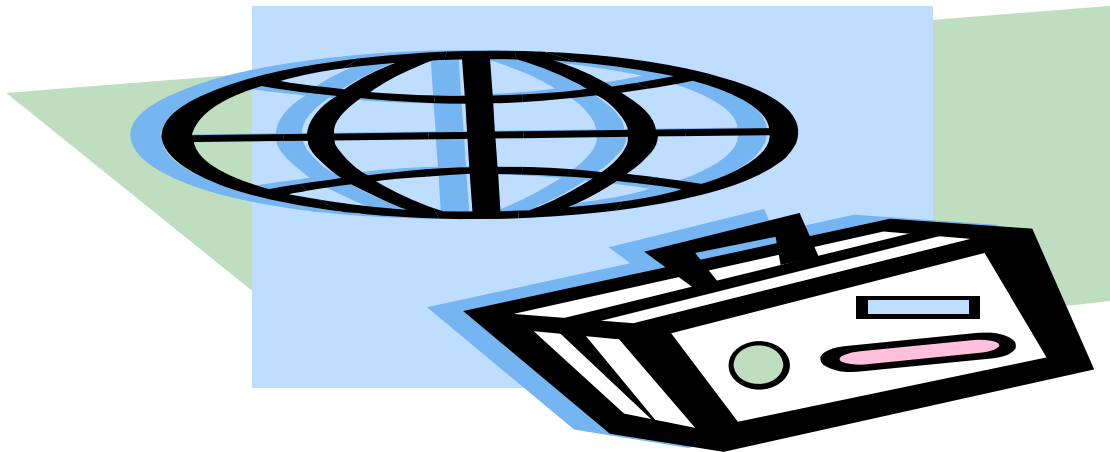
4. What do you believe is the best way to remain emotionally healthy?

5. How do you remain physically healthy?

6. If you found out that one of your friends was pregnant/got someone pregnant, what would you do to help them out? Why?

7. Who do you go to when you need someone to talk with? Why?

# REAL WORLD

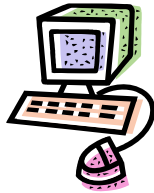


- **Money Action Plan**
- **Money Management**
- **Create a Budget**
- **Information Related to Finding an Apartment**
- **Getting and Keeping a Good Job**
- **Employment Activities**
- **College and Vocational Information**

**Before you leave foster care:**

**Complete a profile at [www.onyourway.org](http://www.onyourway.org)**

**Your information will stay safe in one place...  
ready when you need it in the Real World.**



**Useful Websites:**

<http://nces.ed.gov/collegenavigator/>

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

[www.fafsa.ed.gov](http://www.fafsa.ed.gov)

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

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

<http://www.coolsummerjobs.com/North-Carolina.shtml>

<http://www.teens4hire.org/>

# Money Action

(Resource: My Cash, Independent Living Resources, Inc.)



Your ACTION Plan to GET Money and how to use it!

**1. WANTS vs. NEEDS:** Make two lists of things you have to purchase:

WANTS (things you would like)

NEEDS (things you can't live without)

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

**2. Set GOALS** – Goals are meant to keep you on track. List both short and long-term goals related to earning and spending money. Examples: save \$75 to buy great shoes, purchase a car, save money for housing deposits, etc.

Short-term financial goal(s) (can complete within two months):

---

---

Long-term financial goal(s) (will need several months to complete):

---

---

**3. Make a Plan** – What do you need to make a plan and meet your goals?

(Example: cost of shoes) \_\_\_\_\_  
\_\_\_\_\_

Do you need a way to save? (Example: bank account) \_\_\_\_\_  
\_\_\_\_\_

How do you plan to earn money? (Example: get a job, extra chores, see page 57 - Great Jobs for Teens) \_\_\_\_\_

How will you record your progress and pay attention to what you earn and spend? (Example: savings book, notepad, calendar) \_\_\_\_\_

**4. Put Your Plan into Action!** – What comes first, second, etc...?

<u>Action</u>	<u>Date to complete</u>	<u>Outcome</u>
---------------	-------------------------	----------------

Step 1:

Step 2:

Step 3:

Step 4:

“Since I started setting goals...I know exactly what I WANT to do, where I WANT to go!”  
Brian M.



# Money Management

(Taken from: <http://www.practicalmoneyskills.com/>)

## Monthly Budget Chart:

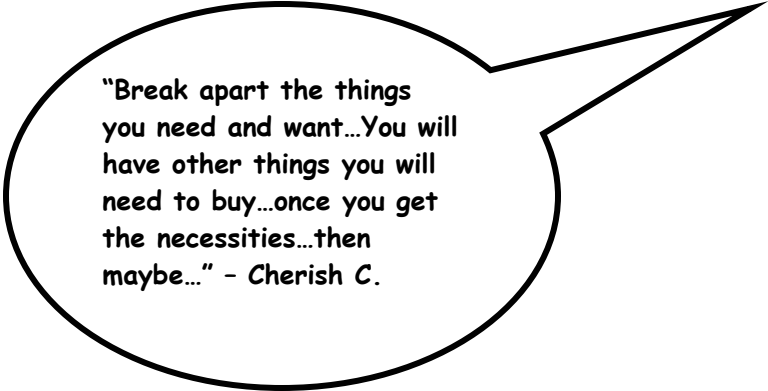
This chart offers suggested percentages of a person's monthly budget to be used for each category listed.

For Example - If you make \$15 an hour that will be approximately \$1980 a month (after taxes)

**Housing =  $1980 \times .30 = \$594$**

**That would be 30% used to pay for an apartment, which means that you will probably need a roommate 😊!**

<b>30%</b>	<b>Housing</b>
<b>18%</b>	<b>Transportation</b>
<b>16%</b>	<b>Food</b>
<b>8%</b>	<b>Miscellaneous</b>
<b>5%</b>	<b>Clothing</b>
<b>5%</b>	<b>Medical</b>
<b>5%</b>	<b>Recreation</b>
<b>5%</b>	<b>Utilities</b>
<b>4%</b>	<b>Savings</b>
<b>4%</b>	<b>Other Debts</b>



"Break apart the things you need and want...You will have other things you will need to buy...once you get the necessities...then maybe..." - Cherish C.

# Create Your Budget

Monthly income            \$

Use the first column to budget your costs and the second column for what you actually spend

<b>Needs - Fixed Costs</b> (These costs are not flexible. Subtract these first)	<b>BUDGETED or Suggested</b>	<b>Actual Costs</b> ADD them – <b>total at bottom</b>
Food (basic groceries not take out/restaurant food)	\$200	
Replacement Clothing (underwear, socks, etc)	\$25 minimum	
Misc. Medical/Dental (prescriptions, co-pays)	\$25 minimum	
Savings (suggested 10% NET salary needed)		

<b>Needs – Flexible Costs</b>	<b>BUDGETED</b>	<b>Actual Costs</b>
School Loan		\$
Housing (can be split with roommates)		\$
Rental/Mortgage Insurance		\$
Transportation (cannot be split with a friend)	(Total costs should not exceed 18% of salary)	
Bus Pass/Cab fare		\$
Car Costs	(Itemize car costs below)	
1. Car payment		\$
2. Gasoline		\$
3. Maintenance		\$
4. Auto Insurance		\$
5. Traffic citation		\$
Phone: <b>Land</b> (can be split with a roommate)		\$
<b>Cell</b> (can NOT be split with a roommate)		\$
Utilities (can be split with a roommate)		\$

<b>Wants – Flexible Costs</b>	<b>BUDGETED</b>	<b>ACTUAL Costs</b>
Medical Insurance		\$
Gifts (Holiday and Birthday gifts)		\$
Bank Loan (only if you apply for one)		\$
Recreation		\$
Meals Out		\$
Cable TV/Satellite		\$
New Clothing		\$
Furniture		\$
Movies		\$
Electronics (stereos, TV, and other equipment)		\$
Pets		\$
Childcare		\$
Hair/Nails		\$
Other:		\$

**ACTUAL Total** (must be equal to or less than **income** - above)            \$

Is there anything you can give up or do to balance your budget?



# The Big Apartment Search

\*First things first...you need to know what you NEED in an apartment versus what you WANT!\*

Things to Consider	NEEDS	WANTS
<b>Rooms (Size, amount, use for rooms-office space)</b>		
<b>Amenities (Like Washer/Dryer, AC, etc...)</b>		
<b>Specific Features (Like a fire place, hardwood floors)</b>		
<b>Areas to live in/around (near work, shopping areas)</b>		

## Questions to ask when researching/viewing an apartment:

1. Do you rent to families with children?
2. What is the parking like here?
3. How long can I lease the apartment?
4. What are my lease options (six months, one year, month-to-month)?
5. How much is the rent? How much is the deposit?
6. Who do I use for the electricity/cable/heating?
7. What is the pet policy?
8. Are there storage units?
9. What is included in the rent? (Sometimes rent will include water or other amenities)
10. Is the apartment furnished/Can the apartment complex furnish it?
11. Is a deposit required?
12. (Add your own)

# Tips on What to Do Before You Sign A Lease

(Taken from: <http://www.about.com/>)

1. **Completely check the apartment.**
2. **Talk with the neighbors about the competency and reputation of the landlord.**
3. **Check the water pressure and hot water.**
4. **Check if the toilet is working.**
5. **Check the furniture.**
6. **Check the lights, walls and locks.**
7. **Check if the stove/oven is working.**
8. **Check the emergency exits.**
9. **Check the heat and the fire alarms.**
10. **Do not give the landlord any money before you sign.**
11. **Do not give any money to the landlord until you are sure you want the apartment, and make sure you get a receipt.**
12. **Check the electrical meter.**
13. **Know how much you will pay in utilities.**
14. **Know how much you will pre-pay.**
15. **Check the apartment and talk to the landlord about any problems. The landlord should write problems on the lease.**
16. **Know the landlord's address and phone number.**
17. **Know the telephone number and address of a repairperson.**

**GUARANTY AGREEMENT FOR APARTMENT LEASE**

This guaranty agreement is entered into between Townhouse Real Estate, Inc. (hereafter referred to as "Owner") and Robert Martin (hereafter referred to as "Guarantor") for apartment number 3 located at 854 Fulton Street, Brooklyn, New York, rented by Jason Martin and Anna Hariman (hereafter referred to as "Tenants").

The undersigned Guarantor guarantees to Owner the strict performance of, and observance by, the Tenants, of all the agreements, provisions and rules in the attached Lease. Owner agrees to give Guarantor all notices when Tenants are not paying rent or not observing and complying with all the provisions of the attached Lease. Guarantor agrees to be equally liable with Tenants, jointly and severally, so that Owner may sue Guarantor and Tenants, separately or jointly. The Guarantor further agrees that this Guaranty shall remain in full force and effect even if the Lease is renewed, changed or extended in any way, subject to renewal of Guarantor's obligation by Guarantor. Owner and Guarantor agree to waive trial by jury in any action, proceeding or counterclaim brought against the other on any matter concerning this Guaranty or the attached Lease.

Signature of Guarantor	311-48-9670
Robert Martin	Social Security Number
Printed Name	Date of Birth
1307 Coronado Street, Allentown PA 18103	
Guarantor's Address: Street, City, State & Zip Code	
Business Telephone No.	Home Telephone No.
Driver's License State & Number	Driver's License Expiration Date
Motor Vehicle License Plate Number	
Bank Name	Account Number
Bank's Address: Street, City, State & Zip Code	
State of _____, County of _____ as:	

On the \_\_\_\_\_ day of \_\_\_\_\_ in the year 2008 before me, the undersigned, a Notary Public in and for said State, personally appeared Robert Martin, personally known to me or proved to me on the basis of satisfactory evidence to be the individual(s) whose name(s) is (are) subscribed to the within instrument and acknowledged to me that he/she/they executed the same in his/her/their capacity(ies), and that by his/her/their signature(s) on the instrument, the individual(s), or the person upon behalf of which the individual(s) acted, executed the instrument.

\_\_\_\_\_  
Notary Public, State of New York

Apartment Lease Page 9 854 Fulton #3

# To Roommate or NOT to Roommate

(Taken from: <http://www.about.com/>)



## Pros of Roommates:

- + **Can be cheaper**
- + **Household chores are shared**
- + **Can afford a bigger apartment**
- + **Not as lonely**
- + **Have a lot of fun together**
- + **Make a life long friend**
- + **Bring items with them that you do not have (Couch, TV, etc...)**
- + **Gain more friendships with their friends**

## Cons of Roommates:

- **Lack of privacy**
- **Little or NO alone time**
- **Messier than you are**
- **Someone else's problems can become yours**
- **May not pay their bills and then YOU are in trouble**
- **May not get along with your roommate**
- **Takes your things**
- **Has friends that you do NOT like**

## Considerations:

- **Rooming with a friend can be a BAD idea. Many times living with your friend can ruin your relationship.**
- **Talk to your potential roommate BEFORE you move in together. Discuss your likes and dislikes. See if you can really live with this person.**
- **Be prepared to compromise. No matter what, both (or more) will have to adjust to living with someone new.**
- **Ask TONS of questions. The more you know about your roommate, the better the situation will be.**

# Planning Your Move

(Adapted from: <http://www.about.com/>)



- 1. Call your old landlord and tell him the date you will move in.**
- 2. Go to the post office to take a change of address form.**
- 3. Call your company, friends, bank and other places to give them your new address.**
- 4. Change your phone number (if you get a land line).**
- 5. Call the electricity, gas, water and telephone companies; have them install your new apartment. Make sure this is done BEFORE you move in. A deposit may be required.**
- 6. Pack everything.**
- 7. Rent a truck for the move or you may need to hire a moving company.**
- 8. Find some friends to help you.**
- 9. Clean the new apartment, before you move in.**

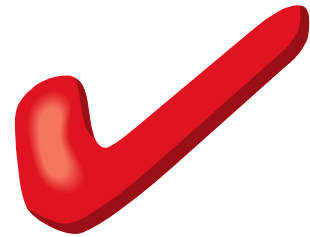


Moving Tip #28

Make LOTS of friends  
BEFORE you move!

# Apartment Checklist

(Adapted from "The Pocket Guide to Independent Living," ILR, Inc.)



## Living Room

- Couch
- Chair
- VCR
- TV
- TV Stand
- Drapes/Blinds
- Pictures/Posters
- End Table
- Lamps
- Movies
- Rugs
- Light Bulbs
- Vacuum

## Bathroom

- Towels
- Washcloths
- Bath Mat
- Shower Curtain
- Shower Curtain rings
- Toilet brush
- Plunger
- Trash Can
- Soap Dispenser
- Toilet paper
- Toiletries

## Bedroom

- Bed Frame
- Box Spring
- Mattress
- Sheets
- Pillows
- Pillow Cases
- Dresser
- Night Stand
- Table Lamp
- Alarm Clock
- Blanket(s)
- Bookcase
- Trash Can
- Hangers

## Misc. Items

- Batteries
- Aspirin
- First Aid kit
- Tape
- Candles/Flash Light
- Tools
- Iron/Ironing Board
- Fan
- Extension cords
- Fire Extinguisher
- Mop
- Cleaning Supplies
- Storage Bins

## Kitchen

- Dishes
- Cups and Mugs
- Glasses
- Knives, Forks, Spoons
- Baking Pots and Pans
- Toaster
- Can Opener
- Dish Towels
- Trash Can
- Serving Spoons
- Measuring cups/spoons
- Oven Mitts
- Sponges/Soap
- Dish Rack
- Broom and dust pan

# How to Find and Keep a Job

(Taken from the "The Pocket Guide to Independent Living," ILR, Inc.)

## Getting a Job:



- I. Where to look?**
  - a. Newspapers – Classified Ads**
  - b. Employment Security Commission**
    - See telephone book for address
    - Computer browsing of available jobs in a given area
    - Counselors will help
  - c. Employment Agencies**
    - Fee is usually required
    - Some employment agencies deal only with temporary placements
  - d. Friends, neighbors, or relatives**
- II. How to begin to get a job**
  - a. Call, write for, or pick up an APPLICATION**
  - b. Complete all parts of the application**
    - Use black ink
    - Keep it neat
    - Spell everything correctly
    - Provide complete and accurate information
  - c. Return application promptly and in good condition (not wrinkled, torn or spotted)**
  - d. Make a follow up call in about a week if you have not heard from the company**

## Interviewing Tips:

- III. Having a good interview**
  - a. Shower, shave (if appropriate), wash hair, and brush teeth before going for interviews**
  - b. Do not chew gum or smoke**
  - c. Dress in clean, neatly pressed, appropriate clothing and clean, polished shoes**
  - d. Arrive at least 5 minutes early (never late)**
  - e. Inform secretary or receptionist of your presence and purpose**
  - f. Greet interviewer politely**
  - g. Offer to handshake only if the interviewer extends hand first**
  - h. Wait to be told to be seated**
  - i. Answer all questions in complete sentences**
    - Always give honest answers
    - Maintain eye contact
    - Smile often
    - Use proper grammar (no slang or vulgarity)
    - Keep answers to the point and in response to what was asked

- j. Do not touch things in office or on the desk
- k. Keep feet on the floor
- l. Try to hold questions until asked if you have any

## Keeping a Job

### IV. Helpful hints for keeping a job

#### a. DEPENDABLE

- Report to work when scheduled
- Arrive on time/leave as allowed
- Keep sick time to a minimum
- Call in when ill
- Request time off as early as possible

#### b. Do QUALITY work

- Do job to exact specifications
- Correct mistakes
- Do assigned jobs completely
- Do not be careless
- Never think that “Close enough is good enough”
- Take pride in doing each job well

#### c. Maintain a POSITIVE ATTITUDE

- Be cheerful
- Be cooperative
- Accept requests willingly
- Offer positive comments

#### d. Develop good COMMUNICATION SKILLS

- Learn to express feelings in words
- Describe situations accurately and clearly
- Talk out problems and concerns



## Changing Jobs

### V. When to change jobs

- a. When your hours/pay are not enough
- b. When problems at present job cannot be resolved to mutual satisfaction
- c. When the work you are doing is no longer satisfying
- d. When you have an opportunity to advance with another company
- e. When home and work are too far apart

### VI. How to change jobs properly

- a. Give ample notice of intent to employer
  - Minimum two weeks/Maximum 30 days
- b. Leave on good terms
  - May need to use present employer as a reference
- c. Return all work items provided by employer
- d. Give forwarding address so that final paychecks, W-2 forms, etc., can be sent

# Great Jobs for Teens

If you have skills in any of these areas, you can perform services to make additional money to buy whatever is needed to furnish a house or apartment (or even buy a car).

**Babysitting**

**Baking cakes or cookies**

**Washing windows**

**Cleaning house**

**Ironing**

**Raking leaves**

**Mowing lawns**

**Planting flowers or gardens**

**Setting up a computer**

**Washing or waxing cars**

**Detailing cars**

**Installing car stereos**

**Scrap-booking**

**Sewing**

**Painting a room**

**Website design**

**Organizing children's parties**

**Pet sitting**

**Jewelry making**

**Dog washing**

**House sitting**

**Small engine repair**

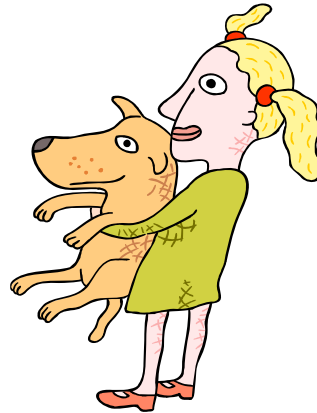
**Cutting and stacking firewood**

**Tutoring**

**Photography**

**Crafts to sell**

**Masonry (block, brick, rock)**



**What other skills can you add to this list?**



# Fill in the Blanks COVER LETTER

Take some time to review the following document as an example of what you can write for a cover letter.

**Your Address:**

**Date:**

**Employers Address:**

**Dear** \_\_\_\_\_,  
(Mr. Roberts or Mrs. Roberts)

**I am very interested in the position of** \_\_\_\_\_.  
(Cashier, Baby-sitter, Summer Camp Counselor)

**I am currently a** \_\_\_\_\_  
(Freshman, Senior)

**in** \_\_\_\_\_ **and am looking for a(n)** \_\_\_\_\_  
(Part-time, Full time job)

**that will help me utilize my** \_\_\_\_\_.  
(Leadership skills, communication skills, team work skills)

**My past jobs have been** \_\_\_\_\_  
\_\_\_\_\_. **Each job has taught me**  
**the importance of** \_\_\_\_\_.  
(Hard work, team work)

**I would love to have the opportunity to interview for the** \_\_\_\_\_ **position to**  
**help me further my skills. I appreciate your time and will follow up with a phone call in**  
**the next week.**

**Respectfully yours,**

\_\_\_\_\_

# Fill in the Blanks Resume

Take some time to review the following document as an example of what you can write for your resume.

**Name**  
**Address**  
**City, State, Zip**  
**Preferred Phone**  
**Preferred Email Address**

## **Education-most recent**

- 
- 
- 

## **Experience-make sure to put the most recent at the top**

- 
- 
- 
- 

## **Achievements-anything related to school, church, community**

- 
- 
- 

## **Volunteer experience**

- 
- 
- 

## **Interests/Activities**

- 
- 
- 

## **Skills-anything that you are good at that related to the job (computer skills)**

- 
- 
-

# Fill in the Blanks Thank You Letter

Take some time to review the following document as an example of what you can write for your thank you letter.

**Your Address:**

**Date:**

**Employers Address:**

**Dear** \_\_\_\_\_,  
(Ms. Simon or Mr. Simon)

**Thank you for taking the time to meet with me to discuss the** \_\_\_\_\_  
**position.** (Summer Counselor, Cashier)

**I really appreciate the chance to meet with you and learn about the skills required for the** \_\_\_\_\_  
**position.**

**I hope to hear from you in the near future and will follow up as well. Thank you again.**

**Best Regards,**

\_\_\_\_\_

# Work Permit for North Carolina Youth

Youths under 18 years of age must obtain a youth employment certificate (work permit) when employed, even if employed by their parents. The certificate and the issuing instructions can be obtained from the North Carolina Department of Labor Web site: [www.nclabor.com](http://www.nclabor.com).

- To obtain a work permit, it is necessary for your employer to complete the top section of the form.
- **Note: Employee must mark the "ABC" section appropriately.**
- The parent/guardian must sign the work permit
- Take the completed certificate to the Department of Social Services along with some proof of birth date. (Driver's License, Learner's Permit, or Birth Certificate). After the form is reviewed for appropriateness of job and age, you will be asked to sign the form in the presence of the issuing officer.
- After the permit has been approved, take a copy of the issued permit to your Employer.

On the bottom of the form, you will find the following information:

- Minimum Age for Employment
- ABC On-premises Permit Restrictions
- Rest Breaks
- Hours Restrictions (14-15 years olds)
- Hours Restrictions (16-17 year olds)
- Permitted Occupations (14-15 year olds)
- Hazardous/Detrimental Occupations (Not Permitted For Youth Under Age18)

Some counties also have designees, such as schools and libraries, that also issue certificates. In Chatham County, the High Schools also issue work permits.

Contact information for all county departments of social services may be obtained at [www.dhhs.state.nc.us/dss/local](http://www.dhhs.state.nc.us/dss/local)

The North Carolina youth employment provisions generally apply to all employers doing business in North Carolina regardless of their size or number of employees except that governmental, agricultural and domestic employers are totally exempt from the North Carolina youth employment provisions including the requirement to obtain a North Carolina work permit for youths under 18.

# North Carolina Career Readiness Certificate

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



- Promotes career development and skill attainment for the individual
- Confirms to employers that an individual possesses basic workplace skills
  - Reading for Information
  - Applied Math
  - Locating Information

85% of all jobs require these basic skills!

## **Benefits for Individual's**

- Highlights the individual's competency levels
- Builds confidence that skills meet the needs of employers
- Multiple opportunities for skill improvement and training needs to meet or exceed the Job Profile
- Improve opportunities for career mobility and advancement

## **Multi Level Approach:**

- Bronze Level
- Silver Level
- Gold Level

Each Level is obtain through the assessments offered by Community Colleges throughout NC. These assessments CAN be taken over to achieve a higher level.

## **Students who are interested in the Career Readiness Certification (CRC) can take the assessments at one of the following sites:**

Asheville-Buncombe Tech. CC  
Beaufort CC  
Blue Ridge CC  
Brunswick CC  
Caldwell CC  
Carteret CC  
Catawba Valley CC  
Central Carolina CC  
Central Piedmont CC  
Cleveland CC  
College of Albemarle  
Craven CC  
Davidson CC  
Durham Tech. CC  
Edgecombe CC  
Fayetteville Tech CC

Forsyth Tech. CC  
Gaston College  
Guilford Tech. CC  
Halifax CC  
Haywood CC  
Isothermal CC  
James Sprunt CC  
Johnston CC  
Lenoir CC  
Martin CC  
McDowell Tech. CC  
Mitchell CC  
Montgomery CC  
Nash CC  
Piedmont CC  
Pitt CC

Randolph CC.  
Richmond CC  
Robeson CC  
Rowan-Cabarrus CC  
Sampson CC  
South Piedmont CC  
Southeastern CC  
Southwestern CC  
Stanly CC  
Tri-County CC  
Vance-Granville CC  
Wayne CC  
Wilkes CC  
Wilson CC

## **Businesses in North Carolina that HIRE employees who have their CRC:**

Energizer  
Tyco  
Campbell Soup

Blue Ridge Metals  
Bayer  
Ingersoll-Rand

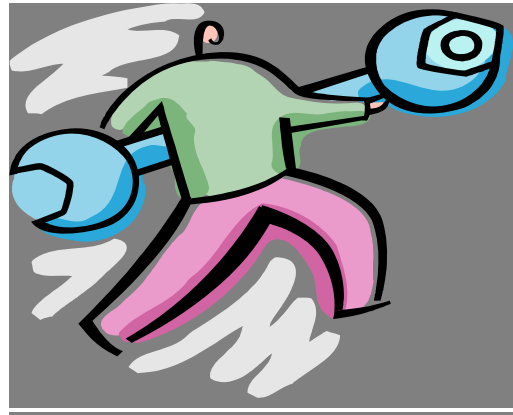
Freightliner  
Goodyear  
Technimark

Kimberly-Clark  
Baptist Hospital  
Eastman Chemical

# Vocational and Trade Schools

Adapted from: [http://en.wikipedia.org/wiki/Vocational\\_education](http://en.wikipedia.org/wiki/Vocational_education)

- **Vocational schools, also referred to as trade schools or career colleges, operate for the express purpose of teaching students specific skills needed to perform a certain profession.**
- **Some people prefer or need to work right out of high school versus attending college. Also, many high paid trades are only available with specialized training not available at a university or college.**
- **Take time to review the range of vocational schools throughout North Carolina (provided in the resource section).**
- **Even one more year of educational training will increase your earning potential. Hopefully you can find something that interests you 😊.**



# Benefits of a Community College

(Adapted from: [http://en.wikipedia.org/wiki/Community\\_college](http://en.wikipedia.org/wiki/Community_college))

- Community Colleges are designed for local students and businesses to meet the labor needs/skills of the community. Students who could not afford campus or off-site housing at a four-year college, or for other reasons cannot relocate, can attend courses while staying in their local community.
- Tuition and fees are substantially lower than those of traditional four-year public or private institutions.
- Have little or no time limits on when classes must be taken or a degree must be earned; in contrast, many four-year schools, tired of "professional students" taking up limited space, have imposed limits on when a degree can be earned.
- Professors are solely dedicated to teaching, and classes are generally small. In comparison, a four-year college course may be taught to 300 students by a teaching assistant, while the professor is concentrating on research.
- Research shows that there is no learning or income penalty for individuals who start at a community college and transfer to a four-year institution.
- The "open enrollment" policy benefits students with mediocre high school academic records, students who dropped out of high school or were expelled and later obtained a GED.



# Applying for College



**There are several ways to apply for college.**

- 1. [www.cfnc.org](http://www.cfnc.org) is a great website that allows you to begin and save your applications – even if you don’t finish – until you are ready to apply online.**

**Note: You will need a credit card to submit your application fee online.**

- 2. Go directly to the college’s website. Print off a copy of the application or apply directly online.**
- 3. Print the application and fill it out by hand. If you choose this method, use your best writing and make sure to have extra copies of the application, just in case you make a mistake.**

**Note: This last method is easiest for those without a credit card because a check can be sent to the school with your application.**





# Visiting Schools



**Pick about five schools that you are interested in and plan a quick visit.**

1. Make sure to check out each school's website and register for a tour. Most schools have scheduled tours that are usually on weekdays. (Open House events are usually on weekends.)
2. Be prepared with a list of questions to ask. If you are not sure what to ask, talk to your school counselor and current college students.
3. Consider an appointment with the Admissions Director and be prepared to ask questions. This helps put a face to an application and may help you get into a school that you really want to attend.
4. Take time to check out the local community. This may soon be your home. Also, eat in the dining hall...you'll be eating many meals there!
5. After your visit, write down the "pros and cons" of each school. This will make it easier to recount your experience when it is time to decide which school to attend.
6. Have fun in college and relax. If for some reason, this school is not the place for you... do not pack up and leave! Research your other options and make a planned transfer to another school. This will increase the likelihood that your earned credits will transfer to your new school.



# Paying for School



**Don't let money prevent you from attending school!  
Options are available to help you pay for school.**

1. ETV (Education and Training Voucher) - This provides up to \$5,000 a year for school to foster youth meeting the criteria. Apply online at: [www.statevoucher.org](http://www.statevoucher.org).
2. Tuition waiver - Inquire as to whether the schools you are interested in waive tuition for foster youth.
3. The Post Secondary Education Act (effective October 2007) provides youth who have aged out of foster care, or were adopted after age 12, up to \$11,000 per year for a school in North Carolina. Check out the LINKS section for more information (page 16)!
4. [www.cfnc.org](http://www.cfnc.org) is the official website for any form of financial aid/loans in NC. It will help you research scholarships, grants and loans.
5. [www.princetonreview.com](http://www.princetonreview.com) is another tool to search for different scholarships. They have a great search engine that allows you to find a scholarship based on your strengths.
6. [www.fafsa.ed.gov](http://www.fafsa.ed.gov) This is the OFFICIAL website for your federal financial aid application. You can complete your application online or obtain a paper copy. Most all sources of financial aid, including scholarships, require students to complete this form. Visit [www.onyourway.org](http://www.onyourway.org) for tips on how foster youths must complete this form to be eligible.
7. Always check with your GUIDANCE COUNSELOR at school for information or handouts that may be useful for paying for college. They may also be aware of scholarships in your community.

# Preparing for School

Now you have been accepted to the school of your dreams.

## WHAT'S NEXT???

1. First of all, make sure you have made the right decision. There are many students who arrive on their first day and drop out the next. Remember to make a PLANNED transfer.
2. Purchase all of the supplies you will need for your new HOME. If you choose to live on campus, consider what things you already have and what you will have to purchase. Some things you may need to purchase include:
  - Shower shoes
  - Laundry basket
  - Towels
  - Storage bins
  - Bed supplies
  - Shower caddy
3. This is a great time to create a secure file of all your personal information and keep it organized while in college. You will need your driver's license, social security card, birth certificate, and any other forms that may be useful for identification.
4. Make sure to create a list of emergency contacts and addresses/phone numbers/email addresses of all your friends.
5. Although many campuses have computer labs with easy accessibility, computers are becoming mandatory at most colleges. Check your college computer requirements and financing options.



# Attending College



**Now you finally arrive... you are at college!**

## **How do you make it work?**

1. The best advice any one can offer is...Make sure to attend class every DAY and ON TIME. Professors in college are not going to baby-sit students. If they see you making an effort, they will help you out and you are more likely to PASS!
2. Stay on campus your first year. This is a great way to meet friends. Some of these people will be your friends for the rest of your life. It will also help you become involved with the different campus activities your school offers.
3. Try and sit down with your roommate during the first week to discuss what each of you may need to get along. The sooner you do this the better. It may even eliminate your need to switch roommates.
4. Try to have some fun on campus and in the community. Learn to balance fun and school. It is the greatest lesson you take from college. No matter what anyone will say, some fun combined with education is a lot better than NO fun.
5. Resident Advisors are available if you live in a Residence Hall. They are a great resource for advice, to answer any questions, or just to talk. Use them!

# Resources



- **Vocational Programs in NC**
- **Community Colleges in NC**
- **4 Year Colleges in NC**
- **NC Health Departments**

# North Carolina Vocational Programs

## Arts & Design Schools in North Carolina

Charlotte, [The Art Institute of Charlotte](#), 2110 Water Ridge Parkway, Charlotte, NC 28217  
Develop your portfolio at The Art Institutes, and get a competitive advantage.  
*Art of Cooking, Culinary Arts, Digital Design, and more.*

Greensboro, [ECPI College of Technology - Greensboro](#), 7802 Airport Center Drive, Greensboro, NC 27409  
A tech degree from ECPI means success in the real world.  
*Information Technology - Web Design*

Raleigh, [ECPI College of Technology - Raleigh](#), 4101 Doie Cope Road, Raleigh, NC 27613  
A tech degree from ECPI means success in the real world.  
*Information Technology - Web Design*

## Automotive Schools in North Carolina

Mooresville, [Universal Technical Institute - North Carolina Campus](#), 220 Byers Creek Road, Mooresville, NC 28117  
Jump start your automotive career with Universal Technical Institute.  
*Automotive / NASCAR Technician Training*

Online, [Penn Foster Schools](#), Advance your career with our affordable, self-paced, career-focused distance education programs.  
*Auto Body Repair Technician, Auto Repair Technician, Automotive Mechanics, and more.*

[Ashworth University - Home Study Training](#), Auto Mechanics

## Barbering & Cosmetology Schools in North Carolina

Charlotte, [The Art Institute of Charlotte](#), 2110 Water Ridge Parkway, Charlotte, NC 28217  
Develop your portfolio at The Art Institutes, and get a competitive advantage.  
*Fashion Marketing/Merchandising*  
**Academy of Artistic Hair Design**, Wilkesboro Avenue, North Wilkesboro 28659, Tel.919-667-6200. Also located in Wilkesboro.

All- American Beauty Academy, 706 Lexington Ave., Thomasville 27360, Tel.919-475-1229

Asheboro Beauty School, 736 S Fayetteville St., Asheboro 27203, Tel.919-629-9639

Atlantic Beauty College, 5100 N Roxboro Rd., Durham 27704, Tel.919-477-4014

Aurora Beauty College, 1047 Burke St., Winston-Salem 27101, Tel.919-748-9588

Black World College of Hair Design Inc., 1550 West Blvd., Charlotte 28208, Tel.704-372-8172

Brand's College of Beauty Culture, 115 Lakewood Ave., Charlotte 28208, Tel.704-392-5255

Carolina Beauty College, 7736 N Point Blvd., #C, Winston-Salem 27106, Tel.919-886-4712

Central State Beauty College, 130 N Arlington St., Salisbury 27144, Tel.704-633-0782

Cheveux School of Hair Design and Hairport Inc., 3307-AGum Branch Rd., Jacksonville 28540, Tel.919-455-5767

Dudley Cosmetology University, 900 E Mountain Rd., Kernersville 27284, Tel.919-996-2030

Fayetteville Beauty College Inc., 2018 Fort Bragg Rd., Fayetteville 28303, Tel.919-484-7191

Gate City Beauty College, 2001 East Wendover Ave., Greensboro 27405, Tel.919-272-2966

Hair Stylist Academy of Cosmetology, 113 Water St., Statesville 28677, Tel.704-873-8805. Also located in Winston-Salem

Hairstyling Institute of Charlotte, 209-B South Kings Dr., Charlotte 28204, Tel.704-334-5511

Hank Hanna College of Beauty Culture, 200 North Wilson Ave., Dunn 28334, Tel.919-892-7270.

Harris Barber College, 803 South Blount St., Raleigh 27601, Tel.919-834-3134

Leon's Beauty School Inc., 1410 W Lee St., Greensboro 27403, Tel.919-274-4601

Mitchells Hairstyling Academy, 222 Tallywood S/C, Fayetteville 28303, Tel.919-485-6310. Also located in Greenville, Goldsboro, Raleigh, and Wilson.

Mr. David's School of Hair Design, 4348 Market St. N 17 Shopping Ctr., Wilmington 28403, Tel.919-763-4418

North Carolina Academy of Cosmetic Art, 131 Sixth Avenue East, Hendersonville 28734, Tel.704-692-5211

Plaza School of Beauty Culture Inc., 1419 1/2 Central Ave., Charlotte 28205, Tel.704-333-8893

Progressive Hairstyling Academy, 814 S DeKalb St., Shelby 28150, Tel.704-482-8837

Roanoke Academy, 232 Roanoke, Roanoke Rapids 27870, Tel.919-537-4444

Sanford School of Cosmetology, 219 South Steele St., Sanford 27330, Tel.919-774-9411

Sherrills Academy, 3421 Murchison Rd., Suite M, Fayetteville 28303, Tel.919-630-1140. ( Also located in Raleigh.)

South Eastern College of Beauty Culture, 1535 Elizabeth Ave., Charlotte 28204, Tel.704-333-4400

Swinson's School of Cosmetic Art, 504 West Elm St., Goldsboro 27533, Tel.919-580-9074

Troutman's College of Hairstyling, 2407 Paula St., Raleigh 27609, Tel.919-828-8251

Universal College of Beauty Inc., 1701 West Trade St., Charlotte 28216, Tel.704-333-6969

Winston Salem Barber School, 1531 Silas Creek Pkwy, Winston-Salem 27127, Tel.919-724-1459

## **Business Schools in North Carolina**

Charlotte, [DeVry University Center - Charlotte](#), 4521 Sharon Rd., Charlotte, NC 28006

DeVry University Centers can put you on the fast track to a management career. Accelerated programs in Business and Technology allow you to complete your coursework online or on campus. Program availability varies by location.

*Bachelor's - Business Administration*

Charlotte, [ECPI College of Technology - Charlotte](#), 4800 Airport Center Parkway, Charlotte, NC 28208

A tech degree from ECPI means success in the real world.

*Business Systems Administration*

Charlotte, [Keller Graduate School of Management of DeVry University - Charlotte](#), 4521 Sharon Road, Charlotte, NC 28211

Make a difference with a graduate degree from DeVry University's Keller Graduate School of Management.

*Graduate Certificate in Business Administration, Master of Business Administration*

Charlotte, [Strayer University - North Charlotte](#), 8335 IBM Drive, Suite 150, Charlotte, NC 28262

Earn a degree that fits your life at Strayer University.

*AA in Business Admin, BS in International Business, Exec Grad Cert in Business Admin: Acquisition Emphasis, and more.*

Charlotte, [Strayer University - South Charlotte](#), 2430 Whitehall Park Drive, Suite 700, Charlotte, NC 28273

Earn a degree that fits your life at Strayer University.

*AA in Business Admin, BS in International Business, Exec Grad Cert in Business Admin: Acquisition Emphasis, and more.*

Charlotte, [University of Phoenix - Charlotte Campus](#), 100 N Tryon St, Charlotte, NC 28202

University of Phoenix makes higher education highly accessible.

*BS in Business/Administration, BS in Business/e-Business, BS in Business/Management, and more.*

Greensboro, [ECPI College of Technology - Greensboro](#), 7802 Airport Center Drive, Greensboro, NC 27409

A tech degree from ECPI means success in the real world.

*Business Systems Administration*

Greensboro, [Strayer University - Greensboro](#), 4900 Koger Boulevard, Greensboro, NC 27407  
Earn a degree that fits your life at Strayer University.  
*AA in Business Admin, BS in International Business, Exec Grad Cert in Business Admin: Acquisition Emphasis, and more.*

Morrisville, [Strayer University - Cary](#), 3200 Gateway Centre Blvd, Suite 105, Morrisville, NC 27560  
Earn a degree that fits your life at Strayer University.  
*AA in Business Admin, BS in International Business, Exec Grad Cert in Business Admin: Acquisition Emphasis, and more.*

Raleigh, [ECPI College of Technology - Raleigh](#), 4101 Doie Cope Road, Raleigh, NC 27613  
A tech degree from ECPI means success in the real world.  
*Business Systems Administration*

Raleigh, [Strayer University - North Raleigh](#), 3200 Spring Forest Road, Suite 214, Raleigh, NC 27616 Earn a degree that fits your life at Strayer University.  
*AA in Business Admin, BS in International Business, Exec Grad Cert in Business Admin: Acquisition Emphasis, and more.*

Raleigh, [University of Phoenix - Raleigh Campus](#), 5511 Capital Center Dr. Suite 380, Raleigh, NC 27601  
University of Phoenix makes higher education highly accessible.  
*BS in Business/Administration, BS in Business/e-Business, BS in Business/Management, and more.*

## **Computers & Information Technology Schools in North Carolina**

Charlotte, [ECPI College of Technology - Charlotte](#), 4800 Airport Center Parkway, Charlotte, NC 28208  
A tech degree from ECPI means success in the real world.  
*Computer Network Technology, Information Technology/Networking & Security Management*

Charlotte, [Keller Graduate School of Management of DeVry University - Charlotte](#), 4521 Sharon Road, Charlotte, NC 28211  
Make a difference with a graduate degree from DeVry University's Keller Graduate School of Management.  
*Graduate Certificate in Information Systems Management, Master of Information Systems Management*

Charlotte, [Strayer University - North Charlotte](#), 8335 IBM Drive, Suite 150, Charlotte, NC 28262  
Earn a degree that fits your life at Strayer University.  
*AA in Computer Information Systems, AA in Computer Networking, BS in Computer Information Systems, and more.*

Charlotte, [Strayer University - South Charlotte](#), 2430 Whitehall Park Drive, Suite 700, Charlotte, NC 28273  
Earn a degree that fits your life at Strayer University.  
*AA in Computer Information Systems, AA in Computer Networking, BS in Computer Information Systems, and more.*

Charlotte, [University of Phoenix - Charlotte Campus](#), 100 N Tryon St, Charlotte, NC 28202  
University of Phoenix makes higher education highly accessible.  
*BS in Information Technology, MS in Computer Information Systems*

Greensboro, [ECPI College of Technology - Greensboro](#), 7802 Airport Center Drive, Greensboro, NC 27409  
A tech degree from ECPI means success in the real world.  
*Computer Network Technology, Information Technology - Web Design, Information Technology/Networking & Security Management*

Greensboro, [Strayer University - Greensboro](#), 4900 Koger Boulevard, Greensboro, NC 27407  
Earn a degree that fits your life at Strayer University.  
*AA in Computer Information Systems, AA in Computer Networking, BS in Computer Information Systems, and more.*

Morrisville, [Strayer University - Cary](#), 3200 Gateway Centre Blvd, Suite 105, Morrisville, NC 27560  
Earn a degree that fits your life at Strayer University.  
*AA in Computer Information Systems, AA in Computer Networking, BS in Computer Information Systems, and more.*

Raleigh, [ECPI College of Technology - Raleigh](#), 4101 Doie Cope Road, Raleigh, NC 27613  
A tech degree from ECPI means success in the real world.  
*Computer Network Technology, Information Technology - Web Design, Information Technology/Networking & Security Management*

Raleigh, [Strayer University - North Raleigh](#), 3200 Spring Forest Road, Suite 214, Raleigh, NC 27616  
Earn a degree that fits your life at Strayer University.  
*AA in Computer Information Systems, AA in Computer Networking, BS in Computer Information Systems, and more.*

Raleigh, [University of Phoenix - Raleigh Campus](#), 5511 Capital Center Dr. Suite 380, Raleigh, NC 27601  
University of Phoenix makes higher education highly accessible.  
*BS in Information Technology, Master of Information Systems, Master of Information Systems/Management, and more.*



## Culinary Schools in North Carolina

Charlotte, [The Art Institute of Charlotte](#), 2110 Water Ridge Parkway, Charlotte, NC 28217  
Develop your portfolio at The Art Institutes, and get a competitive advantage.  
*Art of Cooking, Culinary Arts, Culinary/Restaurant Management*

## Fashion Design Schools in North Carolina

Charlotte, [The Art Institute of Charlotte](#), 2110 Water Ridge Parkway, Charlotte, NC 28217  
Develop your portfolio at The Art Institutes, and get a competitive advantage.  
*Fashion Marketing/Merchandising*

## Healthcare & Medical Schools in North Carolina

Charlotte, [ECPI College of Technology - Charlotte](#), 4800 Airport Center Parkway, Charlotte, NC 28208  
A tech degree from ECPI means success in the real world.  
*Medical Administration, Medical Assisting, Medical Imaging Equipment Technology*

Charlotte, [Keller Graduate School of Management of DeVry University - Charlotte](#), 4521 Sharon Road, Charlotte, NC 28211  
Make a difference with a graduate degree from DeVry University's Keller Graduate School of Management. *Graduate Certificate in Health Services Management*

Charlotte, [Strayer University - North Charlotte](#), 8335 IBM Drive, Suite 150, Charlotte, NC 28262  
Earn a degree that fits your life at Strayer University.  
*Master of Health Services Admin*

Charlotte, [Strayer University - South Charlotte](#), 2430 Whitehall Park Drive, Suite 700, Charlotte, NC 28273  
Earn a degree that fits your life at Strayer University.  
*Master of Health Services Admin*

Charlotte, [TechSkills - Medical - Charlotte](#), 4944 Parkway Plaza Boulevard Suite 310, Charlotte, NC 28217  
TechSkills offers comprehensive Health Services programs to propel your career.  
*Medical Administrative Assisting, Medical Billing, Medical Coding, and more.*

Charlotte, [University of Phoenix - Charlotte Campus](#), 100 N Tryon St, Charlotte, NC 28202  
University of Phoenix makes higher education highly accessible.  
*MBA/Health Care Management*

Greensboro, [ECPI College of Technology - Greensboro](#), 7802 Airport Center Drive, Greensboro, NC 27409  
A tech degree from ECPI means success in the real world.  
*Medical Administration, Medical Assisting*

Greensboro, [Strayer University - Greensboro](#), 4900 Koger Boulevard, Greensboro, NC 27407  
Earn a degree that fits your life at Strayer University.  
*Master of Health Services Admin*

High Point, [TechSkills - Medical - Greensboro](#), 4015 Meeting Way Suite 150, High Point, NC 27409  
TechSkills offers comprehensive Health Services programs to propel your career.  
*Medical Administrative Assisting, Medical Billing, Medical Coding, and more.*

Morrisville, [Strayer University - Cary](#), 3200 Gateway Centre Blvd, Suite 105, Morrisville, NC 27560  
Earn a degree that fits your life at Strayer University.  
*Master of Health Services Admin*

Raleigh, [ECPI College of Technology - Raleigh](#), 4101 Doie Cope Road, Raleigh, NC 27613  
A tech degree from ECPI means success in the real world.  
*Medical Administration, Medical Assisting*

Raleigh, [Strayer University - North Raleigh](#), 3200 Spring Forest Road, Suite 214, Raleigh, NC 27616  
Earn a degree that fits your life at Strayer University.  
*Master of Health Services Admin*

Raleigh, [TechSkills - Medical - Raleigh](#), 5400 Trinity Road Suite 104, Raleigh, NC 27607  
TechSkills offers comprehensive Health Services programs to propel your career.  
*Medical Administrative Assisting, Medical Billing, Medical Coding, and more.*

Raleigh, [University of Phoenix - Raleigh Campus](#), 5511 Capital Center Dr. Suite 380, Raleigh, NC 27601  
University of Phoenix makes higher education highly accessible.  
*MBA/Health Care Management*

## **Legal Schools in North Carolina**

Charlotte, [Strayer University - North Charlotte](#), 8335 IBM Drive, Suite 150, Charlotte, NC 28262  
Earn a degree that fits your life at Strayer University.  
*BBA: Legal Studies*

Charlotte, [Strayer University - South Charlotte](#), 2430 Whitehall Park Drive, Suite 700, Charlotte, NC 28273  
Earn a degree that fits your life at Strayer University.  
*BBA: Legal Studies*

Charlotte, [TechSkills - Charlotte](#), 4944 Parkway Plaza Boulevard Suite 310, Charlotte, NC 28217  
TechSkills builds the skills critical for success in the exciting IT industry. We provide proven IT education programs for Microsoft, Cisco, Oracle, Linux, Java, CompTIA, Web Design, Security and others.  
*Legal Assisting*

Greensboro, [Strayer University - Greensboro](#), 4900 Koger Boulevard, Greensboro, NC 27407  
Earn a degree that fits your life at Strayer University.  
*BBA: Legal Studies*

High Point, [TechSkills - Greensboro](#), 4015 Meeting Way Suite 150, High Point, NC 27409  
TechSkills builds the skills critical for success in the exciting IT industry. We provide proven IT education programs for Microsoft, Cisco, Oracle, Linux, Java, CompTIA, Web Design, Security and others.  
*Legal Assisting*

Morrisville, [Strayer University - Cary](#), 3200 Gateway Centre Blvd, Suite 105, Morrisville, NC 27560  
Earn a degree that fits your life at Strayer University.  
*BBA: Legal Studies*

Raleigh, [ECPI College of Technology - Raleigh](#), 4101 Doie Cope Road, Raleigh, NC 27613  
A tech degree from ECPI means success in the real world.  
*Criminal Justice Technology*

Raleigh, [Strayer University - North Raleigh](#), 3200 Spring Forest Road, Suite 214, Raleigh, NC 27616  
Earn a degree that fits your life at Strayer University.  
*BBA: Legal Studies*

Raleigh, [TechSkills - Raleigh](#), 5400 Trinity Road Suite 104, Raleigh, NC 27607  
TechSkills builds the skills critical for success in the exciting IT industry. We provide proven IT education programs for Microsoft, Cisco, Oracle, Linux, Java, CompTIA, Web Design, Security and others.  
*Legal Assisting*

## **Private Investigation Schools in North Carolina**

Raleigh, [ECPI College of Technology - Raleigh](#), 4101 Doie Cope Road, Raleigh, NC 27613  
A tech degree from ECPI means success in the real world.  
*Criminal Justice Technology*

## **Travel Schools in North Carolina**

American Business & Fashion Institute, 1515 Mockingbird Lane, Charlotte 28209, Tel.704-523-3738

Blanton's Junior College, 126 College St., Asheville 28801, Tel.704-252-7346

Cecils Junior College of Business, 1567 Patton Ave., POBox 6407, Asheville 28806, Tel.704-252-2486

Lucas Travel School Inc., 2201 Coronation Blvd., Charlotte 28227, Tel.704-847-6005. Also located in Greensboro, and Raleigh, and Waynesville.

Travel Agents International, 343-E Western Blvd., Jacksonville 28540, Tel.910-353-0446

# North Carolina Community Colleges

<p><b>Alamance Community College</b>            Post Office Box 8000            Graham, NC 27253-8000            (336) 578-2002, Voice            (336) 578-1987, Fax            17-49-01, Courier            Dr. Martin Nadelman, President  <a href="http://www.alamancecc.edu/">http://www.alamancecc.edu/</a></p>	<p><b><a href="http://www.beaufortccc.edu/">Beaufort County Community College</a></b>            Post Office Box 1069            Washington, NC 27889            (252) 946-6194, Voice            (252) 946-0271, Fax            16-03-01, Courier            Dr. David McLawhorn, President  <a href="http://www.beaufortccc.edu/">http://www.beaufortccc.edu/</a></p>
<p><b><a href="http://www.bladenccc.edu/">HBladen Community College</a></b>            Post Office Box 266            Dublin, NC 28332            (910) 879-5500, Voice            (910) 879-5564, Fax            04-28-01, Courier            Dr. Darrell Page, President  <a href="http://www.bladenccc.edu/">http://www.bladenccc.edu/</a></p>	<p><b><a href="http://www.blueridge.edu/">Blue Ridge Community College</a></b>            180 West Campus Drive            Flat Rock, NC 28731            (828) 694-1700, Voice            (828) 694-1690, Fax            06-76-01, Courier            Dr. Molly Parkhill, Interim President  <a href="http://www.blueridge.edu/">http://www.blueridge.edu/</a></p>
<p><b><a href="http://www.brunswickccc.edu/">HBrunswick Community College</a></b>            Post Office Box 30            Supply, NC 28462            (910) 755-7300, Voice            (910) 754-7805, Fax            04-24-01, Courier            Dr. Stephen Greiner, President  <a href="http://www.brunswickccc.edu/">http://www.brunswickccc.edu/</a></p>	<p><b><a href="http://www.cccti.edu/">Caldwell Community College and Technical Institute</a></b>            2855 Hickory Blvd            Hudson, NC 28638            (828) 726-2200, Voice            (828) 726-2216, Fax            15-26-22, Courier            Dr. Kenneth A. Boham, President  <a href="http://www.cccti.edu/">http://www.cccti.edu/</a></p>
<p><b><a href="http://cfcc.edu/index.php">HCape Fear Community College</a></b>            411 North Front Street            Wilmington, NC 28401            (910) 362-7000, Voice            (910) 362-7046, Fax            04-12-06, Courier            Dr. Eric McKeithan, President  <a href="http://cfcc.edu/index.php">http://cfcc.edu/index.php</a></p>	<p><b><a href="http://www.carteret.edu/">Carteret Community College</a></b>            3505 Arendell Street            Morehead City, NC 28557            (252) 222-6000, Voice            (252) 222-6274, Fax            11-12-08, Courier            Dr. Joseph T. Barwick, President  <a href="http://www.carteret.edu/">http://www.carteret.edu/</a></p>
<p><b><a href="http://www.cvcc.edu/">HCatawba Valley Community College</a></b>            2550 Highway 70 SE            Hickory, NC 28602            (828) 327-7000, Voice            (828) 327-7276, Fax            09-72-01, Courier            Dr. Garrett Hinshaw, President  <a href="http://www.cvcc.edu/">http://www.cvcc.edu/</a></p>	<p><b><a href="http://www.cccc.edu/">Central Carolina Community College</a></b>            1105 Kelly Drive            Sanford, NC 27330            (919) 775-5401, Voice            (919) 718-7456, Fax            14-43-14, Courier            Dr. Matthew S. Garrett, President  <a href="http://www.cccc.edu/">http://www.cccc.edu/</a></p>
<p><b><a href="http://www1.cpcc.edu/">HCentral Piedmont Community College</a></b>            P O Box 35009            Charlotte, NC 28235            (704) 330-2722, Voice            (704) 330-5045, Fax            05-18-40, Courier            Dr. Paul Anthony Zeiss, President  <a href="http://www1.cpcc.edu/">http://www1.cpcc.edu/</a></p>	<p><b><a href="http://www.clevelandcommunitycollege.edu/">Cleveland Community College</a></b>            137 South Post Road            Shelby, NC 28152-6296            (704) 484-4000, Voice            (704) 484-4036, Fax            06-52-04, Courier            Dr. L. Steve Thornburg, President  <a href="http://www.clevelandcommunitycollege.edu/">http://www.clevelandcommunitycollege.edu/</a></p>

<p><b><u>HCoastal Carolina Community College</u></b>  444 Western Boulevard  Jacksonville, NC 28546-6899  (910) 455-1221, Voice  (910) 455-7027, Fax  11-07-26, Courier  Dr. Ronald K. Lingle, President  <a href="http://www.coastalcarolina.edu/">http://www.coastalcarolina.edu/</a></p>	<p><b><u>College of The Albemarle</u></b>  P O Box 2327  Elizabeth City, NC 27906-2327  (252) 335-0821, Voice  (252) 335-2011, Fax  10-39-32, Courier  Lynne Bunch, President  <a href="http://www.albemarle.edu/">http://www.albemarle.edu/</a></p>
<p><b><u>HCraven Community College</u></b>  800 College Ct.  New Bern, NC 28562  (252) 638-4131, Voice  (252) 638-4232, Fax  16-62-01, Courier  Dr. Scott Ralls, President  <a href="http://www.cravencc.edu/">http://www.cravencc.edu/</a></p>	<p><b><u>Davidson County Community College</u></b>  P O Box 1287  Lexington, NC 27293-1287  (336) 249-8186, Voice  (336) 249-0088, Fax  13-53-20, Courier  Dr. Mary Rittling, President  <a href="http://www.davidsonccc.edu/">http://www.davidsonccc.edu/</a></p>
<p><b><u>HDurham Technical Community College</u></b>  1637 Lawson St.  Durham, NC 27703  (919) 686-3300, Voice  (919) 686-3601, Fax  17-21-01, Courier  Dr. Phail Wynn, Jr., President  <a href="http://www.durhamtech.edu/">http://www.durhamtech.edu/</a></p>	<p><b><u>Edgecombe Community College</u></b>  2009 W Wilson St  Tarboro, NC 27886  (252) 823-5166, Voice  (252) 823-6817, Fax  07-51-11, Courier  Dr. Deborah L. Lamm., President  <a href="http://www.edgecombe.edu/">http://www.edgecombe.edu/</a></p>
<p><b><u>HFayetteville Technical Community College</u></b>  P O Box 35236  Fayetteville, NC 28303-0236  (910) 678-8400, Voice  (910) 484-6600, Fax  14-51-41, Courier  Dr. J. Larry Keen, President  <a href="http://www.faytechcc.edu/">http://www.faytechcc.edu/</a></p>	<p><b><u>Forsyth Technical Community College</u></b>  2100 Silas Creek Parkway  Winston-Salem, NC 27103-5197  (336) 723-0371, Voice  (336) 761-2399, Fax  13-05-01, Courier  Dr. Gary M. Green, President  <a href="http://www.forsythtech.edu/">http://www.forsythtech.edu/</a></p>
<p><b><u>HGaston College</u></b>  201 Highway 321 South  Dallas, NC 28034-1499  (704) 922-6200, Voice  (704) 922-2323, Fax  06-33-01, Courier  Dr. Patricia A. Skinner, President  <a href="http://www.gaston.edu/">http://www.gaston.edu/</a></p>	<p><b><u>Guilford Technical Community College</u></b>  P O Box 309  Jamestown, NC 27282  (336) 334-4822, Voice  Call for individual fax numbers, Fax  13-29-01, Courier  Dr. Donald W. Cameron, President  <a href="http://www.gtcc.edu/">http://www.gtcc.edu/</a></p>
<p><b><u>HHalifax Community College</u></b>  P O Drawer 809  Weldon, NC 27890  (252) 536-4221, Voice  (252) 536-4144, Fax  07-47-01, Courier  Dr. Ervin Griffin, Sr., President  <a href="http://www.halifaxcc.edu/">http://www.halifaxcc.edu/</a></p>	<p><b><u>Johnston Community College</u></b>  P O Box 2350  Smithfield, NC 27577  (919) 934-3051, Voice  (919) 209-2142, Fax  01-65-35, Courier  Dr. Donald Reichard, President  <a href="http://www.johnstoncc.edu/">http://www.johnstoncc.edu/</a></p>

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<b><u>Lenoir Community College</u></b>	<b><u>Martin Community College</u></b>
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<p>P O Box 188 Kinston, NC 28502-0188 (252) 527-6223, Voice (252) 233-6879, Fax 01-23-27, Courier Dr. Brantley Briley, President <a href="http://www.lenoircc.edu/">http://www.lenoircc.edu/</a></p>	<p>1161 Kehukee Park Road Williamston, NC 27892 (252) 792-1521, Voice (252) 749-0585, Fax 10-81-09, Courier Dr. Ann R. Britt, President <a href="http://www.martincc.edu/">http://www.martincc.edu/</a></p>
<p><b><u><a href="http://www.mayland.edu/">HMayland Community College</a></u></b> 200 Mayland Drive P O Box 547 Spruce Pine, NC 28777, Voice (828) 765-7351, Voice, Fax 12-70-01, Courier 12-70-01, Courier <a href="http://www.mayland.edu/">http://www.mayland.edu/</a></p>	<p><b><u><a href="http://www.mcdowelltech.edu/">McDowell Technical Community College</a></u></b> 54 College Drive Marion, NC 28752 (828) 652-6021, Voice (828) 652-1014, Fax 12-91-03, Courier Dr. Bryan Wilson, President <a href="http://www.mcdowelltech.edu/">http://www.mcdowelltech.edu/</a></p>
<p><b><u><a href="http://www.mitchellcc.edu/">HMitchell Community College</a></u></b> 500 West Broad St Statesville, NC 28677 (704) 878-3200, Voice (704) 878-0872, Fax 09-32-08, Courier Dr. Douglas Eason, President <a href="http://www.mitchellcc.edu/">http://www.mitchellcc.edu/</a></p>	<p><b><u><a href="http://www.montgomery.edu/">Montgomery Community College</a></u></b> 1011 Page Street Troy, NC 27371 (910) 576-6222, Voice (910) 576-2176, Fax 03-97-20, Courier Dr. Mary P. Kirk, President <a href="http://www.montgomery.edu/">http://www.montgomery.edu/</a></p>
<p><b><u><a href="http://www.nashcc.edu/">HNash Community College</a></u></b> 522 N. Old Carriage Road Rocky Mount, NC 27804-7488 (252) 443-4011, Voice (252) 451-8201, Fax 07-70-01, Courier Dr. William S. Carver, II, President <a href="http://www.nashcc.edu/">http://www.nashcc.edu/</a></p>	<p><b><u><a href="http://www.pamlico.edu/">Pamlico Community College</a></u></b> Post Office Box 185 Grantsboro, NC 28529 (252) 249-1851, Voice (252) 249-2377, Fax , Courier Dr. Francis Marion Altman, Jr., President</p>
<p><b><u><a href="http://www.piedmontcc.edu/">HPiedmont Community College</a></u></b> P O Box 1197 Roxboro, NC 27573 (336) 599-1181, Voice (336) 597-3817, Fax 02-32-10, Courier Dr. H. James Owen, President <a href="http://www.piedmontcc.edu/">http://www.piedmontcc.edu/</a></p>	<p><b><u><a href="http://www.pittcc.edu/">Pitt Community College</a></u></b> P O Drawer 7007 Greenville, NC 27835-7007 (252) 493-7200, Voice (252) 321-4401, Fax 01-45-28, Courier Dr. Dennis Massey, President <a href="http://www.pittcc.edu/">http://www.pittcc.edu/</a></p>
<p><b><u><a href="http://www.randolph.edu/">HRandolph Community College</a></u></b> P O Box 1009 Asheboro, NC 27204-1009 (336) 633-0200, Voice (336) 629-4695, Fax 13-65-20, Courier Dr. Robert S. Shackelford, Jr., President <a href="http://www.randolph.edu/">http://www.randolph.edu/</a></p>	<p><b><u><a href="http://www.richmondcc.edu/">Richmond Community College</a></u></b> P O Box 1189 Hamlet, NC 28345 (910) 410-1700, Voice (910) 582-7028, Fax 03-80-03, Courier Dr. Diane Honeycutt, President <a href="http://www.richmondcc.edu/">http://www.richmondcc.edu/</a></p>

<b><u><a href="#">Roanoke-Chowan Community College</a></u></b>	<b><u><a href="#">Robeson Community College</a></u></b>
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<p>109 Community College Road Ahoskie, NC 27910-9522 (252) 862-1200, Voice (252) 862-1358, Fax 10-11-10, Courier Dr. Ralph Soney, President <a href="http://www.roanokechowan.edu/">http://www.roanokechowan.edu/</a></p>	<p>P O Box 1420 Lumberton, NC 28359 (910) 272-3700, Voice (910) 272-3328, Fax 14-93-02, Courier Dr. Charles V. Chrestman, President <a href="http://www.robeson.edu/">http://www.robeson.edu/</a></p>
<p><b><u><a href="http://www.rockinghamccc.edu/">Rockingham Community College</a></u></b> PO Box 38 Wentworth, NC 27375-0038 (336) 342-4261, Voice (336) 349-9986, Fax 02-23-05, Courier Dr. Robert C. Keys, President <a href="http://www.rockinghamccc.edu/">http://www.rockinghamccc.edu/</a></p>	<p><b><u><a href="http://www.rowancabarrus.edu/">Rowan-Cabarrus Community College</a></u></b> P O Box 1595 Salisbury, NC 28145-1595 (704) 637-0760, Voice (704) 637-3692, Fax 05-32-03, Courier Dr. Richard L. Brownell, President <a href="http://www.rowancabarrus.edu/">http://www.rowancabarrus.edu/</a></p>
<p><b><u><a href="http://www.sampsonccc.edu/">Sampson Community College</a></u></b> P O Drawer 318, Hwy 24 West Clinton, NC 28329-0318 (910) 592-8081, Voice (910) 592-8048, Fax 11-34-32, Courier Dr. William C. Aiken, President <a href="http://www.sampsonccc.edu/">http://www.sampsonccc.edu/</a></p>	<p><b><u><a href="http://www.sandhills.edu/">Sandhills Community College</a></u></b> 3395 Airport Road Pinehurst, NC 28374 (910) 692-6185, Voice (910) 695-1823, Fax 03-43-01, Courier Dr. John R. Dempsey, President <a href="http://www.sandhills.edu/">http://www.sandhills.edu/</a></p>
<p><b><u><a href="http://www.spcc.edu/">South Piedmont Community College</a></u></b> P O Box 126 Polkton, NC 28135 (704) 272-5300, Voice (704) 272-5350, Fax 03-83-01, Courier Dr. John R. McKay, President <a href="http://www.spcc.edu/">http://www.spcc.edu/</a></p>	<p><b><u><a href="http://www.sccnc.edu/">Southeastern Community College</a></u></b> P.O. Box 151 Whiteville, NC 28472 (910) 642-7141, Voice (910) 642-5658, Fax 04-22-24, Courier Dr. Kathleen S. Matlock, President <a href="http://www.sccnc.edu/">http://www.sccnc.edu/</a></p>
<p><b><u><a href="http://www.southwesternccc.edu/">Southwestern Community College</a></u></b> 447 College Drive Sylva, NC 28779 (828) 586-4091 or (800) 447-4091, Voice (828) 586-3129, Fax 08-23-14, Courier Dr. Cecil L. Groves, President <a href="http://www.southwesternccc.edu/">http://www.southwesternccc.edu/</a></p>	<p><b><u><a href="http://www.stanly.edu/">Stanly Community College</a></u></b> 141 College Drive Albemarle, NC 28001 (704) 982-0121, Voice (704) 982-0819, Fax 03-20-03, Courier Dr. Michael R. Taylor, President <a href="http://www.stanly.edu/">http://www.stanly.edu/</a></p>
<p><b><u><a href="http://www.surry.edu/">Surry Community College</a></u></b> 630 South Main Street Dobson, NC 27017 (336) 386-8121, Voice (336) 386-8951, Fax 09-91-01, Courier Dr. Frank Sells, President <a href="http://www.surry.edu/">http://www.surry.edu/</a></p>	<p><b><u><a href="http://www.tricountycc.edu/">Tri-County Community College</a></u></b> 4600 Highway 64 East Murphy, NC 28906 (828) 837-6810, Voice (828) 837-0028, Fax 08-53-06, Courier John A. Cabe, Interim President <a href="http://www.tricountycc.edu/">http://www.tricountycc.edu/</a></p>

<b><u><a href="#">Vance-Granville Community College</a></u></b>	<b><u><a href="#">Wake Technical Community College</a></u></b>
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<p>Box 917 Henderson, NC 27536 (252) 492-2061, Voice (252) 430-0460, Fax 07-20-01, Courier Mr. George R. "Randy" Parker, President <a href="http://www.vgcc.edu/">http://www.vgcc.edu/</a></p>	<p>9101 Fayetteville Road Raleigh, NC 27603 (919) 662-3400, Voice (919) 779-3360, Fax 14-79-01, Courier Dr. Stephen C. Scott, President <a href="http://www.waketech.edu/">http://www.waketech.edu/</a></p>
<p><b><u>Wayne Community College</u></b> Post Office Box 8002 Goldsboro, NC 27533-8002 (919) 735-5151, Voice (919) 736-9425, Fax 01-13-20, Courier Dr. Kay Albertson, President <a href="http://www.waynec.edu/">http://www.waynec.edu/</a></p>	<p><b><u>Western Piedmont Community College</u></b> 1001 Burkemont Avenue Morganton, NC 28655 (828) 438-6000, Voice (828) 438-6015, Fax 15-06-01, Courier Dr. Jim Burnett, President <a href="http://www.wpcc.edu/">http://www.wpcc.edu/</a></p>
<p><b><u>Wilkes Community College</u></b> P O Box 120 Wilkesboro, NC 28697 (336) 838-6100, Voice (336) 838-6277, Fax 15-11-04, Courier Dr. Gordon G. Burns, Jr., President <a href="http://www.wilkescc.edu/">http://www.wilkescc.edu/</a></p>	<p><b><u>Wilson Technical Community College</u></b> P O Box 4305 Wilson, NC 27893-0305 (252) 291-1195, Voice (252) 243-7148, Fax 01-51-04, Courier Dr. C. H. "Rusty" Stephens, President <a href="http://www.wilsontech.edu/">http://www.wilsontech.edu/</a></p>
<p><b><u>North Carolina Community College System</u></b> 200 W Jones St Raleigh, NC 27603-1379 (919) 807-7100, Voice (919) 807-7164, Fax 56-50-00, Courier Martin Lancaster, President <a href="http://www.nccommunitycolleges.edu">http://www.nccommunitycolleges.edu</a></p>	

# **North Carolina Four Year Colleges**

## **APPALACHIAN STATE UNIVERSITY**

BOONE, NC 28608

**Type of Institution:** Public school, 4-year or above

**Degree of Urbanization:** Small Town - population less than 25,000

**Phone Number:** (828) 262-2000

[www.appstate.edu](http://www.appstate.edu)

## **Barber-Scotia College**

145 Cabarrus Avenue Concord, NC 28025

**Phone Number:** 704-789-2900

[www.b-sc.edu](http://www.b-sc.edu)

## **BARTON COLLEGE**

P O BOX 5000, WILSON, NC 27893

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Large Town - population greater than or equal to 25,000

**Phone Number:** (252) 399-6300

[www.barton.edu](http://www.barton.edu)

## **Belmont Abbey College**

100 Belmont-Mt. Holly Rd Belmont, NC 28012

Toll Free 1-888.BAC.0110

[www.bac.edu](http://www.bac.edu)

## **BENNETT COLLEGE**

900 E WASHINGTON ST, GREENSBORO, NC 27401

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 273-4431

[www.bennett.edu](http://www.bennett.edu)

## **BREVARD COLLEGE**

400 N BROAD ST, BREVARD, NC 28712

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Small Town - population less than 25,000

**Phone Number:** (828) 883-8292

[www.brevard.edu](http://www.brevard.edu)

## **CABARRUS COLLEGE OF HEALTH SCIENCES**

431 COPPERFIELD BLVD NE, CONCORD, NC 28025

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (704) 783-1555

[www.cabarruscollege.edu](http://www.cabarruscollege.edu)

## **CAMPBELL UNIVERSITY INC**

PO BOX 97, BUIES CREEK, NC 27506

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Rural

**Phone Number:** (910) 893-1200

[www.campbell.edu](http://www.campbell.edu)

## **CHOWAN COLLEGE**

MURFREESBORO, NC 27855

**Type of Institution:** Private nonprofit school, 4-year or above

**Phone Number:** (252) 398-6500

**Degree of Urbanization:** Small Town - population less than 25,000

[www.chowan.edu](http://www.chowan.edu)



#### DAVIDSON COLLEGE

PO BOX 1719, DAVIDSON, NC 28036

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Urban Fringe of Large City - population greater than or equal to 250,000

**Phone Number:** (704) 894-2000

[www.davidson.edu](http://www.davidson.edu)

#### DUKE UNIVERSITY

103 ALLEN BLDG, DURHAM, NC 27708

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (919) 684-2813

[www.duke.edu](http://www.duke.edu)

#### EAST CAROLINA UNIVERSITY

E FIFTH ST, GREENVILLE, NC 278584353

**Type of Institution:** Public school, 4-year or above

**Degree of Urbanization:** Urban Fringe of Mid-size City - population less than 250,000

**Phone Number:** (252) 328-6131

[www.ecu.edu](http://www.ecu.edu)

#### ELIZABETH CITY STATE UNIVERSITY

1704 WEEKSVILLE RD, ELIZABETH CITY, NC 27909

**Degree of Urbanization:** Small Town - population less than 25,000

**Phone Number:** (252) 335-3400

[www.ecsu.edu](http://www.ecsu.edu)

#### ELON COLLEGE

HAGGARD AVE, ELON, NC 27244

**Degree of Urbanization:** Urban Fringe of Mid-size City - population less than 250,000

**Phone Number:** (336) 278-9711

[www.elon.edu](http://www.elon.edu)

#### FAYETTEVILLE STATE UNIVERSITY

1200 MURCHISON RD, FAYETTEVILLE, NC 28301

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (910) 486-1111

[www.uncfsu.edu](http://www.uncfsu.edu)

#### GARDNER-WEBB UNIVERSITY

MAIN ST, BOILING SPRINGS, NC 28017

**Degree of Urbanization:** Rural

**Phone Number:** (704) 406-2361

[www.gardner-webb.edu](http://www.gardner-webb.edu)

#### GREENSBORO COLLEGE

815 W MARKET ST, GREENSBORO, NC 27401

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 272-7102

[www.gborocollege.edu](http://www.gborocollege.edu)

#### GUILFORD COLLEGE

5800 W FRIENDLY AVE, GREENSBORO, NC 27410

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 316-2000

[www.guilford.edu](http://www.guilford.edu)

#### HERITAGE BIBLE COLLEGE

PO BOX 1628, DUNN, NC 28335

**Degree of Urbanization:** Small Town - population less than 25,000

**Phone Number:** (910) 892-4268

**HIGH POINT UNIVERSITY**

833 MONTLIEU AVE, HIGH POINT, NC 27262  
**Degree of Urbanization:** Mid-size City - population less than 250,000  
**Phone Number:** (336) 841-9000  
[www.highpoint.edu](http://www.highpoint.edu)

**JOHN WESLEY COLLEGE**

2314 N CENTENNIAL ST, HIGH POINT, NC 27265  
**Degree of Urbanization:** Mid-size City - population less than 250,000  
**Phone Number:** (336) 889-2262  
[www.johnwesley.edu](http://www.johnwesley.edu)

**JOHNSON C SMITH UNIVERSITY**

100-152 BEATTIES FORD RD, CHARLOTTE, NC 28216  
**Degree of Urbanization:** Large City - population greater than or equal to 250,000  
**Phone Number:** (704) 378-1000  
[www.jcsu.edu](http://www.jcsu.edu)

**LEES-MCRAE COLLEGE**

PO BOX 128, BANNER ELK, NC 28604  
**Degree of Urbanization:** Rural  
**Phone Number:** (828) 898-5241  
[www.lmc.edu](http://www.lmc.edu)

**LENOIR-RHYNE COLLEGE**

7TH & 8TH STREET NE, HICKORY, NC 28601  
**Degree of Urbanization:** Mid-size City - population less than 250,000  
**Phone Number:** (828) 328-1741  
[www.lrc.edu](http://www.lrc.edu)

**LIVINGSTONE COLLEGE**

701 W MONROE ST, SALISBURY, NC 28144  
**Degree of Urbanization:** Urban Fringe of Large City - population greater than or equal to 250,000  
**Phone Number:** (704) 216-6000  
[www.livingston.edu](http://www.livingston.edu)

**MARS HILL COLLEGE**

100 ATHLETIC ST, MARS HILL, NC 28754  
**Degree of Urbanization:** Rural  
**Phone Number:** (828) 689-1111  
[www.mhc.edu](http://www.mhc.edu)

**MEREDITH COLLEGE**

3800 HILLSBOROUGH ST, RALEIGH, NC 27607  
**Degree of Urbanization:** Mid-size City - population less than 250,000  
**Phone Number:** (919) 760-8600  
[www.meredith.edu](http://www.meredith.edu)

**METHODIST COLLEGE**

5400 RAMSEY ST, FAYETTEVILLE, NC 28311  
**Degree of Urbanization:** Mid-size City - population less than 250,000  
**Phone Number:** (910) 630-7000  
[www.methodist.edu](http://www.methodist.edu)

**MONTREAT COLLEGE**

310 GAITHER CIR, MONTREAT, NC 28757  
**Degree of Urbanization:** Urban Fringe of Mid-size City - population less than 250,000  
**Phone Number:** (828) 669-8011  
[www.montreat.edu](http://www.montreat.edu)

**MOUNT OLIVE COLLEGE**

634 HENDERSON ST, MT OLIVE, NC 28365  
**Degree of Urbanization:** Urban Fringe of Mid-size City - population less than 250,000  
**Phone Number:** (919) 658-2502  
[www.mountolivecollege.edu](http://www.mountolivecollege.edu)

**NORTH CAROLINA AGRICULTURAL AND TECHNICAL ST UNIV**

1601 E Market St, Greensboro, NC 27411

**Type of Institution:** Public school, 4-year or above

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 334-7500

[www.ncat.edu](http://www.ncat.edu)

**NORTH CAROLINA CENTRAL UNIVERSITY**

1801 FAYETTEVILLE ST, DURHAM, NC 27707

**Type of Institution:** Public school, 4-year or above

**Highest College Degree Offered:** Master's Degree

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (919) 560-6100

[www.nccu.edu](http://www.nccu.edu)

**NORTH CAROLINA SCHOOL OF THE ARTS**

1533 S MAIN ST, WINSTON SALEM, NC 27127

**Type of Institution:** Public school, 4-year or above

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 770-3399

[www.ncarts.edu](http://www.ncarts.edu)

**NORTH CAROLINA STATE UNIVERSITY AT RALEIGH**

PO BOX 7001, RALEIGH, NC 27695

**Type of Institution:** Public school, 4-year or above

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (919) 515-2011

[www.ncsu.edu](http://www.ncsu.edu)

**NORTH CAROLINA WESLEYAN COLLEGE**

3400 N WESLEYAN BLVD, ROCKY MOUNT, NC 27804

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (252) 985-5100

[www.ncwc.edu](http://www.ncwc.edu)

**NORTH CAROLINA WESLEYAN COLLEGE-DURHAM**

2945 S MIAMI BLVD STE 114, DURHAM, NC 27703

**PEACE COLLEGE**

15 E PEACE ST, RALEIGH, NC 27604

**Type of Institution:** Private nonprofit school, 4-year or above

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (919) 508-2000

**PFEIFFER UNIVERSITY**

48380 HWY 52N, MISENHEIMER, NC 28109

**Degree of Urbanization:** Rural

**Phone Number:** (704) 463-1360

[www.pfeiffer.edu/splash.html](http://www.pfeiffer.edu/splash.html)

**PIEDMONT BAPTIST COLLEGE**

716 FRANKLIN ST, WINSTON SALEM, NC 27101

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 725-8344

[www.pbc.edu](http://www.pbc.edu)

**QUEENS COLLEGE**

1900 SELWYN AVE, CHARLOTTE, NC 28274

**Degree of Urbanization:** Large City - population greater than or equal to 250,000

**Phone Number:** (704) 337-2200

[www.queens.edu](http://www.queens.edu)

**ROANOKE BIBLE COLLEGE**

715 N POINDEXTER ST, ELIZABETH CITY, NC 27909

**Degree of Urbanization:** Small Town - population less than 25,000

**Phone Number:** (252) 334-2070

[www.roanokebible.edu](http://www.roanokebible.edu)

**SAINT AUGUSTINES COLLEGE**

1315 Oakwood Avenue, Raleigh, NC 276102

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (919) 516-4000

[www.st-aug.edu](http://www.st-aug.edu)

**SALEM COLLEGE**

601 S CHURCH ST, WINSTON SALEM, NC 27101

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 721-2600

[www.salem.edu](http://www.salem.edu)

**SHAW UNIVERSITY**

118 E SOUTH ST, RALEIGH, NC 27601

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (919) 546-8200

[www.shawuniversity.edu](http://www.shawuniversity.edu)

**SOUTHEASTERN BAPTIST THEOLOGICAL SEMINARY**

PO BOX 1889, WAKE FOREST, NC 27588

**Degree of Urbanization:** Urban Fringe of Mid-size City - population less than 250,000

**Phone Number:** (919) 556-3101

[www.sebts.edu](http://www.sebts.edu)

**ST ANDREWS PRESBYTERIAN COLLEGE**

1700 DOGWOOD MILE, LAURINBURG, NC 28352

**Degree of Urbanization:** Small Town - population less than 25,000

**Phone Number:** (910) 277-5000

[www.sapc.edu](http://www.sapc.edu)

**UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE**

ONE UNIVERSITY HTS, ASHEVILLE, NC 28804

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (828) 251-6600

[www.unca.edu](http://www.unca.edu)

**UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL**

103 S BLDG CB 9100, CHAPEL HILL, NC 27599

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (919) 962-2211

[www.unc.edu](http://www.unc.edu)

**UNIVERSITY OF NORTH CAROLINA AT CHARLOTTE**

9201 UNIVERSITY CITY BLVD, CHARLOTTE, NC 28223

**Degree of Urbanization:** Large City - population greater than or equal to 250,000

**Phone Number:** (704) 687-2000

[www.uncc.edu](http://www.uncc.edu)

**UNIVERSITY OF NORTH CAROLINA AT GREENSBORO**

1000 SPRING GARDEN ST, GREENSBORO, NC 27402

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 334-5000

[www.uncg.edu](http://www.uncg.edu)

**UNIVERSITY OF NORTH CAROLINA AT PEMBROKE**

PO BOX 1510, PEMBROKE, NC 28372

**Degree of Urbanization:** Rural

**Phone Number:** (910) 521-6000

[www.uncp.edu](http://www.uncp.edu)

**SHAW UNIVERSITY**

118 E SOUTH ST, RALEIGH, NC 27601

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (919) 546-8200

[www.shawuniversity.edu](http://www.shawuniversity.edu)

**SOUTHEASTERN BAPTIST THEOLOGICAL SEMINARY**

PO BOX 1889, WAKE FOREST, NC 27588

**Degree of Urbanization:** Urban Fringe of Mid-size City - population less than 250,000

**Phone Number:** (919) 556-3101

[www.sebts.edu](http://www.sebts.edu)

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1700 DOGWOOD MILE, LAURINBURG, NC 28352

**Degree of Urbanization:** Small Town - population less than 25,000

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[www.sapc.edu](http://www.sapc.edu)

**UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE**

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**Degree of Urbanization:** Large City - population greater than or equal to 250,000

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**UNIVERSITY OF NORTH CAROLINA AT GREENSBORO**

1000 SPRING GARDEN ST, GREENSBORO, NC 27402

**Degree of Urbanization:** Mid-size City - population less than 250,000

**Phone Number:** (336) 334-5000

[www.uncg.edu](http://www.uncg.edu)

**UNIVERSITY OF NORTH CAROLINA AT PEMBROKE**

PO BOX 1510, PEMBROKE, NC 28372

**Degree of Urbanization:** Rural

**Phone Number:** (910) 521-6000

[www.uncp.edu](http://www.uncp.edu)

# Personal Information

(Adapted from "The Pocket Guide to Independent Living," ILR, Inc.)

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

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

\_\_\_\_\_

Preferred Email Address: \_\_\_\_\_

\_\_\_\_\_

Home Telephone #: \_\_\_\_\_

Cell Telephone #: \_\_\_\_\_

Guardian: \_\_\_\_\_

Guardian's contact info: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

# Medical Information

## Emergency Contact Information

(If something happens to you, who should be contacted?)

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

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

\_\_\_\_\_

Telephone #: \_\_\_\_\_



## Doctor's Information

Name of Doctor and Practice: \_\_\_\_\_

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

Telephone #: \_\_\_\_\_

Hospital: \_\_\_\_\_

Who can legally make decisions about your healthcare? (Name and Contact #)

\_\_\_\_\_

Blood Type: \_\_\_\_\_

Health Insurance: \_\_\_\_\_

Policy #: \_\_\_\_\_

Known Allergies: \_\_\_\_\_

Serious Illnesses: \_\_\_\_\_

Current Medications: \_\_\_\_\_

## Educational Information

### Middle School(s) Attended

Name of School(s): \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

Telephone and Email address: \_\_\_\_\_

\_\_\_\_\_



### High School(s) Attended

Name of School(s): \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

Telephone and Email address: \_\_\_\_\_

\_\_\_\_\_

### College/Tech School(s) Attended

Name of School(s): \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

Telephone and Email address: \_\_\_\_\_

\_\_\_\_\_



# Glossary of Terms

**Adoption** - To take into one's family through legal means and raise as one's own child.

**CARS Agreement** – Contractual Agreement for Residential Services - Youths sign this to remain in DSS custody after their 18<sup>th</sup> birthdays. Youths will then be able to live in a foster home until they are 21 years of age.

**Guardian Ad Litem (GAL)** – A person appointed by a Judge to be the YOUTH'S voice in court. The GAL's main job is to advocate for what YOU want.

**Guided Imagery** – A relaxation technique where the person visualizes a place that is comforting and calming.

**Kinship Care** – A foster placement with a relative or a close friend of the family.

**Lease** – A contractual agreement between the person renting/leasing the place and the owner.

**LINKS** – A North Carolina program for foster youth ages 13-21 that provides educational and financial resources.

**LINKS Coordinators** – Social worker's who coordinate educational and financial resources for the county.

**Long-Term Foster Care Placement** – A licensed foster home that provides housing and basic needs for foster youth until they are 18-21.

**Permanence** – Is Lasting or remaining without essential change. This involves finding a placement that meets the needs of youth.

**Sexually Transmitted Disease (STD)** - Any of various diseases or infections (such as syphilis, gonorrhea, Chlamydia, and genital herpes) that are usually transmitted by direct sexual contact and that include some (such as Hepatitis B and AIDS) that may be contracted by other than sexual means.

**Social Worker** – A professional trained to talk with people and their families about emotional or physical needs, and to find them support services. It is their job to find a placement for youth in foster care.

**Termination of Parental Rights** – is to legally and permanently terminate the relationship between a child and his/her parent.

**Transitional Living Program** – a live-in program that works with youth in foster care on independent living skills.