



What are Non-Traditional Students?

Can you answer "yes" to the following question?

Are you enrolled in a technical education program of study in which either gender comprises less than 25% of the current Student enrollment?

If your answer is **YES**, than **CONGRATULATIONS** you are a non-traditional student!

Students who are enrolled in nontraditional career training help eliminate the barriers and redefine roles in the workplace and help expand opportunities in educational training and employment for everyone. Students enrolled in a non-traditional Program often face unique challenges. Discrimination, sexual harassment, isolation and role gender conflicts as well as fear of failure or lack of self-esteem.

However, the benefits often outweigh the negative. Non-traditional careers offer a greater variety and more opportunities to learn new skills,

as well as more career options. Non-traditional careers often offer salaries that are over 20% higher than that of more traditional careers. This is especially true for women.

In addition, research shows that individuals who choose careers they are interested in and have the abilities to perform rather than the careers that encourage gender stereotypes encounter greater job satisfaction.

The Office of Special Populations in the Student Support Services Department helps by providing an encouraging environment, campus and community resource referrals, networking resources, workshops and textbook assistance to student enrolled in a nontraditional career training program.

To find out more about nontraditional programs at CTC, contact the Office of Special Populations, Dianne Lassai Barker, email at dbarker@chattahoocheetech.edu or you can contact Audra Tillman at atillman@chattahoocheetech.edu.



Non-Traditional For Women:

- Automotive Tech or Collision Repair
- Commercial Truck Driving
- Diesel Equipment Technology
- Power Sports
- Electrical Systems Technology
- Fire Science
- Criminal Justice
- Horticulture
- Heating and Air Conditioning
- Welding

Non-Traditional For Men:

- Early Childhood Education
- Cosmetology
- Physical Therapy Assistant
- Occupational Therapy Assistant
- Health Care Science
- Medical Assistant
- Surgical Technology
- Nursing
- Interior Design
- Business and Office Technology
- Accounting



Easy Steps to Success

Every student entering college for the first time goes through a period of adjustment. For non-traditional students, the adjustments may be more challenging. Non-traditional students have to balance family, school and sometimes a job with school work. The following steps are offered as guidelines to making the transition easier:

1. **Yes! You can do this!** The first step is to believe in yourself. If you are determined to be successful in college, you must believe you can and then take action. Participate in orientation, enroll in COL1500, and communicate with your instructor when you have questions.
2. **Develop your Support System.** You are not in college alone. Sometimes friends and family are not as enthusiastic about college as you are. Seeking out those who will support your efforts is key. Network with your fellow classmates, especially peers who are non-traditional students also. Many times they have resources that may help you succeed.
3. **Contact the Career Center** before you enroll in a program of study. They have assessment tools that can help you determine your interests and aptitude in certain careers and various programs of study.
4. **Contact the Office of Special Populations.** You may qualify for community or campus resources, workshops and textbook assistance.
5. **Sign up in the Success Center** for academic assistance. Tutors are available to help you with math, English and COMP 1000.
6. **Communicate with your instructor** when you are having difficulty in a subject. Most instructors are happy to assist you. Asking for clarification is a great way to let your instructor know that you are serious about your education.
7. **Stay organized.** Keep your syllabus, notes, handouts and assignments in a notebook where you can find them.
8. **Celebrate the small stuff!** Give yourself small incentives to celebrate each accomplishment. These rewards can be fun and inexpensive. Treat yourself to a movie, a candy bar or a walk in the park. When we celebrate each successful step, we stay focused and energized.

There may be situations that arise where you may need assistance. The Student Support staff is available to assist you. Please see the last page for a full directory.

“As you climb the ladder of success, be sure it's leaning against the right building.”

~Quoted in P.S. I Love You, compiled by H. Jackson Brown, Jr.

“If you are a single parent you will need to be creative about childcare and study time”

Single Parents: Turning Obstacles into Opportunities

From <http://www.wikihow.com/Succeed-As-a-Non-Traditional-College-Student>



Single Parents: “Be creative, ask around, and don’t be shy about connecting with other student parents.”

Some single parents have formed co-ops where each parent donates time babysitting all of the kids. You might even be able to set something up through your school. Many colleges and universities have early childhood development programs that include daycare centers. Some colleges and universities also have parent advocates.

Try to train your kids to leave you alone while you study by giving them a list of things that are okay to have or do without permission and promise that you will come out at regular intervals to check on them. When you do come out for a break, spend a few minutes with each of them, totally focused on the individual child. Of course, this only works once they are old enough to safely play alone. If they are younger you can take a nap with them when you get home from classes and then stay up late doing homework. Sometimes, you might even sleep for a few hours early in the evening, wake up and do homework

in the middle of the night, and then go back to sleep until it was time to get up again.

Be creative, ask around, and don’t be shy about connecting with other student parents. You might be surprised at your own resourcefulness.



Volunteer!
You might meet someone that could help you find a job.

CTC Career Services

FAST FACTS



Hot Associate Degree Careers to Year 2018 (Annual Wage)

- Paralegals & Legal Assistants (\$51,400)
- Radiologic Technologists & Technicians (\$49,900)
- Registered Nurses (\$60,900)
- Respiratory Therapist (50,000)

Hot Work Experience Careers to Year 2018 (Annual Wage)

- Food Service Managers (\$53,100)
- Supervisors of Helpers, Laborers (\$44,000)

Metro Atlanta Top 10 Employers

- Delta Airlines
- Emory University
- Georgia Institute of Technology
- Lockheed Martin Corp
- Northside Hospital Inc.
- Publix Supermarket Inc.
- The Kroger Company
- Turner Services Inc.
- Wal-Mart
- Wellstar Health System Inc.

#1 Technical Program in Metro Atlanta Technical Colleges in 2010:

- Automobile/Automotive Mechanics Technology/ Technician - 5,756 graduates

Info from GA Department of Labor



- ✓ Assessing your personal needs, skills, abilities, interests, values and goals related to a career choice,
- ✓ Exploring occupations and opportunities in the world of work to ensure you choose a rewarding educational and vocational path that will lead to a career, not just a job.
- ✓ Assisting you in implementing a career decision and developing a plan of action for you to acquire the job skills and training needed to be competitive in the work force.

www.chattahoocheetech.edu/current/careerservices/

Social Networking Sites

LinkedIn:

- Make professional connections and also view who they are connected to
- Post your reference letters online
- Join professional organizations for career growth and to view job postings
- Research companies and industry trends to help you interview and expand you search options

Twitter:

- Get you questions answered instantly
- Follow companies that you're interested in
- Expand your professional network

Facebook:

- Create a professional list separate from your personal list of friends
- Join groups, add links to blogs to increase your professional brand
- Check wall postings for jobs

YouTube:

- Increase your visibility
- Research companies

WHY NON-TRADITIONAL?

- Higher Wages
- Financial Security
- Good Benefits
- Demand for Skilled Workers
- Opportunities for Advancement
- Freedom to Pursue Careers Related to Interest and Abilities

Entering a non-traditional occupation can be rewarding. You have the potential to:

- Earn a great salary
- Fulfill a personal dream
- Enjoy a career doing something you love

Entering a non-traditional occupation can also be challenging. You may not have:

- A mentor within your profession
- Support from friends or family
- Support from coworkers

Before you make your decision, do some research. In fact, gather as much information as you can.

Chattahoochee Tech has several faculty members who teach in non-traditional career areas. They've also worked in a non-traditional occupation field. They can give you great advice about choosing which non-traditional career to pursue.

The Office of Special Populations can offer advice and resources available to help you make a decision.



Today, many women and men are breaking down barriers to pursue careers.

You owe it to yourself to find the best fit and a non-traditional occupation career just might be right for you!

Resources

Not Enough Hours in a day? Not sure how to begin studying for that exam?

Study Guides and Strategies:

www.studygs.net/index.htm

Non-Trad Career Information:

www.iseek.org/careers/nontraditional.html



Learn more about emotional health and ways to help yourself or a friend if you are struggling with your thoughts or feelings:

ULifeline

www.ulifeline.org/main/Home.html

HalfofUs.com

www.halfofus.com/default_splash.aspx

For Non-Trad stores, advice, links and more, visit:

<http://non-traditional-students.blogspot.com/>

Is Your Car Ready For School?

You bought your textbooks, a calculator and a planner, but have you taken care of your car for the New Year? Here are some tips to get your vehicle prepared for the upcoming winter semester:

- ✓ One of the most important things is to make sure your fluid levels are good. This includes coolant, windshield washer fluid and power steering fluid.
- ✓ You should also look at your battery to make sure there's no corrosion. Test the battery and electrical systems. Some auto parts stores will do the for free.
- ✓ Thoroughly wash and wax your car before the temp drops below 550 to protect your paint job from the elements.

Keep the following items on hand:

- Flashlight with extra batteries
- A well-stocked emergency first-aid kit
- Extra bottles of water and snack food
- Extra blankets, hats, and gloves
- Jumper cables
- Ice scraper
- Flares
- Instant fix a flat tire cans

Make Your Gas and \$\$\$ Last

- **Watch Your Speed** - While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 mph.
- **Get Rid of The Junk in Your Trunk** - Avoid keeping unnecessary items in your vehicle, especially heavy ones. Typically an extra 100 pounds in your vehicle could reduce your mpg by up to 2 percent.
- **Avoid the Drive-thru** - Idling your car waiting for your food gets you 0 mpg, park and go inside to order your food.
- **Use Your Cruise Control** - Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.
- **Slip into Overdrive** - When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.
- **Keep Your Tires Inflated** - You can improve your gas mileage by up to 3.3 percent by keeping your tires inflated to the proper pressure. Under-inflated tires can lower gas mileage by 0.3 percent for every 1 psi drop in pressure of all four tires.
- **Walk** - Try walking to class just once a week. It's free and you don't have to worry about parking.



Consider...

taking a continuing education course to learn the basics of car care. Learn all you can about checking and maintaining fluid levels, oil changes, and routine maintenance.

Gender Trivia!

Famous Firsts

- 1) Who was Sally Ride?
- 2) Who was the first African-American woman millionaire in the United States of America?
- 3) Who was the first female pilot to attempt to fly around the world?
- 4) Who was the first person to win two Nobel Prizes?
- 5) Who is the female Asian-American nuclear scientist who taught at Princeton when no women were allowed to study there?

Gender-Bender Sports:

- 6) What is former National Football League lineman Roosevelt "Rosie" Grier's favorite hobby?
- 7) What product did former New York Jets' quarterback Joe Namath make famous by showing off his legs?
- 8) What artistic endeavor did former Chicago Bears' wide receiver Willie Gault enroll in to perform his sport with more grace and precision?
- 9) What female tennis star beat a male competitor in a challenge match on national TV?

Gender Geography

- 10) Which western state is the only one that has more men than women enrolled in higher education?
- 11) What was the first modern nation to adopt voting rights for women?
- 12) In what city was the first nursing school for men started?

History and Politics

- 13) Under what constitutional amendment did women gain voting rights nationally?
- 14) What non-traditional worker was returned to "domestic bliss" at the end of World War II?
- 15) Who was the first female Supreme Court justice?
- 16) What major political position did Geraldine Ferraro run for, making her the first woman ever to attempt this?

Nuts and Bolts

- 17) What health care occupation employs only 5.7 percent men?
- 18) Which profession seems more glamorous when men do it, even though they only hold 16 percent of these jobs?
- 19) In which field do women receive nearly twice as many doctorates as men?
- 20) In which field do men receive nearly five times as many doctorates as women?
- 21) In which level of education do we find the fewest male teachers?

Movie Role Reversals

- 22) What was Ben Stiller's occupation in *Meet the Parents*?
- 23) Ephigenia is the first name of Robin Williams' nanny character played in what film?
- 24) In *She's the Man*, Amanda Bynes acts as her brother to get on which team?



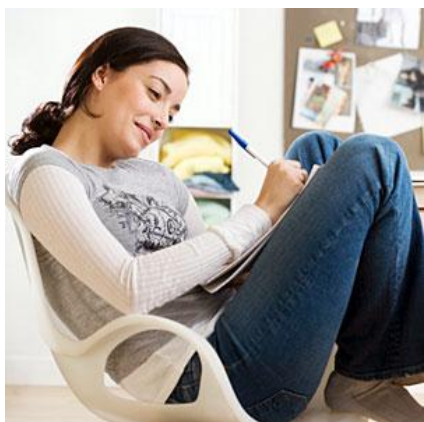
Answers:

- 1) America's first woman astronaut
- 2) Madame C.J. Walker, who developed a line of black hair products
- 3) Amelia Earhart
- 4) Marie Curie, the first for Physics in 1903 and the second for Chemistry in 1911
- 5) Chien-Shiung Wu
- 6) Needlepoint
- 7) Pantyhose
- 8) Ballet
- 9) Billie Jean King (vs. Bobby Riggs)
- 10) Utah
- 11) New Zealand
- 12) New York City
- 13) 19th Amendment
- 14) Rosie the Riveter
- 15) Sandra Day O'Connor
- 16) Vice President
- 17) Nursing
- 18) Cosmetology
- 19) Education
- 20) Engineering
- 21) Elementary
- 22) Nurse
- 23) Mrs. Doubtfire
- 24) The boy's soccer team.

Resource: New York State Project for Non-Traditional Employment and Training

Nontraditional Students and Unlimited Thinking - What does it mean to us?

Unlimited Thinking - what does that mean to me? To you?



I was thinking about my nontraditional student experiences lately (as usual!)

I went back to school as a nontraditional student several years ago. I only went back to school for two years. (vs. some other nontraditional students going for 4 years or longer...) The reason was that I went for a Certificate and already had my first degree (in English).

Both, going for 2 years or less, or going for 4 years (of course) are valid choices. And although I have student loans to pay off right now, I COULD decide to go back again sometime, and add more years to my educational journey. I think about that occasionally - - seriously.

And I also think about the whole reason I went back to school. I wanted to open new doors for myself.

Now I feel going back to school did something entirely unexpected for me. It made me change my way of thinking. I no longer think that I HAVE to do something I plan to do for the rest of my life. I can change my mind. I have found out that it is okay for things to change - - and for me to change too.

For instance, I have worked in the printing industry as a proofreader, a typesetter, and then a graphic designer for over 30 years, BUT I am not forced to do that forever. Going back to school taught me that, and gave me a lot of new job ideas too.

I think another definition of having Unlimited Thinking is not putting yourself in a rut for your whole life. It also frees you to think about the Big Picture. I realize now more than ever that I can STILL do whatever I want to do with my life. I used to think that because I was older, my life was going to stay the same forever. Ack! What an awful

thought. I knew that I didn't want to ever go back and experience the same things I already did before. In the past, I kept some of my jobs because I was afraid to do anything else. I was raising a child by myself, which is scary enough. I didn't want to rock the boat with my life or by looking for something better. I was long overdue for a new adventure in my life.

Does this sound at all like you? Are you doing what you want to do right now? For those who are already back in school, you may recognize yourself somewhere in my story. And if you are not, if you are wondering what you can do to make your life better, maybe going back to school will help you figure that out. Maybe it will start you on the path towards something wonderful.

What do YOU think? Are you on a journey right now? What kind? Have you ever tried doing something different?

And I want to thank my friends for helping me do what I love and helping me continue my educational journey too. Later!

Nontraditionally Yours,

Betsyanne

(Former Nontraditional Student)
<http://non-traditional-tudents.blogspot.com>



What makes a good New Year's resolution?

The New Year offers all of us an opportunity to make a fresh start in many areas of our lives. For students – and their families – the new semester is a double opportunity to begin anew.

- **Meaningful** – If it doesn't matter to you, really, then you won't work at it. Make sure you care.
- **Ambitious** – We've talked in earlier posts about the value of doing things that are difficult or hard. Choose at least one thing that will challenge you to greater things.
- **Specific** – Make sure that you are clear to yourself about exactly what you want to accomplish. Don't let your resolutions be so general or vague that you can't really define them. The more specific you are, the more easily you'll be able to tell when you've accomplished your goals.
- **Measureable** – How will you know when or if you've accomplished what you've resolved to do? Is there an end point? Is there an outcome that you hope for?

Whether the fall semester was the success you had hoped for, or could have been better, think about what changes might take this new semester to an even higher level.

Adapted From College Parent Central

In 2012, I resolve to:

1. _____

Action Steps

2. _____

Action Steps

3. _____

Action Steps

4. _____

Action Steps

- **Realistic** – Try to make resolutions that are realistic. Can they really be achieved? Are you setting yourself up for failure or expecting too much from yourself? Scale back or revise if necessary. If it's not realistic, you'll only be disappointed.
- **Optimistic** – Often the reason for a resolution is to make something better in the New Year. Believe that you can make a change for the better and that accomplishing this resolution will move you forward. Plan to succeed.
- **Balanced** – Think about all of the aspects of your life. Will this resolution help you keep all of your interests, activities and needs in balance? Does it make sense in the larger scope of your life?

Non-Traditional Careers for Women and Men: Myths vs. Facts

Myth: Certain jobs are "men's work" and others jobs are "women's work."

Fact: Attitudes about which jobs are appropriate for men or for women are the result of tradition and socialization. The most job requirements are unrelated to sex.

Myth: Non-traditional jobs for women always require heavy lifting

Fact: Some do. Many don't. Companies are training new workers of all ages for many different jobs in information technology and telecommunications.

Myth: Women won't like trade work.

Fact: Many women enjoy working with their hands and working outdoors. Many take great pride in knowing that they have helped to build or create something.

Myth: Men are not (or are less) nurturing and cannot make good nurses and teachers.

Fact: Many men are successful and effective in careers like nursing and teaching. Nurturing is more a matter of personality and skills, not gender.

Myth: Non-traditional jobs are too dirty, noisy and dangerous for women.

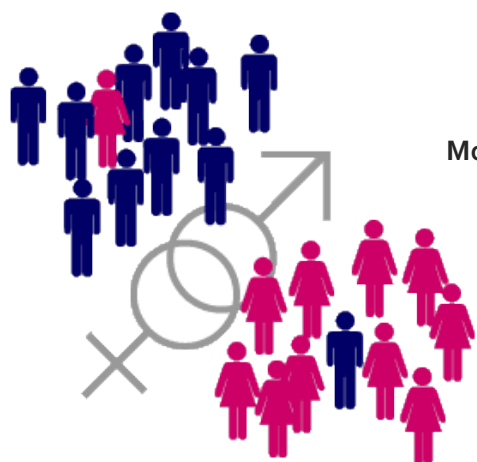
Fact: Many women do not mind getting dirty when they are paid a good wage. With proper safety instruction, all workers can minimize the danger they experience on the job. Many traditionally female jobs, like mothering and nursing, are dirty and messy.

Myth: Women will leave a job to get married and have children; therefore, the job should go to a man who will stay.

Fact: The average woman works 30 years over the course of her lifetime, regardless of whether or not she was married. By the time their youngest child is three years old, at least 6 out of every 10 mothers have entered or returned to the labor force.

Myth: A man can't make enough money if he goes into a non-traditional career.

Fact: Just as the women's movement has helped women achieve greater employment opportunities and equal pay, men can pursue careers based on their interests, skills and satisfaction, not solely on how much money these jobs/careers pay.



More information on Non-Traditional Careers:

Women in Non-Traditional Careers: Stories to Inspire
<http://alis.alberta.ca/pdf/cshop/winto.pdf>

Non-Traditional Jobs for Men
<http://www.cnn.com/2007/US/Careers/05/02/cb.newmen/index.html>



Please, take a few minutes to answer this brief survey.

Age _____ Female/Male _____

Full Time or Part Time Student _____

Main Campus _____ How many miles do you commute to CTC? _____

Are you currently employed while attending school? _____ If yes, Full Time or Part Time _____

How often do you check your CTC email account? _____

What is the best way to notify you about campus wide events? _____

Have you attended any Non-Trad events (Resource Fair, Workshops, Career Fair, etc.)? Yes _____ No _____

If so, what did you like best? _____

What did you like least? _____

What type of events would you like to attend?

Informal Luncheons

Workshops on study

Technology-type trainings

Family-Friendly Events

Workshops on life skills

Other: _____

Which of the following areas are you currently concerned about? (Check all that apply)

Transportation

Study Time or having a place to study on campus

Housing

Child Care

Having money to pay for expense

Socialization with other students

Finding a place/time to relax

Other _____

Are you aware that the college has the following programs? (Check all that apply)

___ Disability Services

___ Community Resource Referrals

___ Career Planning & Assessment

___ Workshops on Educational and Life Skills

___ Help with Resumes and Interviews

___ Clubs and Organizations

___ Textbook Assistance

___ Student Government

___ Emergency Assistance

Please submit survey to:
Dianne Barker, Special Populations Coordinator,
North Metro Campus – NM101

Thank you!

Office of Special Populations

Services are available to single parents, single pregnant mothers, displaced Homemakers, economically disadvantaged, limited English speaking and non-traditional program enrolled students. Services include Life and Academic Skills Workshops, Textbook Lending Program, Community Resource and Referrals and consultations.

For more information Contact:

Dianne Lassai Barker
Special Populations Coordinator
(770) 975-4023 North Metro Office
(770) 528-4484 Marietta Office
DBarker@ChattahoocheeTech.edu

Audra Tillman
Special Populations Specialist
Marietta Campus
(770) 528-3972
ATillman@ChattahoocheeTech.edu

Chattahoochee Technical College
980 South Cobb Drive
Marietta, Georgia, 30060

