

SUMMER 2009



LEAD
Global Youth Village
LifeRide
Indiana University
University of Wisconsin
Andover (MS)2
Indiana State University
Ithaca College
North Central College
Kendall College
Adler Planetarium
Hoops High
Northwestern University
Umoja
Mikva
STLF
Pay It Forward Tour
Milwaukee School of
Engineering
University of Illinois
Columbia College
Northern Illinois
University
Wheaton College
Job I/NFTE
University of Wisconsin
Illinois Wesleyan
University
Project Exploration
SportsChallenge
Exeter Academy
Elmhurst College
Bradley University
Dominican University
Marquette University
Lawndale Christian
Health Center
Girl/Friends
Eastern Illinois University
Davidson College
TEACH
Denison University
Spelman College

Phoenix Rising Summer Program Survival Guide 2009

Dear Students and Parents/Guardians,

This “Survival Guide” contains very basic and helpful information that will make your Phoenix Rising Summer Program experience enjoyable and successful. You are about to embark on a new journey. Students, you will travel to a new place, meet new people, make new friends, encounter challenging work, stretch yourself in ways you never thought imaginable and prepare yourself for a great high school and college career. Parents/Guardians, this is a great way to help prepare you and your family for your child’s departure for college. NLCP is here to support you for every step of the way. Take the time to read everything in this “Survival Guide” and fill in any of the necessary information. Students, bring a copy with you to your Phoenix Rising program (leadership camp or college campus) and leave a copy at home for your parent/guardian. If you have any questions, do not hesitate to contact us. We wish for you a safe, happy and life-changing summer! —Ms. Kuhn & Mr. Tinsley

Visit the Phoenix Rising website for more info:
www.nlcphs.org/students/phoenixrising.htm

It’s all in the details!

Planning ahead can make a big difference! Here are some important things to consider in order to prepare for your Phoenix Rising program:

- What are the important dates that I need to remember?
- What are the necessary forms that need to be completed before I attend my Phoenix Rising program?
- What do I need to pack?
- How am I getting to my Phoenix Rising program?
- How much money will I need?
- How will I communicate with my family when I am gone?
- Who can help me if I am facing a challenge or if there is an emergency?
- What if I need help staying focused? What if the work is challenging?
- Where am I going? What is the weather like there?

Important dates and times

If you are attending an overnight program outside of Chicago, consider this:

The day and time I leave Chicago: _____

The time I need to arrive at the airport, train or bus station: _____

The day and time that I return to Chicago: _____

The number of days I will be gone: _____

The number of nights I will be gone: _____

The day and time I return to Chicago: _____

If you are attending a daytime program in Chicago, consider this:

The first day of the program: _____

The last day of the program: _____

What time I need to leave home each day: _____

What time I need to arrive each day: _____

Keep in touch!

Don't forget to call home! If you do not own a cell phone, ask someone on staff at the program or a friend if you can use their phone. Be sure to call Ms. Kuhn or Mr. Tinsley and your parent/guardian when you arrive to your destination. Ms. Kuhn and your parent/guardian would also like to know how you are doing at the program. You may want to set up a schedule to call home at a certain time each day or every few days. If you have access to e-mail, send an e-mail while you are away to let everyone know how you are doing!



Important contact information

Ms. Kuhn & Mr. Tinsley will be working at NLCP throughout the summer. They can be reached at (773) 542-1490 during daytime hours. Calls to their cell phones should be reserved for the weekends or in the case of an emergency!

Ms. Kuhn's cell phone: (773) 485-4864

Ms. Tinsley's cell phone: (773) 655-6390

Ms. Kuhn's e-mail: lkuhn@nlcphs.org

Mr. Tinsley's email: etinsley@nlcphs.org

Parent/Guardian's phone numbers and e-mail addresses: _____

Other relatives' phone numbers and e-mail addresses: _____

Program website and phone numbers: _____

Transportation

Busses, planes and trains do not wait for all of the passengers to arrive before they leave! You must arrive to the airport, train or bus station EARLY to guarantee that you will be on time for your departure. Leave home with plenty of time spare.

See "Airport Travel Information" for important details about flying.

Chicago Airport Information: www.flychicago.com

Midway Airport: 5700 South Cicero

O'Hare Airport: 10000 West O'Hare

Union Train Station: 225 South Canal

Public Transportation/CTA Trip Planner: www.yourcta.com

How I am getting to my destination:

How I am returning home:

Departure date and time: _____

Arrival date and time: _____



Where in the world...?

The place I'm traveling to:

► How far is it from Chicago? Where is it located?
Visit www.mapquest.com and www.googlemaps.com.
Google has satellite photos!

Miles from Chicago: _____

► What is the history of the state? What is the state capital? Is it in a mountainous region? Is it by an ocean, lake or major river? Find many interesting facts at www.nationalgeographic.org.

► What is the weather this time of year? Visit www.weather.com for the latest forecast.
Average daytime temperature: _____ Is it similar to or different from Chicago?

► Search the internet for a local newspaper to learn more about the town or city you are visiting.

► Search the internet to take a tour of the campus or camp that you are visiting. Most colleges and universities offer tours on their admissions webpage.



Packing List

If you have received a recommended packing list from your Phoenix Rising program, then follow those recommendations. Each Phoenix Rising program is slightly different, so be sure to consider what you need to pack for your specific program.

Suggested Packing List

Toiletries

- Toiletry bag
- Zip lock bags
- Deodorant
- Toothbrush/toothpaste
- Lotion
- Shower cap
- Comb/hair products
- Sun screen
- Feminine products

Linens (some programs provide linens)

- Sheets
- Blanket
- Pillow
- Towels
- Washcloth

School Supplies

- Backpack/book bag
- Notebook
- Folder
- Pens/pencils
- Calculator

Clothing

- Gym shoes
- Dress shoes
- Shower shoes (flip flops)
- Undergarments
- Socks
- Appropriate sleeping wear
- Shorts
- Jeans
- Shirts
- Dress outfit(s)
- Sweatshirt or light jacket

Miscellaneous

- Alarm clock
- Disposable camera
- Journal
- NLCP summer reading assignment
- ID (student ID and/or state ID)
- Spending money and wallet
- Cell phone
- Travel itinerary and "Survival Guide"
- Medication

Some programs will have washing machines and dryers available for your use. There is no need to pack clothes for more than one week if you are attending a program that lasts longer than one week—you will be able to wash your clothes.

Be sensible. You will have to carry whatever you pack! Keep track of your luggage while you are traveling. Label your luggage with your name and a phone number.



Spending Money

Ms. Kuhn & Mr. Tinsley recommend bringing \$25-\$50 of spending money per week. Remember, all of your meals are paid for at the program. You may need an extra meal on the days that you are traveling. You will spend your own money on snacks and souvenirs. You know your spending habits. Does money burn a hole in your pocket or are you a saver? Keep your money in a safe place at all times. If you are in a situation where you lose your money, be sure to alert an adult and call Ms. Kuhn or Mr. Tinsley and your parent/guardian. Phoenix Rising gives you a chance to practice money management; this skill will be extremely important in college.

Cell Phones and Other Electronic Devices

If you choose to bring a cell phone and other electronic devices, be mindful of the program rules. Most programs will not allow these devices outside of residence halls or cabins.



Rules and expectations

- You are representing yourself, your family, your school and your community. Your behavior and character are a reflection of who you represent.
- The rules and guidelines set forth by NLCP should be followed at the program. If there are any behavioral problems, there will be consequences at NLCP because this is a school-related event.
- Remember the Phoenix Creed: Peace, Heroism, Opportunities for community, Effort, New leaders, Intellect and eXcellence.
- Each program has its own set of rules. Be sure to follow those rules. Staff in charge of the program WILL send you home if rules are broken.
- Remember the reason you are at your program. The main reason you are there is to learn. Do not get sidetracked! Have fun, but be reasonable and do not lose focus!

Challenges

- You will be challenged in many new ways. Meeting new people, fitting in, having a roommate, learning new academic material, managing your time, managing your money, spending time reflecting on your life and your goals, being away from home, etc. can all be challenging.
- Think of this experience as practice for college. You will be ahead of others as a college freshman because you will know how to work through these challenges.
- Support systems are in place to help you through these challenges. Take some time to speak with your dorm counselor, group leader or someone in charge. You may find a new friend who you can trust. Call home for support. Call NLCP. You WILL get through these challenges! Stick it out and you will be surprised by how much you will grow from the experience.

Wise words from past Phoenix Rising participants

- Never be afraid to try new things. Try new things to get over your fears.
- You have to be true to yourself. Be yourself and always remember where you came from.
- Take care of your business and manage your time.
- You need to be responsible. Take care of what is important first.
- A life away from home is a life that everyone must live.
- I found that I can actually enjoy myself and have a good time outside of my comfort zone.
- Appreciate every opportunity that comes your way.
- Step up and be a leader. You cannot just follow all of your life.
- Be a teamplayer.
- Do not judge someone before getting to know them.

When Phoenix Rising is over

- Take some time to reflect on what you experienced and what you learned. Write about your experience. Talk about your experience with someone.
- Bring certificates, work, projects, etc. to Ms. Kuhn, your counselor and a teacher for review. Ms. Kuhn will ask you to complete a survey/evaluation in August.
- Share photos with Ms. Kuhn or Mr. Tinsley to contribute to a Phoenix Rising slide

