



How To Make Your New Year's Resolution A Success

At the onset of each new calendar year, people across the globe make resolutions for the year ahead. These resolutions are made to ensure the next 12 months are healthy and happy ones.

According to a 2009 study, 78% fail to fulfill their resolutions.

So what is a person to do to make a resolution a success?

* Be certain about your motives. Motives should be strong and unquestionable. If the motive is weak, the chances of failure increase.

* Only make one resolution. Making several resolutions makes it

harder to achieve any of them. Make just one resolution and then devote your full focus to making it a success.

* Be specific when setting goals. When making a resolution, set periodic goals to give you something smaller to push for as you pursue the bigger goal.

* Report to a spouse or significant other. A reason many resolutions fail is because there's no watchdog to monitor progress or regression.

* Make it a daily project. There should be things you can do every

day to make your resolution a success.

Though there are no guarantees, there are steps you can take to increase the likelihood that will help.

Popular Resolutions

- Obtain GED
- Lose Weight
- Quit Smoking
- Get Fit
- Tame Finances
- Enjoy Life More

Adults and Youth can benefit from the **National Career Readiness Certificate!**

Call your local CCLC office to get more information.

NUMBERS...

1972 National Career Readiness Certificates were earned in South Dakota! (9-1-09 to 12-30-11)

32-Platinum (1.66%)
781 -Gold (40.53%)
949 -Silver (49.25%)
165-Bronze (8.56%)

"I'm also proposing next year that more than 2,000 of our high school students take the National Career Readiness Certificate test."
Governor Dennis Daugaard

The NCRC Demonstrates Skill Levels for Job Applicants

As students prepare to leave high school, most will enter the workforce in some capacity. Whether they are entering the world of work as the first phase of a long-term career path or earning money while attending post-secondary school, the NCRC is a valuable credential. Employers across the state utilize the NCRC as one tool to determine if an applicant is the right fit for a job, giving individuals with an NCRC an advantage over the competition.

A new initiative through a partnership with the Governor's Office, the Department of Labor and Regulation and the Department of Education, will now make the NCRC available to high school students. Through **South Dakota Wins**, high school students will be offered the opportunity to participate in the National Career Readiness Certificate (NCRC) Program.



Cornerstones Career Learning Center