

Winter 2016

CLAIM YOUR YOUTH

WHAT POSITIVE
THING WILL YOU
DO TODAY?



We all hate the way that the culture, social media, even politics goes negative and brings everybody down. So what do you do about it? Do you just sulk and become nihilistic or do you go out and change the world?

CONTINUED ON PAGE 2

WHAT POSITIVE THING WILL YOU DO TODAY?

continued from page 1

The answer is clearly “go change the world” but “how can any one person really have an impact on such a large scale?”, is what many ask. There are over seven billion people on Earth but you can still make a world of difference every single day. We constantly talk about paying it forward in this newsletter because it is the best way to have an effect on a large group of people. One good act at Starbucks when you leave a little extra money to go to the person’s order behind you at the drive thru typically causes the next person to do the same or at least brightens their day. You can do similar things without using money. Holding the door for someone even if they don’t say thank you or paying someone a compliment in the morning as you go to school can have lasting effects on how others perceive the world. It’s hard to think everything sucks if you just got a compliment from a kind stranger or free coffee during a frantic day. So if you agree that the world needs to be a kinder place commit to doing something positive today. Just one thing. Then follow it up tomorrow with one thing and I bet your view of the world will change as well as how others view you!

Tell us all about your **#KindCommitment** in 25 words or less and your next coffee is on us...seriously we have a lot of these cards and we’d love to pay them forward.



15 people will be chosen at random as winners so let us in on the good news at info@clammyouryouth.com

WHAT DO YOU DRIVE?

As a teen there are just a few ways you can get a car. Most foot the bill themselves with a part time job or have parents/family help out with the purchase. Whichever the case, safety is going to be the best method to use in choosing your car. You will get lower insurance rates and a stronger chance that maybe mom and dad will get behind the choice as well. One of the most well known places for car reviews and advice is Edmunds.com and they created a top 10 list for the safest cars this year.

EDMUNDS SAYS THE TOP TEN CARS FOR TEENS THIS YEAR ARE THE:

1. Chevy Malibu
2. Chrysler 200
3. Ford Fusion
4. Honda Civic
5. Hyundai Sonata
6. Kia Optima
7. Mazda 6
7. Subaru Impreza
9. Toyota Camry
10. Volkswagen Jetta

If you noticed, all of these cars are midsize sedans. No flashy coupes, or lifted trucks, eventhough they would look great parked at my school. This is because, according to Edmunds “Midsize sedans are the best choice for teens,” says Tamra Johnson, manager of public relations for the Automobile Association of America. “Small cars don’t offer as much protection in crashes, sporty cars may encourage speeding or recklessness, and SUVs and pickup trucks are more difficult to maneuver and more likely to roll over.”

The experts continue by saying “The Insurance Institute for Highway Safety (IIHS) recommends bigger, heavier vehicles, like midsize sedans or SUVs. The American Automobile Association, on the other hand, advises against SUVs.”

My first car was a Jeep Liberty and after the first few fender benders I can say I agree that it’s better that it wasn’t a small sedan but sitting up higher and having a commanding view of the road that you get in a truck or suv really made me feel safer. So you have to take this all with a grain of salt. Ask some of your friends, your parents, and people you trust what they think and go from there. But regardless of your choice, your first car is going to be one of the best moments of your life.

#CYYFIRSTCAR



VR TECHNOLOGY IS COMING IN FULL FORCE

Two of the top names in console gaming have entered the world of virtual reality changing how we all experience games possibly forever. There is of course the Samsung gear VR device and the HTC Vive but with millions of households already equipped with a Playstation, Xbox or both I only see two real contenders and that's the Playstation VR set and the Oculus Rift. The VR experience compared to attempts decades ago is completely immersive. The wrap around headsets that also cover your ears to create a complete sound and visual moment. It's an experience that is basically beyond description. However, the stats are not. Below is a basic breakdown of the two VR juggernauts.

On October 13th when Playstation released it's device neither of the two brands had very many games making the idea of paying over \$500 a tough pill to swallow. This is essentially like buying a next generation console so the price in that line of thought isn't exceedingly high since there won't be another version of either until probably 2020. Now I'm a bit cheap because I've always used savings from part time jobs to buy my consoles so even though I was blown away by the VR world created by these super machines I'll most likely wait for the 6 month price drop. So now that you've done a little homework on the Oculus Rift – best name by far – and Playstation's VR head set go forth and take over the virtual world like a pro!

PLAYSTATION

Price: \$499 for headset + camera + controllers
Requires a PS4 system
Uses legacy Move motion controllers
Display resolution: 1080x960 OLED (each eye)
Display refresh rate: 120Hz

OCULUS RIFT

Price: \$599 for headset and Xbox One controller,
\$199 for Touch controllers (available Dec. 6)
Requires a beefy PC

OCULUS HOME OS

Display resolution: 1200x1080 AMOLED (each eye)
Display refresh rate: 90Hz



FINALS ARE COMING!!!

As a Claim Your Youth Ambassador in his first year of college all I can think about right now – other than a new VR headset – is FINALS!!! Final exams can be a stressful time for college students, especially for new freshmen who have never endured college final exams. Although some exams can be as simple as a take home exam, others can be as tough as having to do a presentation in front of a panel before graduating. Some exams are cumulative of the entire semester's material, and some only test last portion of material covered.

Squeezing in study time with life can also have its stresses. In the short twenty-four-hour day juggling classes, study time, and life can add to the stress weight. Many students find it hard to manage time efficiently while others find it easy to equally divide time. But time management shouldn't be a stressor added to the mix of mental clutter twirling around.

Many stressors induced by activities that have time constraints can be reduced with time management. Prioritizing

activities and setting aside personal extra-curricular activities can provide better accomplishments, less stress, and more finished activities. Some ways to manage time are:

1. **Prioritize work**
2. **Avoid procrastination**
3. **Schedule tasks**
4. **Set up deadlines**
5. **Avoid multitasking**
6. **Start early**

When setting early deadlines for yourself (aside from the actual deadline) projects can be finished prior to submission, with time allowing to review, touch up and finalize. Multitasking activities causes confusion adding unneeded stresses; besides there is no way to concentrate on more than one activity at a time.

With finals fast approaching it's never too late to start a time management regiment. Finding the key areas of where time management needs improvement and where time is being used ineffectively is the beginning. Once they've been identified, tasks can be delegated into a schedule, and prioritized. The key to successful implementation is not only to stick to the routine, but to also avoid unnecessary distractions. Leave the mobile devices out of reach, and avoid social network sites.



SHOULD SCHOOL START LATER?

The problem with students in high school is that they are deprived from sleep. Not only do they get stressed out from the work, but also that stress gets combined with their lack of sleep. A combination like that will definitely affect their ability to learn and is a crucial stab on their academic performance. This subject has been receiving attention lately and so do you think they should start school later?



As a high school student myself, I believe they should start school later. Studies show that teens need at least 8.5 hours of sleep, so that means if they want to get up at 6:30, the teen will have to fall asleep at 10:00. To some, this may seem late, but to us teens, that's the time we barely start our homework. A lack of sleep always puts us in a horrible mood and how are we supposed to learn when all we want to do is sleep? A lack of sleep contributes to more than just a bad mood, it could also raise health concerns. The less sleep you get, the more likely you are to become obese or even get diabetes. A battery can only run for so long when it doesn't have a full charge. So how do you expect teens to run on a couple hours of sleep?

*Sweet dreams and stay tuned,
Joel Castellano – Claim Your Youth Ambassador*

CLAIM
YOUR
YOUTH™



WHAT DO YOU
DRIVE?

PG 2

FINALS
ARE
COMING
PG 3

VR TECHNOLOGY
IS COMING
IN FULL FORCE
PG 3

What's
Inside

