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San Antonio
Our Kids
Magazine

10
College Ready
Tips For Teens

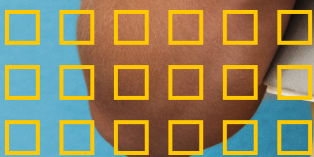


AI Future

Prepare Your Kids
for Careers in an
AI Driven
Future-World

**Setting Intentions in
the New Year**

College Edition



January 2023 // Vol. 38 No. 1

ourkidsmagazine.com

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A note from the publisher

Happy New Year! In this issue, I'm sharing an article about how AI is changing the future. I'd like you to pay close attention to the images used in that article. They were completely generated by prompts I wrote out. They preview the capabilities of AI. There's also 2 more articles on pages 10 and 18 that might help you get the year started right! Thank you for being a reader!



Andres Flores

Author Kimberly Blaker writes about how AI is affecting careers and how we can begin to prepare our children for that future.

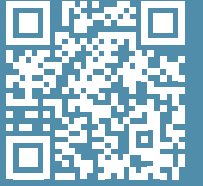
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Calendar

To see more upcoming events, follow the QR code or visit our website at ourkidsmagazine.com



Dino Day! Workshop (3-6 Years)
Jan 6
9:00 am

Hip hip hooray, it's Dino Day! If you love dinosaurs as much as we do, this is the class for you. Artists will explore several different mediums as they tear, paint, glue and more; it'll be dino-riffic!!! Find a link to register on ourKidsMagazine.com



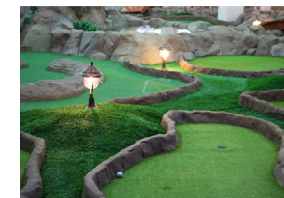
Little Makers Workshop at The DoSeum
Jan 11
11:00 am - 12:00 pm

Let's tinker and make! Give your little one an opportunity to innovate as they have fun building and tinkering in our Maker Workshop in Innovation Station. Maker Workshop is recommended for ages 1-5.



Cinema On Will's Plaza | Flaming Star
Jan 13
Opens 6:30 pm

Flaming Star - Cinema on Will's Plaza - FREE EVENT The Will Naylor Smith River Walk Plaza opens at 6:30 PM. The movie begins at 7:30 PM. Full concessions and bar available. Please bring your lawn chair or blanket.



Kid's Day Out in New Braunfels
Jan 16
7:30 am - 6:00 pm

Spend the day at the Landa Recreation Center with fun filled activities such as games, crafts, movies and more on your days out of school. Campers will delight in a variety of activities and adventures in Landa Park!



Toddler Time at New Braunfels Public Library
Jan 17
10:30 am

Join us for a fun program for children age 18 months - 36 months. We will read stories, get moving, and play music. Registration is required. Siblings are welcome to attend. Find a link to register on ourKidsMagazine.com.

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Story by
Kimberly Blaker

Prepare Your Kids for Careers in an AI Driven Future-World

AI Prompt: "Teenager surrounded by genetic code, digital art."



Publisher note: Images from this article were generated using AI from the DALL·E 2 project by OpenAI! Even my photo was created with AI. Be sure to check out the prompts that generated that image.

Many parents today never experienced a world where computers weren't a standard household fixture, let alone a world without the Internet. When the World Wide Web first became available to the public in 1991, it was archaic compared to today. Yet at the time, it was quite the phenomenon. But the rapid speed of technological progress over the past couple of

decades will resemble the crawl of a tortoise in another decade or two as technology continues to advance at an exponential rate. In fact, according to Ray Kurzweil, a world-renowned inventor, thinker, and futurist, "We won't experience 100 years of progress in the 21st century – it will be more like 20,000 years of

progress (at today's rate)." If you have any doubt, Kurzweil has a remarkable thirty-year track record of making accurate predictions. This means the rapid change in recent years is nothing compared to what's to come. The world in which tomorrow's young adults will enter will be startlingly different from the

one in which we live today. That's because our world is increasingly dependent on robotics, technology, and now artificial intelligence (AI). But what is AI? It's machines or programs with the capabilities of human intelligence. AI capabilities include learning, presenting knowledge, reasoning, problem-solving,

planning, perception, manipulation, and motion. Right now, AI is in its infancy, and much of what's purported to be AI is actually pseudo-AI. Whether imitation or the real thing, there are several current AI technologies: chatbots, Tesla, Siri and Alexa, Facebook feed, and Pandora, to name a few – and AI is on the brink of changing the world as we know it.

But with all good things come drawbacks. Within the next 20 years, AI will result in a loss of anywhere between 9 and 47 percent of jobs, according to various studies by Oxford University and other institutions. So kids must be fully prepared for our vastly changing world and careers of the future.



AI Prompt: "Kid playing with a rocket ship on top of the moon, digital art."



AI Prompt: "Child doing math in front of a white board, oil painting."

HOW TO PREPARE KIDS FOR THE FUTURE JOB MARKET

Bolster interest and enthusiasm in STEM. Science, technology, engineering, and math (STEM) skills are one of the gateways to job opportunities in a world dependent on AI. But to many kids, 'science' and 'math' spell boring with a capital "B." This is in large part because kids can't always see how these disciplines apply to life. So unless your child already expresses genuine interest in one or more of these disciplines, discussing STEM may be met with resistance.

The trick is to provide kids with everyday experiences that put fun in learning or provide kids experiences that are a natural part of life. Once you've gained

their interest, then explain its relationship to STEM. That way, your child has a positive perspective on the discipline and recognizes its purpose and value.

Stimulate spatial awareness. This is an integral part of STEM learning and provides kids the ability to visualize their end product, says David Lubinski, a psychology professor at Vanderbilt University. He is the lead author of a study published in Psychological Science journal, July 15, 2013. Researchers found spatial ability is a predictor of the development of knowledge and innovation in STEM fields.

Encourage free play and out-of-the-box thinking. Play fosters imagination, creativity,

and resilience to deal with challenges. These traits will be necessary to succeed in an ever-advancing world of AI. When kids play freely, they experiment, explore, and dismantle (things, scenarios, and concepts) to understand how the world works. So play is one of the best ways for kids to learn and develop skills.

Develop kids' ability to deal with the real world. Dave and Helen Edwards, co-founders of Intelligenstia.ai, an AI research firm, point out there will still be careers in the future that are dependent on human capabilities. In "The skills your kids should cultivate to be competitive in the age of automation," the Edwards

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AI Prompt: "Happy teenager working in the tech industry."

AI Prompt: "Teenager surrounded by genetic code, digital art."

explain humans will still be needed for jobs that require: interpersonal skills, applying math to business problems, management of our physical world (environmental science and engineering), as well as health care jobs. People will remain ahead of robots in these areas for some time.

Foster social skills and teamwork. These will be valuable assets in the future workforce. Collaboration requires a combination of skills and traits: emotional intelligence, humility, communication, listening, conflict resolution, goal setting, prioritizing, decision making, and framing problems.

Emotional intelligence is particularly crucial to the development of excellent social skills and teamwork. Both interpersonal and intrapersonal skills are the framework for emotional

intelligence. Interpersonal skills include social awareness and relationship management, while intrapersonal skills include self-awareness and self-regulation.

Cultivate entrepreneurial characteristics and skills. Even though automation and technology will reduce the need for laborers, people will always be needed to develop and manage companies. Add to this, the growing trend toward companies outsourcing and hiring independent professionals for a broad range of needs is likely to continue and become more common. Some essential entrepreneurial skills kids should develop are financial literacy, goal setting, problem-solving, creativity, and good work habits.

Promote tech skills. Greg Satell says the tech skills of tomorrow will be vastly different from today, in his article, "These Are the Skills That Your Kids Will

Need for the Future (Hint: It's Not Coding)." By the time kids grow up, computer programming will no longer be based on current coding languages. It'll be based "more on quantum laws and the human brain," he explains. But because the future of computer programming is unknown, there's no way to teach it to kids. So Satell recommends kids learn more about quantum dynamics, the logic of code, and genetics, on which future systems will be based.

Still, learning to code has its benefits. It's true learning a coding language of today will unlikely be of any use in the future. But learning how to learn a code can make learning future codes easier. Coding also helps kids develop problem solving skills. Finally, it's an excellent way for kids to discover a career path and boost their self-confidence in a STEM discipline.



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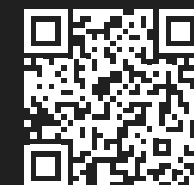
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Setting Intentions in the New Year

Story by Sarah Lyons

A new year, a new start. Each year 62% of Americans make New Year's Resolutions hoping to make positive and healthy changes. Statistics show that within the first two weeks 25% of those same Americans have given up on their goals and only 8% reach their ultimate goal by the end of the year. (www.statisticbrain.com) These numbers are not encouraging. In 2023, try focusing on setting positive intentions rather than unrealistic resolutions that may fizzle out faster than you can say Happy New Year.

Set realistic and reachable intentions

If 36% of people give up on their New Year's Resolutions by February, it is likely they are not setting goals that are realistic or reachable. When setting resolutions, choose intentions that make sense. Goals that



are interesting, fun, and that you are motivated to keep are more likely to end in success. If you want to read more, set a goal of reading a certain number of books or completing a challenging but interesting book series. If weight loss is a goal, choose a fun way to reach your goal weight. If you despise running, don't plan to shed pounds on the treadmill. Pick an activity you love and incorporate it into your exercise routine while choosing healthy meal options. "I made a reading goal this year to read my age in books," says Stephanie Loux, mom of three. "It was a fun self

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about? Make your list again and try to be as specific as possible in order to give yourself the best chance of success. If you have several that you would like to achieve, keep your list around so that you can move onto another goal after you complete one of your resolutions. “I find that setting goals for shorter terms, say three months, is easier to stick to than a year long endeavor.” says Kelly Lawton of Olathe. “It allows me to reevaluate my progress and reset or restart as I need without the guilt.”

While coming up with a list of intentions for the year, keep them positive. Give yourself permission to create intentions that are fun rather than a punishment or chore. When we create goals that are actually accomplishable and set rewards for our completion of them, we are much more likely to be successful.

care resolution which made it easier to reach. It also helped me discuss books with friends.”

Set measurable and specific intentions

How will you know if you have reached your goals? Many people give up on their resolutions because they don't know how to achieve them or when they have been completed. Examples of immeasurable goals include “Get healthy”, “Become more organized” or “Save money”. Be specific when setting intentions. How will you become healthier? Does that include changing your eating habits? Incorporating exercise? What type of exercise and how often? Your goals need to be both measurable and

specific so that you know how to achieve them. Goals such as “Raise my grade in science class from a B to an A”, “Read one book a month” or “Save x amount of dollars for a family vacation” are all goals that are both specific and measurable. These type of intentions are great because you know exactly how to reach them, when you have reached them, and when to celebrate your success.

Reward yourself

Speaking of celebrating, don't forget to set some rewards for yourself as you are choosing your New Year's intentions. This will help motivate you to follow through when things get challenging. Some ideas could include - “If I lose 15 pounds, I

will buy three new outfits.” or for your child “If you complete your reading goals, you can pick a special toy”. Pick a reward that is enough to motivate you or your child and work together towards your goal.

Don't overdo it

Many people make the mistake of setting too many intentions or goals that are not attainable, setting themselves up for failure. When you are creating your intentions, list all the areas that you would like to work on. Once you have a list, narrow it down to the items that are realistic, measurable, and come with a reward. Prioritize and categorize your goals. Can you consolidate any? Do you see a theme? Which goals are you most excited

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My son looked at me with dread in his eyes. He needed to find out about driver's education classes, and there was minimal information on the website. I smiled and told him he needed to call them. As he held the phone in his hand, he wasn't sure what to do, what to say, or what to ask. He didn't want to make the call, but I knew he needed to.

As kids approach adulthood, there are things you can do to help them feel prepared and confident. From simple things like making a phone call to more complex skills like financial planning, you can help your child feel ready for college and more.

Here are 10 helpful things to teach your child:

Life Skills

Cook simple meals: Yes, they will probably have a meal plan if they go away to college. But knowing how to make a few meals will help them far beyond their college years. Spend time including them in food preparation. Teach them how to follow a recipe, measure, and prep ingredients.

Transfer healthcare: While you have been responsible for every aspect of their healthcare, they need to learn how to navigate their health. Let them make appointments, handle check-in, and share insurance information. Give them a chance to answer questions at doctor's appointments before you give any input and be sure to give

Story by
Rebecca Hastings

Preparing Your Kids for College:

10 Things to do Now so They are Ready



them one on one time with the doctor. Letting go of the control in this area can feel hard, but they must learn how to do this. The more you equip them to handle these things the easier it will be when they get sick and are away from home.

Run errands: Things that seem simple to us can be challenging for teens because they haven't done them before. Give them a chance to run errands like going to the grocery store or pumping gas so they learn how to do these things on their own. Even having them take the car in for an oil change or bring the dog to the groomer so they learn how to interact with service providers independently is helpful to

prepare them for college and adulthood.

Self-care: This isn't about relaxing or taking time for yourself, although that is a helpful thing to model and teach. This is about teaching your child how to take care of things like hygiene, laundry, making a bed, wiping down counters, cleaning out the fridge, getting rest and exercise, and even managing time. While it is nice to do these things for them sometimes, make that the exception. In life, it is not typical for someone else to handle these things. Teach them how to do it now and they will be much better off down the road.

Financial Skills

Open a bank account: Help your child open their bank account. If they are under eighteen, you will need to be on the account with them but many banks offer student accounts that can be opened as young as fifteen and used until their early to mid-twenties. Be sure to get an account with a debit card and teach them how it works as well as how to monitor their spending.

Pay bills: Kids need to learn how to pay bills on time. Even if they don't have any official bills, you can start teaching them to contribute to their expenses such as cell phone or car insurance bills on a certain day each month.

Plan spending and saving: Have regular conversations about how to plan their spending. Budgeting can sound too intense for many teens, so asking questions to get them thinking about upcoming expenses or savings. For example, “I saw that the fair is coming. How much do you plan on spending when you go with your friends?” or “I know you’re hoping to get a computer before college starts. How much

do you need to save each month to make that happen?” will help your child think ahead about how to best use their money.

Learning & Professional Skills

Talk about plans: Have regular conversations about what options are available to your child. If they are going to college, make them part of the process and help them

understand the financing. Whether you are paying for school, they are paying for school or they are utilizing aid, clear communication is essential so they know what they are responsible for now and in the future.

Prepare documents: College requires a lot of documents. From resumes to applications, essays to scheduling, there

are a lot of things to fill out. Let your child fill them out. Yes, you can answer questions. But help them take responsibility for their learning by handling this process. There can be a lot of questions and discussions that need to happen for them to do this. Consider setting aside a weekly time to answer any questions they may have so you both have the time and attention you need for the tasks

to be done.

Pay attention to deadlines: The college application process is full of deadlines. Taking tests, sending transcripts, completing admissions and financial applications, and sending deposits all have very specific deadlines. Discuss these with your child and expect them to meet these deadlines. It is helpful to talk about upcoming

deadlines together and even ask them to plan time to complete the tasks. Visual and digital reminders will help them stay on track so they meet any upcoming deadlines.

If you give them the opportunity to do these things now when you are available to help if needed, they will feel ready and better equipped to do these things on their own.



An advertisement for Cornerstone Christian Schools. The background is a collage of photos showing students in various activities: a girl in a red and white cheerleader outfit, a boy in a blue polo shirt, a girl in a red and white marching band uniform, a boy in a black jacket working on a project, and a girl in a green and black costume. The text reads: "Cornerstone CHRISTIAN SCHOOLS" with a logo featuring a cross. Below that, it says "Offering a Christ-Centered Education through Academics, Fine Arts & Athletics". The word "WHERE" is in small red letters, followed by "WARRIORS" in large white letters, and "Are Made" in a red script font. At the bottom, it says "Schedule a tour at sa-ccs.org/VisitUs" and "17702 NW Military Hwy | 210-929-9203".



19 Self-Employment Ideas for Moms to Take Charge of Their Destiny

Story by
Kimberly Blaker

Today, 74.6 million women make up the American civilian labor force, according to a March 1, 2017, report in the U.S. Department of Labor Blog. Of particular note, 10 million businesses are now owned by women.

Still, women are considerably underrepresented in top-level positions and salaries, points out Judith Warner in her 2015 article, "The Women's Leadership Gap." For this reason, more and more women are taking charge of their destiny.

If you've considered working for yourself but don't think you can start a business because of the initial cost and overhead, there's good news. Here are 19 companies you can start from home, most requiring minimal to

no investment to get started.

Wedding Planner. Does the idea of helping couples with one of the most important and romantic days of their lives make your heart skip a beat? Wedding planners help couples with every aspect of their wedding and reception, from invitations and the wedding party's attire to the cake, reception hall, and entertainment.

Event Planner. If you have excellent organizational and time management skills and business acumen, this might be the perfect fit. Event planners coordinate every aspect of a meeting or convention, and sometimes social events as well. Planners arrange the location, catering, speakers, and printed materials for events, and more.

Home Staging Consultant.

According to the real estate industry, well-staged homes sell faster and for more money. Yet, when it comes down to it, most people's homes are anything but show-ready. If you like home decorating and rearranging furniture, this might be right up your alley. You can offer consulting services or do the staging yourself.

Professional Organizer. Are you obsessed with keeping your cupboards, drawers, closets, and garage organized? If so, you might be surprised to learn that most people are not. Here's where your organizational skills can earn you a living. Between those who don't know how to organize and others who don't have the time to deal with it, there's a huge market in need of such services.

Consulting. What's your area of expertise? Whatever it is, there are likely plenty of people or businesses that could use your advice. To get your brain churning, here are a few examples of consultant services to consider: financial, business, social media, legal, career, technology, public relations, human resources, strategy, marketing, information technology, management, childbirth, interior decorating, and the list goes on.

Pet Sitting. For animal lovers, this has become a particularly popular form of self-employment. With the rising cost of pet boarding and pet owners'

desire to reduce the stress their pets experience during owners' absences, many hire sitters and are willing to pay good money for the service.

Tour Company. Whether you live in a big city, historical town, or scenic area with state parks and national monuments, there's likely a need or demand for tour guides, which can be a lucrative business. You can provide either walking or driving tours to visitors and residents while sharing your knowledge of the area and sights with them.

Social Media Management. If you're savvy with social media, companies large and small are in need of your service. Social media management includes setting up social media accounts and writing ongoing interesting and shareable posts. You'll also respond to social media messages and comments to build and maintain the company's relationship with its followers.

Blogging. If you love writing and have the skill to write ongoing engaging posts, you'll discover every type of business imaginable has or needs a blog. Just look for businesses related to your area of expertise. If you're an expert researcher, that's all the better, and the sky's the limit.

Content Writing. This is another high-demand writing job. Businesses of all kinds need well-written website content that describes their products



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and services as well as related content to increase targeted traffic. For most companies, search engine optimized (SEO) content is a must. So, if you have this skill, you already have the edge over many writers.

Travel Agency. Despite the ease and cost-effectiveness of buying and scheduling travel online, there's still a good demand for travel agents. Many people prefer using an agent because of the travel advice agents offer as well as for arranging complicated travel plans. So if you love to travel and helping people, this might be just the right business for you.

Website Design. Have you built a website for yourself or someone in the past? If so and you have a knack for design along with excellent computer skills, this might be just the home-based career you've been waiting for. With Wordpress, in particular, website design is relatively simple yet offers designers unlimited options.

Project Management. If you're an idea person with good management skills, this career is worth looking into. Can you take a project and run with it and see it through to completion? As a project manager, your role is to put together and lead teams through projects. You'll also be

in charge of creating project budgets and managing their costs, and ultimately, making most of the projects' decisions.

Bookkeeping. Small businesses often have only a few hours worth of accounting per week or month. So it isn't feasible or necessary for them to hire an employee for the task. This is where you can step in and offer your services. Landing just a few business accounts could quickly provide you a full-time income working from home.

Personal Trainer. If you're a fitness buff and enjoy motivating others, this might be just the career for you. Personal trainer

certification programs run between \$400 to \$1,000. Upon completion, you can either work as a personal trainer for a fitness corporation or independently.

Teaching Online Courses. Here's a wide-open opportunity because courses can be taught on just about anything. Do you have a passion for something? What are your areas of expertise, educational background, or special skills or talents? Chances are there's something you're great at and qualified to teach. Here are some ideas to consider: a hobby or craft, computer skills, photography, web design, writing, professional

development, how to play an instrument, dog training, the list is endless.

Recruiting Agency. Because of the challenges and time involved in finding qualified applicants to fill high-level positions, many companies now use recruiters to help fill the roles. With the current low unemployment rate, businesses are finding it increasingly difficult to find qualified candidates on their own. So why not step in and help them?

Catering. Do you live for making delicious and eye-appealing food? If you've got excellent culinary skills, you can offer

your catering services for wedding receptions, corporate events, graduation parties, bar mitzvahs, luncheons, anniversary parties, and a host of other occasions.

Life Coach. If you enjoy helping people better themselves, here's the perfect opportunity to make the most of your skill. Depending on where you live, there may be educational requirements for this career. So do your research. But if you're good at setting goals and developing personal plans, solving problems, understanding people and what motivates them, and offering sound advice, this career is worth looking into.



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