

WHAT CAN THE GUARD DO FOR YOUR SCHOOL?

MSG David Beck

NATIONAL GUARD 
North Dakota

The Guard can help students build skills while they are still in school that will help them far beyond the classroom.

The North Dakota Army National Guard offers several programs for students to gain an understanding of values, skills and knowledge necessary for their success in the future. We will visit your school and talk to students about topics of your choice.

These programs range from communication and physical fitness, to avoidance of drugs and alcohol and school violence. However, we can tailor to just about any subject to suit your needs, such as history, sciences, math, auto shop, business and economics.



YOU CAN School Program



The YOU CAN School Program gives students easy-to-understand messages and concrete steps they can use to solve problems and take control of their lives. Our presentations present new options and motivate students to make good choices.

The presentations are grouped thematically into four topic areas:



HEALTH & SOCIAL WELL-BEING

The Health & Social Well-Being presentations provide down-to-earth suggestions for staying safe and healthy and getting along with others.

Topics Covered:

- Communication
- Conflict Resolution
- Drugs & Alcohol
- Physical Fitness
- Health & Nutrition Awareness
- Diversity
- Diversity II
- School Violence



LIFE BETTERMENT & CAREER PREPARATION

Life Betterment & Career Preparation presentations give practical tips and suggestions for developing life skills students can use now and will need after graduation.

Topics Covered:

- Budgeting Basics
- Goal Setting
- Interviewing
- Leadership
- Leadership II
- Lifelong Learning
- Memory Power
- Free Application for Federal Student Aid (FAFSA)
- Paying for College
- Problem Solving
- Resume Writing
- Study Techniques
- Test-taking Skills
- Workplace Skills



DISCOVERY

Discovery presentations help students understand what it means to be American and how Americans relate to the rest of the world.

Topics Covered:

- American Flag
- National Guard
- Freedom
- Map Reading/Orienteering
- National Security Awareness
- Historic American Documents
- American Flag II
- National Guard II
- Patriotism
- Military Awareness



DISASTER PREPAREDNESS

The Disaster Preparedness series shows how to stay safe when disasters occur.

Topics Covered:

- Earthquakes
- Floods
- Hurricanes
- Tornados

If you've never participated in the YOU CAN School Program, the online modules are a great way to get a taste of what will be covered in the classroom. You can find more information at www.youcanschoolprogram.com.

CAREER EXPLORATION Program



For many young adults, the prospect of embarking on a career, at times, can be daunting. Since students are probably aware of the current realities of the world of work, they may question what the future holds for them. We have endeavored to produce career exploration and planning materials that are future-oriented and empowering to all students. We have emphasized the importance of planning and decision making, believing these skills will serve students not only in realizing their post-high school goals and subsequent career transitions, but also in other areas of their lives.

ROPES Seminar

The ROPES program is designed to help students develop skills for real-life situations such as problem solving, communication and team-work. The interactive activities involve all members of the group and provide fun ways to manage and overcome today's life and career challenges. Participants in the ROPES seminar will learn to:

- Appreciate the value of the whole team in today's competitive culture
- Integrate both passive and aggressive individuals into the team
- Understand teamwork as a management strategy for improving communication & building trust
- Create effective teamwork by committing to be positive team players
- Understand team leadership and its impact on individual behavior
- Develop a culture which encourages teamwork



Military & World History



Discover the impact the military has on past and current events. Whether fighting a flood or defending a country, military missions help create the history in your community, state and country.



Pedal Carts



They may look like fun, but they are designed for much more. Pedal carts, about the size of gas-powered go-carts at area amusement parks, are intended for learning and team building activities.



Donning a pair of “intoxicated goggles,” students can try to maneuver around a track, gaining a better understanding of how alcohol impairs their abilities.

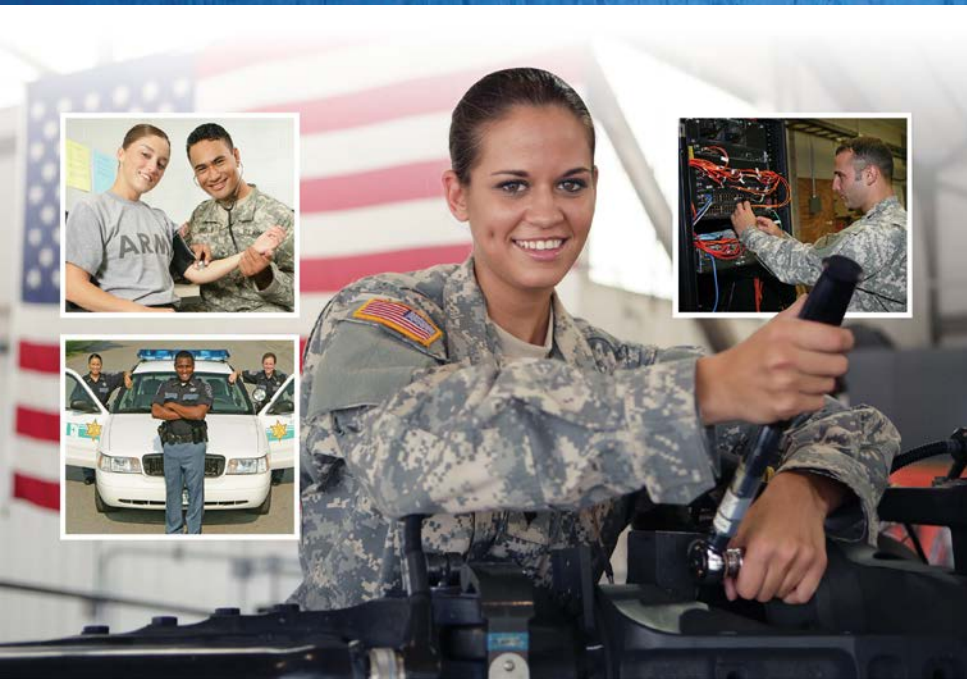
The same alcohol awareness training for students could cost around \$3000. The North Dakota Army National Guard is now able to provide it for free.

PART-TIME TRAINING FOR A FULL-TIME FUTURE



The North Dakota Army National Guard offers hands-on, technical training for real-life careers. Get a jump on your career by gaining experience before you get your degree.

- Construction Equipment Operator
- Plumber
- Interior Electrician
- Concrete/Asphalt Equipment Operator
- Carpentry/Masonry Specialist
- Avionics Mechanic
- Air Traffic Control Operator
- **Information Technology Specialist**
- Cable Systems Installer/Maintainer
- Paralegal Specialist
- Military Police
- Human Resources Specialist
- Public Affairs Broadcast Journalist
- Dental Specialist
- Patient Admin Specialist
- Radiology Specialist
- Healthcare Specialist
- Mental Health Specialist
- Motor Transport Operator (Truck Driver)
- Wheeled Vehicle Mechanic
- Power Generator Equipment Repairer
- Machinist/Metal Worker
- Construction Equipment Repairer
- Food Service Specialist (Cook)
- **Many more!**





Questions?

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