

## JROTC Students

- 1) Continue research on Jobs/Careers of Interest (U3-C9-L1 Career Exploration Strategy). Write a one to two page paper on your job or career choice. The paper must include: the qualifications and educational training required for the job or career; and what steps or strategy you have for obtaining the job or career.

This paper will be due the day we come back to school. If typed use MLA format, Times New Roman font size 12, double space with 1 inch margin all around. Cover Page and 1-2 pages (Introduction, 3 styles, and summary). This assignment will be worth 2 major grades.

- 2) Physical training 2-3 times a week (minimum of 1 mile 2-3 times a week).
- 3) Practice drill moves 2 times a week. We will be able to tell if you have practiced when we get back during our formations.
- 4) Continue to watch the news and weather to be aware of what is happening locally and the world. Be sure to follow the guidelines give out to prevent the spread of the Coronavirus to yourself and others.
- 5) Stay encouraged and be the leaders of the future we have trained you to become.

James Shinard  
MSG/ US Army Retired  
Army Instructor  
South Delta High School  
JROTC

- 1) Continue research on Jobs/Careers of Interest (U3-C1-L1 Self Awareness). Complete Exercise #1 for week 2.

This paper will be due the day we come back to school. This assignment will be worth 1 major grades.

- 2) Physical training 2-3 times a week (minimum of pushups, curl ups, and 1 mile All events 2-3 times a week). Participation grade
- 3) Practice drill moves 2 times a week. We will be able to tell if you have practiced when we get back during our formations. Participation grade
- 4) Continue to watch the news and weather to be aware of what is happening locally and the world. Be sure to follow the guidelines give out to prevent the spread of the Coronavirus to yourself and others. Class discussion on return.
- 5) Stay encouraged and be the leaders of the future we have trained you to become.

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### Exercise 1: Discover your Communication Power

**Directions:** In this exercise you will determine which of your Winning Colors® are the strongest at the present time: planner, builder, relater, or adventurer. The four parts of self and your POWER to communicate reside in your ability to exhibit different behaviors in situations. Although everyone is comprised of each of the behaviors in diverse extents, the goal of Winning Colors® is to work to develop a balance between the four colors.

1. Start by numbering the following words or phrases in each item (a, b, c, d) from 1 to 4, moving horizontally across each row in order of importance to you. Number 1 would be the word or phrase that best describes your feelings of comfort and what you are like inside – NOT how you would like to be – NOT how you act because of outside forces.
2. Total the vertical columns.
3. Circle the lowest score. Put a box around your second lowest score. **Note:** The lowest score identifies your present communication POWER or Winning Color®. Your boxed score is your backup communication POWER.
4. Read the next page of this exercise and then fill in the TREND blanks with the four parts of self that match the words in the column.
5. Next fill in the COLOR blanks with the color that matches the TREND based on the next page.

| < 1=Most Important > < 2=Very Important > < 3=Somewhat Important > < 4=Least Important > |  |   |  |
|--|--|---|--|
| A  | B  | C   | D  |
| <b>Being prepared</b><br>Rating: _____   | <b>Let's all be friends</b><br>Rating: _____     | <b>Developing better and more logical ways</b><br>Rating: _____ | <b>Living today and not worrying about tomorrow</b><br>Rating: _____ |
| Telling people what they should do<br>Rating: _____                                      | Talking and socializing<br>Rating: _____         | Understanding and analyzing about tomorrow<br>Rating: _____     | Having fun and excitement with people<br>Rating: _____               |
| <b>Saving and budgeting</b><br>Rating: _____   | <b>Giving</b><br>Rating: _____                   | <b>Creating</b><br>Rating: _____                                | <b>Spending</b><br>Rating: _____                                     |
| Leading<br>Rating: _____   | Relating<br>Rating: _____                        | Planning<br>Rating: _____                                       | Exploring<br>Rating: _____   |
| <b>Being Organized</b><br>Rating: _____  | <b>Bring loved and accepted</b><br>Rating: _____ | <b>Being correct and competent</b><br>Rating: _____             | <b>Being in spontaneous action</b><br>Rating: _____                  |
| A Total: _____   | B Total: _____                                   | C Total: _____  | D Total: _____   |
| TREND: _____   | TREND: _____                                     | TREND: _____  | TREND: _____   |
| COLOR: _____   | COLOR: _____                                     | COLOR: _____  | COLOR: _____   |

**Note:** Make sure the phrases are numbered and the columns are totaled before going any further.

**Directions:** In your table on the previous page, fill in the appropriate TREND word and corresponding COLOR found below.

- A. Under column A the TREND is **Builder**, and the COLOR is **Brown**, representing leadership and decisiveness.
- B. Under column B the TREND is **Relater**, and the COLOR is **Blue**, showing openness and feeling.
- C. Under column C the TREND is **Planner**, and the COLOR is **Green**, containing deep, hidden, changing currents.
- D. Under column D the TREND is **Adventurer**, and the COLOR is **Red**, producing excitement, action, and fun.

According to the creators of Winning Colors®, the colors symbolize the four elements of life: Earth, Air, Water, and Fire.