

Level 6.5

Attitude & Manners at a Job Interview

1. Punctual means to be on time.
2. Punctuality is important because it tells the employer if you're a reliable person or not. It is also an indicator of your timeliness in arriving for work.
3. Eager means showing a real interest in, or being excited about, the job; wanting the job very much.
4. A person with a good attitude smiles, talks positively about his/herself and the job, looks at the interviewer, and has good posture. A person with a poor attitude may slouch, look at his/her feet when addressing the interviewer, and talk negatively about him/herself and/or the job.
5. Punctuality, friendly greeting and smile, firm handshake, looking the interviewer/manager directly in the eyes, sitting up straight.
6. Never chew gum at an interview.
7. Addressing the interviewer as Mr. or Ms. shows you have respect for him or her.

Be Safe on the Ice!

1. It is difficult to climb out of cold water because those who fall in are usually in a state of shock/surprise, confusion and panic; the body loses its heat very rapidly in ice cold water; the surface of the ice is wet and slippery.
2. Guidelines are statements or rules of guidance.
3. A person could receive more ice safety information from the DNR – Department of Natural Resources.
4. Anyone who “plays” on the ice should have ice claws, or ice picks, on their person because the ice claws/picks could save a life – make it possible for someone who has fallen through the ice to get out of the water.
5. Ice safety tips include: don't walk on new clear ice less than four inches thick, call ahead and ask about the ice conditions, and use common sense.
6. Exhibit means to show, or show signs of something.
7. Ice enthusiasts like to ice skate, ice fish, snowmobile and play on the frozen water.

Completing a Job Application

1. Wear clean clothes that you would wear on the job.
2. Accurate means being careful and precise; free of mistakes or errors.
3. Printing is easier to read.
4. Students should list at least one person they personally would list as a reference.
5. If the information you give is not correct, employers may question if you would be an honest, reliable employee.
6. N/A means not applicable – does not apply.
7. Use n/a when a question does not apply to you or your experience.

Credit Score Questions and Answers

1. Lenders like a credit score above 650.
2. Mortgage lenders often use credit scores.
3. A person could improve their credit score by doing the following: paying their bills on time, using the same credit card for a long period of time, and not opening new accounts.
4. Credit scores are often referred to as FICO scores.
5. Assess means to decide or evaluate the worth or value of something.
6. Credit scores are used to determine whether or not to offer a person credit.
7. He logged on to www.annualcreditreport.com to get his free credit report and his credit score (for a fee).
8. An inquiry is a question or request for information.

Debt Collection Worries

1. Harass means to bother someone on a repeated basis.
2. Kim, Shane's caseworker at the Workforce Center, helped Shane with his money concerns.
3. Debt is money that is owed to another person.
4. The federal debt collection law is called the Fair Debt Collection Practices Act.
5. Shane could best manage his debt payments by contacting his creditors immediately and establishing a modified payment plan.
6. A debt collector can only contact a person at his/her workplace if the employer approves of such contacts.
7. The information Kim shared about how the law interprets debt collection and treating people fairly was especially helpful to Shane; it made him less stressed and more optimistic.
8. The Federal Trade Commission published the "Fair Debt Collection" brochure that Shane received.

Dreaming and REM Sleep

1. The cerebral cortex is the outer layer of the brain that is responsible for learning, thinking, and organizing information.
2. Infants spend the most time in REM sleep; considering the great amount of brain development that occurs during this stage of life, this makes sense - REM sleep stimulates the brain regions used in learning.
3. Reptiles and other cold-blooded animals do not experience REM sleep. (This means they don't dream.)
4. REM sleep begins with signals from the pons - an area at the base of the brain.
5. Paralysis is the loss of feeling or movement in a part of the body. This occurs during REM sleep when the pons sends signals that shut off neurons to the spinal cord.
6. A possible reason why we dream is that our cortex (responsible for thinking and organizing information) is

attempting to find meaning in the random signals it receives from the pons during REM sleep.

7. We know that REM sleep stimulates the brain regions used in learning. Studies have found that people who were taught a skill and then deprived of REM sleep could not recall what they had learned after sleeping; whereas those who were taught the skill and received REM sleep could recall what they had learned.

The History of Basketball

1. A challenge is an interesting/difficult problem or task.
2. Similar to the first basketball games, today's basketball games use a ball that is to be dribbled and points are scored for each "basket"; fouls are called for misconduct; there is a "half-time," or rest period; the team with the most points at the end of the designated game time wins.
3. Differences between the first basketball games and today's basketball games are: basketballs and basketball hoops are now used where soccer balls and peach baskets were originally used, substitutions are allowed when someone has been "benched" or has "fouled out," whereas no substitutions were allowed in the first games; the length of basketball games has increased, originally basketball games were only 30 minutes long – two fifteen minute halves.
4. Original means the first or earliest.
5. Gulick is the person who encouraged or prompted his students to create a game such as basketball.
6. Current year – 1891.
7. Naismith got to see his brainchild, the game of basketball, played as an Olympic sport for the very first time at the Berlin games in 1936.

The History of Pizza

1. Port' Alba in Italy was the world's first pizzeria.
2. The word chain means a group of stores of the same kind that are all owned by the same company.
3. Tomatoes were the first fruits on pizza.
4. The precursor to pizza was focaccia bread.
5. An Italian restaurant owner was asked to create a special dish for Queen Margherita Giovanni. He wanted to include the colors of the Italian flag, so he added tomatoes, mozzarella cheese, and basil to focaccia bread.
6. Season means to add spices or flavoring to a dish.
7. The first pizzeria in the U.S. opened in 1905.
8. Student opinion – answers will vary.

Hybrid Cars

1. Economical means using a small amount of something, and therefore saving money.
2. A hybrid car is a car that is powered by both a battery and gasoline.
3. A hybrid is good for a consumer because hybrids get

very good gas mileage – up to 55 to 60 miles per gallon in city driving.

4. Hybrid are good for the environment because they can reduce smog by 90% and use much less gas.
5. Maintain means to take care of, or to keep in good condition.
6. Hybrid cars are better than electric cars because the hybrid car battery recharges as you drive – you don't have to plug it in, and hybrid cars go faster than electric cars.
7. The single most polluting activity most of us do is drive a gasoline powered car.

Leasing a Car

1. Leasing is a long-term car rental that usually lasts two to four years.
2. Leasing is more costly because you will always have monthly payments. When you buy a car, it is typically paid off long before the car is worn out.
3. The leasing company owns the leased car.
4. Leasing is popular because cars are expensive – it takes a long time to pay them off; leasing is popular because the monthly payments for leasing a new car are usually lower than the monthly payments for purchasing a new car; leasing is popular because it means driving a new car; leasing is popular because it typically means few repairs and little maintenance.
5. Leasing has become more prevalent in the last ten years. 30 percent of people who drive new cars are leasing instead of buying – that's 2.5 percent more than a decade ago.
6. Promote means to try to sell or advance a product or service.
7. Those who buy and lease cars both need to pay for insurance, routine maintenance, and any repair costs of their cars. Both receive a warranty for their vehicles. Those who buy a car, own their car once it is paid off; whereas those who lease, do not own their car. Buying a car means no car payments once the car is paid off; leasing a car means endless monthly payments. Those who lease typically drive cars that are 1 to 2 years old; those who buy usually don't drive new cars as often. New cars that are leased usually have lower monthly payments than new cars that are purchased.

Mammograms

1. It is wise to get a mammogram because it can help doctors find and treat cancer early. Breast cancer is the second most common type of cancer among women – more than 211,000 American women learn they have the disease every year.
2. Women over 40 should get a mammogram every 1 to 2 years. Women who have had breast cancer or those with a family history of it should have mammograms at a younger age and/or more often.
3. A biopsy is a test where a small amount of tissue is taken from the lump and area around the lump.
4. Women with a family history of breast cancer are at the greatest risk of developing breast cancer.
5. Three ways (students need to list two of the three) of checking for breast problems are:
 - a. Self exam, done by the woman herself.
 - b. Exam done by a doctor.
 - c. Mammogram.
6. Two types of lumps that may be found in the breast are benign growths and malignant growths. A benign growth is not cancerous. A malignant growth is cancerous.
7. Screen means an examination to determine something.

Memorial Day

1. Memorial Day was originally called Decoration Day.
2. The Moment of Remembrance is a time to “remember and reflect on the sacrifices made by so many to provide freedom for all”.
3. The first Memorial Day was held after the Civil War.
4. President Bill Clinton declared the Moment of Remembrance.
5. Memorial Day is the last Monday in May.
6. Memorial Day became an official holiday in 1971.
7. Memorial Day began as a time of remembering soldiers who died in the Civil War.

Minnesota’s Edible State Symbols

1. Produce means to make, to bring into being.
2. The third grade students thought the blueberry muffin would be a good choice for the state muffin because: blueberries are found throughout many wooded areas in northern Minnesota, blueberries are a popular fruit enjoyed by many people, and farmers all over the state grow wheat, which is used in making muffins.
3. Land of 10,000 Lakes is another name for the state of Minnesota.
4. Sensitive means showing a strong (usually negative) response to something in the environment.
5. Four states produce more milk than Minnesota. Minnesota ranks fifth in dairy production.
6. Staple means a food that is very important and used often.

<p>School Health Services and Medication</p>	<ol style="list-style-type: none"> 7. Minnesota milk is used to make butter, cheese, ice cream, and yogurt. 1. Contagious means easily spread from person to person through contact. 2. If a student feels sick, he or she should go to the school nurse or to the office. 3. Send the medication to the school nurse in the original labeled bottle. Supply the nurse with a doctor's written order, signed permission from parent/guardian to give medication to the child, and notice of how many pills were sent. 4. Symptoms of pink eye are red, swollen, itchy eyes. 5. Students are sent home if their temperature is 100 degrees or more. 6. Call 537 – 6959 to contact the Eastside School Nurse. 7. B. – Less important or serious than others of the same kind.
<p>Strokes – What You Need to Know</p>	<ol style="list-style-type: none"> 1. Common means happening most often. 2. Stroke is one of the leading causes of disability in America. 3. It means that the best treatment you can give your body is that which prevents strokes; this would include eating healthy foods, exercising, not smoking, etc. 4. African-Americans should be very aware of strokes because strokes are more common and more deadly for them than for any other ethnic or racial group. 5. There are two kinds of strokes. The most common is caused by a blood clot that blocks or plugs a blood vessel in the brain. 6. Risk factors for stroke are: high blood pressure, cigarette smoking, heart disease, diabetes, physical inactivity, high cholesterol, and illegal drug use. 7. Answers will vary.
<p>Thanksgiving</p>	<ol style="list-style-type: none"> 1. The Pilgrims and native Indians celebrated the first Thanksgiving. 2. The Pilgrims gave thanks for their new land, their large harvest, and the help of the Indians. 3. Friday, the day after Thanksgiving. 4. <u>Similarities include</u>: pumpkin, berries, and some kind of meat being served, size of meal (large), reason for meal (giving thanks and gathering with family and friends). <u>Differences include</u>: the first Thanksgiving lasted for 3 days, Turkey is the traditional meat (venison and fish were served at the first Thanksgiving), traditional meal is mashed potatoes and pumpkin pie (first Thanksgiving had fried bread made from corn and boiled fruits).

5. Struggle means to try hard, or to make a great effort, when confronted by a difficult situation or task.
6. Early-birds are people who arrive at an event very early.
7. 44%, or approximately 50 %, of the Pilgrims died that first year at Plymouth Rock.

The Value of Sleep

1. The sleep stages of deep sleep and REM sleep are mentioned in the reading.
2. Deep sleep may help us learn. During this stage of sleep, certain nerve signaling patterns that are generated during the day, or when people are awake, appear to be repeated. This pattern of repetition may help improve learning.
3. Animal studies have produced most of the sleep research/information in this reading, particularly studies done on rats.
4. Benefits of sleep include: survival – we need sleep to survive; better health – lack of sleep negatively affects the immune system; neuron maintenance and a healthier brain; helps children grow; increased cell production and reduced breakdown of proteins; better social and emotional functioning during awake hours.
5. Deprive means to keep from having something (sleep) or to keep from doing something (sleeping).
6. Effects of not getting enough sleep include: greater chance of illness (lack of sleep affects the immune system in detrimental ways); drowsiness and inability to concentrate; impaired memory and physical performance; mood swings.
7. Deplete means to decrease the fullness of something or to use it up.
8. The immune system and nervous system are impacted by sleep.

Weighing the Evidence in Diet Ads

1. A reasonable and healthy weight-loss goal is about a pound or two a week.
2. The best way to achieve weight loss is to eat fewer calories and increase your physical activity so you burn more energy.
3. “Downfall foods” are those that are high in fat, carbs, or calories that you find hard to resist.
4. People should stay away from diet gimmicks because they can be hard on your pocketbook – cost money (sometimes lots of money) without the desired results, and hard on your health – some of the diets can actually do damage to your health.
5. People get hooked by the diet gimmicks because they want to lose weight and they want it to happen quickly. Plus, they also desire something that doesn’t take too much effort or too much of a change from their regular lifestyle or eating patterns. People desire a “magic fix.”

6. Cravings can be curbed by portion control – limiting oneself to smaller servings or slimmer slices.
7. Maintenance means the act of continuing to make healthy choices once they have been established; it's a continuation of the lifestyle changes a person made in order to lose weight in the first place.

Welcome to Marshall,
Minnesota

1. The closest state to Marshall (other than Minnesota) is South Dakota.
2. Marshall is a family friendly city because it is a safe community with nice parks, good schools (public, private, and a 4 year college), a large library, and a new YMCA.
3. The Schwan Food Company began in 1952 when Marvin Schwan drove door to door selling ice cream out of his 1946 Dodge van.
4. Extend means to stretch out.
5. Yes, Marshall is a city of growth because businesses in the city are growing, a new YMCA was recently built, and a new public high-school is under construction.
6. The name of the college in Marshall is Southwest Minnesota State University, or SMSU.
7. Consecutive means following one after another without a break.

What Happened to
My Paycheck?

1. Deduct means to subtract or take away from a sum or amount.
2. Ben's gross income is \$360.00 a pay period.
3. Tax dollars are used for road construction and repair, support of our armed services, building and maintenance of schools, libraries, and state and national parks. Tax dollars also pay for retirement, medical, and other social insurance needs.
4. Net income is what you are left with after payroll deductions have been subtracted from your gross income.
5. Employers must deduct taxes from employee earnings; it's the law.
6. FICA is the Federal Insurance Contributions Act. It provides for Social Security and Medicare benefits, as well as other social insurance needs.
7. \$72.00 was deducted from Ben's paycheck.
8. That \$72.00 went to the federal and state government in the form of taxes.