This series of bilingual newsletters (English and Spanish) provides information to migrant youth who have dropped out of school. Newsletters describe the experiences of migrant youth who have obtained their General Educational Development (GED) certificate or have enrolled in vocational or college programs. Other topics treated in this volume include results of the National Adult Literacy Survey, including sample tasks from the survey; information on how to enroll in High School Equivalency Programs (HEP); student profiles describing their learning experiences in HEP; information available through the toll-free Migrant Hotline; nutritional information stressing the importance of healthy eating; identifying personal strengths; career information on teaching and health occupations; steps for preparing to take the GED exam; definitions of physical and sexual abuse; and various sources that offer help with career planning. (LP)
How do your skills match up?

Can you locate places on a map? Figure out the total cost of a mail order? Write a letter to the electric company when your bill is wrong? Use a bus schedule?

These were the sorts of tasks on the recent National Adult Literacy Survey. More than 26,000 adults, aged 16 and older, were interviewed. The U.S. Education Department wanted to know about the literacy skills of adults in the United States.

The researchers divided the tasks into five skill levels. The survey found that people with higher level skills more often had jobs. Those with higher levels also had jobs with higher pay than those with lower levels.

Here are some sample tasks from the survey. Which ones can you do? More and more jobs in the 1990's demand high skills.

(continued on page 4)
Movin’ On Up!

Each March Rudy Herrera, his five brothers, two sisters and parents loaded the Rambler wagon, loaded a U-Haul trailer as well, and traveled from Seguin, Texas, to Oregon for the season. There the children enrolled in the Woodburn schools. They worked with their parents in the fields after school. Bush beans, banana beans, string beans, loganberries, raspberries, cherries, hops - the Herreras were experts.

Rudy Herrera has now become director of an alcohol and drug abuse prevention program in the Seguin schools. How did he make this change?

“My father always wanted us to do well in school,” says Rudy. Rudy’s father was a licensed barber and a musician as well as a skilled field worker. One year his father took his records to an Oregon radio station and got a job as host of a new Spanish music show. His father urged the children to join music activities at school.

“Music is one reason I stayed in school,” says Rudy. Rudy played his trumpet with high school groups in Texas and Oregon. Just before Rudy’s senior year in high school, though, the family decided to settle out in Oregon. Rudy asked his father to let him return instead to Texas. Rudy lived with his aunt and uncle in Seguin and graduated from high school there.

Rudy had long thought about becoming a teacher. Those plans were delayed by the war in Viet Nam. When he returned, a friend told him about a program at St. Edward’s University for bilingual education teachers. Bilingual education seemed to Rudy to be a good choice. His father had always said that knowing two languages would be better than knowing just one. He knew how hard it had been for a Spanish speaking student in the 1960’s. Students then had been punished for speaking Spanish in school.

Rudy began teaching after finishing his studies at St. Edward’s. Later he studied for a master’s degree in counseling at Southwest Texas State University in San Marcos. He uses those skills now to help Seguin students. “I really like the close contact with students,” says counselor and teacher, Rudy Herrera.

¡Avanzando!

Cada marzo Rudy Herrera, sus cinco hermanos, dos hermanas y sus padres, cargaban su auto Rambler y también un remolque de U-Haul y viajaban de Seguin, Texas, a Oregon para la cosecha. Allí, los niños asistían a las escuelas de Woodburn. Trabajaban con sus padres en el campo después de la escuela. Habichuelas, habas, frijoles, framboesas, cerezas, lúpulo, los Herrera eran unos expertos.

Rudy Herrera es ahora el director del programa de prevención de drogas y alcohol en las escuelas de Seguin. ¿Cómo lo hizo?

“Mi padre siempre quiso que nos aplicáramos en la escuela,” dice Rudy. El padre de Rudy era barbero con licencia y músico además de buen trabajador en el campo. Un año su padre llevó sus papeles a una estación de radio de Oregón y consiguió el trabajo de presentador de un nuevo programa de música hispana. Su padre les impulsó a tomar actividades musicales en la escuela.

“La música es una razón por la que permanecí en la escuela,” dice Rudy. Tocaba la trompeta con grupos de la escuela secundaria en Texas y Oregón. Justo antes del último año de la secundaria, sin embargo, la familia decidió establecerse en Oregón. Rudy le pidió a su padre que le permitiera volver a Texas. Rudy vivió con sus tíos en Seguin y allí se graduó de la escuela secundaria.

Rudy había estado pensando por mucho tiempo hacerse maestro. Esos planes se aplazaron debido a la guerra de Viet Nam. Cuando volvió, un amigo le contó de un programa en la universidad de St. Eduardo’s para maestros de educación bilingüe. A Rudy la educación bilingüe le pareció una buena elección. Su padre siempre había dicho que saber dos idiomas sería siempre mejor que saber sólo uno. Sabía lo difícil había sido para un estudiante de habla española en los años sesenta. Los estudiantes eran castigados por hablar español en la escuela.

Rudy comenzó a enseñar después de terminar sus estudios en St. Eduard’s. Más tarde, sacó su título de “master” en asesoramiento en la universidad de Southwest Texas State en San Marcos. Ahora usa esos conocimientos para ayudar a los estudiantes de Seguin. “Me gusta mucho el contacto directo con los estudiantes,” dice el consejero y maestro, Rudy Herrera.
Rudy Herrera had long had a dream of working as a teacher. Many of you as well have said that you have thought about teaching. Do you think you might want to work as a secondary teacher? Do you think that you would like to work with teenagers? Would you be good at helping them with their choices and problems?

If so, then the classroom could be your second home!

Secondary teachers will always be needed. The job could be a good one for you. Based on your own experience, you can help students with their problems. You can help them learn more about who they are and how to take care of themselves. You can help them as they plan careers. You might even help other migrant farmworker students.

Secondary teachers must be caring, patient and know a lot about the subject[s] they want to teach. You might teach one subject or more than one. For example, you might teach only English, mathematics, Spanish or biology. Or you might teach more than one subject, perhaps world geography, American history, and a state history course in one day. You will need to learn how to help students want to learn about the subjects you teach.

Education and training

You will need to finish college and you may later need a master's degree. In all states, teachers must have a bachelor's degree and certification from the state board of education. Each state has its own rules.

Job outlook and earnings


Talk to teachers in schools near you about teaching. It will take a lot of work to become a teacher, but it might turn out to be the right career for you.
How do your skills match up?  
¿Cómo están tus conocimientos?

(continued from page 1)

To improve your skills you can enroll in an adult education program. Call a high school near you and ask a counselor about programs for adults. Or call the hotline: 1-800-245-5681 or 1-800-245-5680 (in New York State).

FIXED RATE • FIXED TERM

HOME EQUITY LOANS 14.25% Annual Percentage Rate  
Ten Year Term

SAMPLE MONTHLY REPAYMENT SCHEDULE

<table>
<thead>
<tr>
<th>Amount Financed</th>
<th>Monthly Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>$10,000</td>
<td>$156.77</td>
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<tr>
<td>$25,000</td>
<td>$391.93</td>
</tr>
<tr>
<td>$40,000</td>
<td>$627.09</td>
</tr>
</tbody>
</table>

120 Months 14.25% APR

You need to borrow $10,000. What is the total amount of interest you would pay under this loan plan?  
Necesitas un préstamo de 10.000 dólares. ¿Cuál es la cantidad de interés que pagarás bajo este sistema de crédito?  

Answer: $81.82/0.81240

Estimate the cost per ounce of the creamy peanut butter.  
Calcula el costo por onza de la “peanut butter” cremosa.

Answer: About 10 cents/oz

Real Talk

REAL TALK, published monthly by the Migrant Dropout Reconnection Program, is funded in part through the East Bloomfield Central School and the United States Education Department, Migrant Education programs. The opinions expressed herein do not necessarily reflect the position or policy of the E. Bloomfield Central School or the USED.  
Editors: Mary Fink  
Translator: Felisa Brea

Source: Adapted from Educational Testing Service questions
What happens if I call the hotline?

“Migrant hotline, Jean speaking.” That may be what you will hear if you call the free hotline. You can then ask your question. You might then say, “Can you tell me how to get my G.E.D.?” Or “I need to find out how I can get training to be a nurse or to work with computers.” Or you might have another question. Then Jean might say, “Just a moment, I’ll let you talk with Pat.”

REAL TALK has a new hotline number for New York State callers.

The new number is: 1-800-245-5681.

That number is now good anywhere in the United States.

The REAL TALK office is open from Monday through Friday from 8 a.m. to 5 p.m. Eastern Standard Time. At other times you can leave a message for us on our answering machine. If you give us a phone number we will return your call. Please be sure to give your telephone area code with your number.

It’s fun to hear from you. If we don’t know the answers to your questions, we will try to find out and then let your know. Just call.

¿Qué pasa si llamas a la línea directa?

“Línea directa migrante, Jean hablando”. Esto puede ser lo que escuches si llamas a la línea directa gratis. Después puedes hacer tu pregunta. Puedes decir, “¿Puedes decirme cómo puedo sacar el GED?” o “Necesito enterarme dónde puedo conseguir entrenamiento para ser enfermero(a) o para trabajar con computadoras”. O puedes tener otra pregunta. Después Jean puede decir, “Un momento, te pongo con Pat”.

REAL TALK tiene un nuevo número de teléfono en su línea directa para los que llaman en el estado de Nueva York.

El número es el: 1-800-245-5681.

Este número es bueno para todo Estados Unidos.

La oficina de REAL TALK está abierta de lunes a viernes de 8 a.m. a 5 p.m. (Hora del este). A otras horas puedes dejar el mensaje en nuestro contestador. Si dejas tu número de teléfono, te llamaremos de vuelta. Por favor, asegúrate de que nos dices el prefijo de tu teléfono.

Nos gusta saber de ti. Si no sabemos las respuestas a tus preguntas, trataremos de averiguarlas y después te lo dejaremos saber. Llámame.
What about snacks?

Everyone likes snacks. If you choose snacks well, they can be a good part of your daily foods. If you choose poorly, snacks can ruin the effects of the good meals you have planned.

What to choose?
Choose snacks that are **HIGH** in fiber, vitamins and minerals and **low** in sugar, salt and fat.

Why avoid the sugar, salt and fat?
Poor snacks often give the body more sugar, salt and fat than it needs. Too much sugar, salt and fat can lead to excess weight and disease.

<table>
<thead>
<tr>
<th>Choose often</th>
<th>Choose less often</th>
</tr>
</thead>
<tbody>
<tr>
<td>fruits: apples, oranges</td>
<td>candy</td>
</tr>
<tr>
<td>peaches, bananas</td>
<td>fruit drinks</td>
</tr>
<tr>
<td>graham crackers, pretzels, or</td>
<td>soda</td>
</tr>
<tr>
<td>bread sticks, or whole grain</td>
<td>sugar-coated cereals</td>
</tr>
<tr>
<td>cereals, tortillas</td>
<td>potato chips</td>
</tr>
<tr>
<td>lowfat milk or 100% juice</td>
<td>hot dogs</td>
</tr>
<tr>
<td>vegetables: carrots, broccoli,</td>
<td>lunch meat</td>
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<tr>
<td>celery, cauliflower</td>
<td>french fries</td>
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<tr>
<td>yogurt, low fat</td>
<td>cakes</td>
</tr>
<tr>
<td>leftover meat</td>
<td>chocolate</td>
</tr>
<tr>
<td></td>
<td>pastries, pies</td>
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<tr>
<td></td>
<td>cookies</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Choose less often</th>
<th>Choose often</th>
</tr>
</thead>
<tbody>
<tr>
<td>fruits: apples, oranges</td>
<td>candy</td>
</tr>
<tr>
<td>caramel</td>
<td>fruit drinks</td>
</tr>
<tr>
<td>manzanas, naranjas, melocotones,</td>
<td>soda</td>
</tr>
<tr>
<td>plátanos, galletas “Graham,”</td>
<td>sugar-coated cereals</td>
</tr>
<tr>
<td>“pretzels” o palitos de pan o</td>
<td>potato chips</td>
</tr>
<tr>
<td>cereales de grano, tortillas,</td>
<td>hot dogs</td>
</tr>
<tr>
<td>leche desgrasada o 100% jugos,</td>
<td>lunch meat</td>
</tr>
<tr>
<td>vegetales: zanahorias, brécol, apio,</td>
<td></td>
</tr>
<tr>
<td>coliflor, yogurt bajo en grasa,</td>
<td>cakes</td>
</tr>
<tr>
<td>sobras de carne</td>
<td>chocolate</td>
</tr>
<tr>
<td></td>
<td>pastries, pies</td>
</tr>
<tr>
<td></td>
<td>cookies</td>
</tr>
</tbody>
</table>

¿Y de comer?

A todo el mundo le gusta comer entre comidas. Si escoges bien, puede ser una buena parte de tu alimentación diaria. Si escoges mal, estos refrigerios pueden arruinar los efectos de las comidas que has planeado.

¿Qué escoger?
Escoge cosas con **ALTO** contenido de fibra, vitaminás y minerales y **bajo** contenido de azúcar, sal y grasas.

¿Por qué evitar azúcar, sal y grasas?
Los refrigerios malos aportan más azúcar, sal y grasas de las que el cuerpo necesita. Demasiado azúcar, sal y grasa pueden llevar a un exceso de peso y a enfermedades.

<table>
<thead>
<tr>
<th>Escoge a menudo</th>
<th>Escoge raramente</th>
</tr>
</thead>
<tbody>
<tr>
<td>fruta: manzanas, naranjas,</td>
<td>caramelos, refrescos de frutas,</td>
</tr>
<tr>
<td>melocotones, plátanos,</td>
<td>refrescos, cereales bañados de</td>
</tr>
<tr>
<td>galletas “Graham,”</td>
<td>azúcar, patatas fritas,</td>
</tr>
<tr>
<td>&quot;pretzels&quot; o palitos de</td>
<td>perritos calientes, carne procesada,</td>
</tr>
<tr>
<td>pan o cereales de grano,</td>
<td>papas fritas, dulces,</td>
</tr>
<tr>
<td>tortillas, leche desgrasada o 100% jugos,</td>
<td></td>
</tr>
<tr>
<td>vegetales: zanahorias,</td>
<td>chocolate, confites,</td>
</tr>
<tr>
<td>brécol, apio, coliflor,</td>
<td>galletas, tartas</td>
</tr>
<tr>
<td>yogurt bajo en grasa,</td>
<td></td>
</tr>
<tr>
<td>sobras de carne</td>
<td></td>
</tr>
</tbody>
</table>
What can you do to help yourself make your best efforts? Here are two ideas people use to help them succeed.

1. Think of three things that you do well. Write them down like this:

   "I am a safe driver," or
   "I am a good drummer," or
   "I have a great sense of humor," or
   "I can train any dog," or
   "I can get along with just about anyone."

   Begin each sentence with "I," and write each sentence down. Seeing the written words will help you.

   I
   I
   I

   Then repeat the sentences out loud to yourself each morning. If you don't want anyone to hear you, repeat them in the shower. But repeat them. These are things that you can feel good about. Things that you can do. Things that make you yourself.

2. Picture yourself doing well. Olympic athletes do this. A diver thinks of doing the perfect dive. How should it look? As the diver leaves the board? As the diver enters the water?

   Think of one situation where you need to succeed. Find a quiet time and place. Close your eyes and focus on success in that situation. What do you do? What do you say? Think of succeeding.

   These are just two ideas. What works for you? It's tough out there. Find some ways that help you to do your best.

Based on an article by Karen Debonis, Cornell Cooperative Extension, Rensselaer County, NY.
Choices

Who’s in charge?
“She just made me so mad that ....”

Wait a minute! Who’s in control? Are you saying you have no responsibility for your feelings? Don’t you control your own feelings?
or I’ve got to do it!

Is someone else making you do it? Who? What? Are you saying you may not choose? What will happen if you do not do it? Will you be fired? Then you can choose. If you don’t do it, you will be fired. But choose. You are in charge of your choices.
or There’s nothing I can do.

Why? Have you looked at all your choices? What are your alternatives?

When we say these things we say we have no responsibility. Everything is beyond our control. But take charge. You can make your own choices. You have to know what will happen because of those choices. But make them.

Try not to say Say instead
I can’t I choose
I must I prefer
If only I will

You are in charge.

Based on S. R. Covey’s The 7 Habits of Highly Effective People, 1989

Elecciones

¿Quién es responsable?

“Ella me enojo tanto que...”

¡Espera un momento! ¿Quién tiene el control? ¿Estás diciendo que no eres responsable de tus propios sentimientos? ¿No tienes control sobre tus propios sentimientos?
or ¡tengo que hacerlo!

or no hay nada que pueda hacer.

¿Por qué? ¡Has mirado todas las posibilidades? ¿Cuáles son las alternativas?

Cuando decimos estas cosas estamos diciendo que no somos responsables. Todo está fuera de nuestro control. Coge las riendas. Puedes elegir por ti mismo/a. Tienes que saber qué ocurrirá después de haber elegido. Decide.

Trata de no decir Di en cambio
Yo no puedo Yo elijo
Yo debo Yo prefiero
Si solamente Lo haré

¡Estás en control!

REAL TALK

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Editors: Mary Fink
Translator: Felisa Brea

BOCES Geneseo Migrant Center
Holcomb Building, 210
Geneseo, NY 14454

ADDRESS CORRECTION REQUESTED

HOTLINE 1-800-245-5681 LA LINEA DIRECTA
HEP students share ideas

Have you thought about returning to school to study for your GED? Some migrant farmworkers study in HEP, the High School Equivalency Program, planned just for farmworkers. REAL TALK asked the students at the New Paltz, New York, HEP to share their ideas about the program.

New Paltz HEP holds four 8-week sessions each year. During the 1993/1994 year, 84 New Paltz students have taken their GED tests. Some students live on the campus. Others live nearby and come to the campus to class each day. New Paltz students wanted readers to know that they study hard but have good times too. Each week they go on a field trip. This year they have gone to the mountains to hike, visited George Washington’s headquarters at Newburgh, New York, toured a power plant and seen President Franklin Roosevelt’s home at Hyde Park, NY.

Here are some of the students’ thoughts on HEP.

Kiwanda Penfield

I am 20 years old and I came to this HEP program because life has been pretty hard for me. I dropped out of school to raise my two kids. My mother is watching them while I go to New York, that nos contarán sus ideas sobre el programa. New Paltz tiene cuatro cursos de 8 semanas cada año. Durante el año escolar 1993/1994, 84 estudiantes de New Paltz han tomado el examen de GED. Algunos estudiantes viven en el campus universitario. Otros viven cerca y vienen a la universidad a clases todos los días. Los estudiantes de New Paltz querrán que los lectores supieran que estudian mucho pero que también se divierten. Salen de excursión una vez a la semana. Este año han ido de excursión a las montañas, han visitado el cuartel central de George Washington en Newburgh, New York, han recorrido una planta eléctrica y han visto la casa de Franklin Roosevelt en Hyde Park, NY. Aquí están las opiniones sobre HEP de algunos de los estudiantes.

At the end of each session students and their families and friends attend a Completion Ceremony. Al final de cada curso los estudiantes y sus familias y amigos asisten a la ceremonia de clausura.

(Continued on page 2)
Kiwanda Penfield

When I feel down, there is always a staff member or peer counselor to talk with me.

I am here for eight weeks. I miss my kids during the school week but I remind myself that this HEP program is short and that it is the outcome that is important. I am teaching my children about the importance of school. Even though it is hard on me missing my kids, it will be worth it at the end when I pass the GED exam. When I feel down, there is always a staff member or peer counselor to talk with me.

For me, being here opens new doors that I never knew were there.

Eric Agostino

I am 17 years old. I dropped out of school in 12th grade to work at a local apple farm. Living on the New Paltz campus and participating in this HEP program has given me a new perspective on life. For me, being here opens new doors that I never knew were there.

David Edwards

This program came to me at a low point in my life. A friend of mine told me about this program after I lost my job. The job was low paying at a local nursery. I thought that losing my job would be the end of the world. Committing myself to HEP is the beginning of my new life! You have to want to better yourself. For myself it was a good starting point. I would say to anyone asking about this program, it is a good idea to get your diploma while being treated as an adult and a COLLEGE STUDENT. Living on campus provides you with a new outlook, new friends, and a great gym to work out at in the evenings.
On April 26th of 1994 students from the New Paltz HEP attended the New York State Senate hearing for Farmworker Collective Bargaining.

Senator Olga Mendez held a hearing to discuss her bill for protecting farmworkers. “It is abundantly clear that farmworkers are among the most abused and dispossessed people who work for a living in the State of New York... and that should not be,” she said. It was clear to all where Senator Mendez stood: at the side of the farmworkers.

HEP students had several reactions to the hearing. They were frustrated that most of the panel left long before the end of the hearing. They had the feeling that the panel was not concerned with the farmworkers. One student said that he is often scolded for talking out of turn or getting up and walking around during class. However, the senate seemed to make a habit of doing these things. This was not thought to be polite.

The students left though knowing better how the government works. They realize that like it or not it is the best system we have.

Eric Brooks, HEP Coordinator/Coordinador de HEP


El 26 de abril de 1994 estudiantes de HEP de New Paltz asistieron a la audiencia pública sobre las negociaciones colectivas del trabajador del campo por el Senado del Estado de New York.

La senadora Olga Méndez tuvo una audiencia pública para discutir su proyecto de ley para proteger a los trabajadores del campo. “Es evidentemente claro que los trabajadores del campo están entre las personas más abusadas y desposeídas que se ganan la vida en el Estado de New York... y eso no debería de ser,” dijo. Quedó claro para todos la posición de la senadora Méndez: Del lado de los trabajadores del campo.

Los estudiantes de HEP tuvieron diferentes reacciones sobre la audiencia pública. Se sintieron fustrados cuando la mayoría del panel salió mucho antes del final de la audiencia pública. Les dio la impresión que el panel no estaba interesado por los trabajadores del campo. Un estudiante dijo que a él le regañan por hablar o levantarse y pasear en clase. Sin embargo, el senado parece tener la costumbre de hacer eso. No parece ser correcto.

Los estudiantes se fueron sabiendo mejor cómo funciona el gobierno. Se dieron cuenta de que, nos guste o no, es el mejor sistema que tenemos.
Do you want to study for your GED? HEP, the High School Equivalency Program, may be a program for you.

What is HEP?

HEP is a program to help migrant and seasonal farmworkers prepare for the General Educational Development (GED) tests. HEP also helps students with career choices. Students can choose from 20 HEPs across the country. (See the list of HEPs on the next page.) Each HEP session is usually about 8-12 weeks. Some HEPs have 3 or 4 sessions each year.

What will it cost?

HEP is FREE if you are eligible. Some HEPs are residential programs - the students live on the HEP campus. Room and board are provided. Students also receive free transportation to and from the HEP site. Other HEPs are commuter programs - the students live at home and travel back and forth each day. HEP students are given a small weekly allowance for personal expenses.

Am I eligible?

You may be eligible if you are:
- a high school dropout
- an agricultural worker or the child of one who has worked at least 75 days in farmwork during the last 24 months
- OR, has been eligible or participated in a Migrant Education program or in a JTPA 402 program
- 16 years of age or older

HEP could be the right program for you. Many migrant farmworkers have earned their GEDs in HEP programs. For more information, write or call a HEP program near you. Check the addresses and phone numbers on the next page.

HEP

¿Quieres estudiar para el GED? HEP, el Programa de Equivalencia de la Escuela Secundaria, puede ser tu tipo de programa.

¿Qué es HEP?

HEP es un programa para ayudar a trabajadores migrantes y temporeros a prepararse para el examen de GED (General Educational Development). HEP también ayuda a estudiantes en la elección de carreras. Estudiantes pueden elegir entre 20 HEPs en todo el país. (Mira la lista de HEPs en la página siguiente). Cada curso de HEP dura generalmente de 8-12 semanas. Algunos HEPs tienen 3 ó 4 cursos al año.

¿Cuánto cuesta?

Si calificas, HEP es GRATIS. Algunos HEPs son programas con residencia - los estudiantes viven en el campus del HEP. Se incluye la comida y la habitación. Además los estudiantes reciben transporte gratis de ida y vuelta al lugar del HEP. Otros HEP son programas con viaje - los estudiantes viven en casa y van y vienen todos los días. Los estudiantes de HEP reciben una pequeña cantidad de dinero semanal para gastos personales.

¿Califico yo?

Puedes calificar si:
- has salido de la escuela
- eres un trabajador agrícola o el hijo/a de uno que ha trabajado al menos 75 días en el campo en los últimos 24 meses
- OR, Ha sido elegido o ha participado en el programa de Educación Migrante o en un programa de JTPA 402.
- tener 16 años o más.

HEP puede ser el programa para ti. Muchos trabajadores migrantes han sacado el GED en programas de HEP. Para recibir más información, escribe o llama al HEP más cercano. Busca las direcciones y números de teléfono en la página siguiente.
California
Cross Cultural Resource Center
HEP Program
6000 J Street, T-JJ Room 12
Sacramento, CA 95819
(916) 278-3708

Colorado
University of Colorado-Boulder
HEP Program
Campus Box 249
Boulder, CO 80309
(303) 492-5416

Florida
University of South Florida
HEP Program
4202 Fowler Avenue
Tampa, FL 33620
(813) 974-3410

Idaho
Boise State University
HEP Program
1910 University Drive, Room 406
Boise, ID 83725
In State: 1-800-632-6586, Ext. 3694
Out of State: 1-800-824-7017, Ext. 3694

Maryland
Center for Human Services
HEP Program
7200 Wisconsin Avenue, #600
Bethesda, MD 20815
(301) 654-8338

Mississippi
Mississippi Valley State University
HEP Program
PO Box 125
Itta Bena, MS 38941
(601) 254-9041

New Mexico
Northern New Mexico Community College
HEP Program
El Rito, NM 87530
(505) 581-4434

New York
State University of New York
HEP Program
PO Box 250
New Paltz, NY 12561
(914) 257-2951

Oregon
University of Oregon
HEP Program
1685 East 17th Street
Eugene, OR 97403
(503) 346-0881

Puerto Rico
Pontifical Catholic University of Puerto Rico
HEP Program
Postal Sub Station #6
Ponce, PR 00732
(809) 843-3265

Inter American University of Puerto Rico
HEP Program
San German Campus, Box 5100
San German, PR 00753
(809) 892-6380

Texas
SER Jobs for Progress
HEP Program
4605 Maher Avenue
Laredo, TX 78041
1-800-477-1844

Southwest Texas University
HEP Program
610 University Drive
San Marcos, TX 78666
(512) 245-8049

Texas A&M University - Kingsville
HEP Program
Campus Box 181
Kingsville, TX 78363
(512) 595-2708

University of Houston
HEP Program
Suite 415PH
4800 Calhoun
Houston, TX 77004
1-800-225-1409

University of Texas - El Paso
HEP Program
El Paso, TX 79968
(915) 747-5567

University of Texas - Pan Am
HEP Program
1201 West University Drive
Edinburg, TX 78539
(210) 381-2521

Washington
Washington State University
HEP Program
Pullman, WA 99164
(509) 335-2454

Wisconsin
Milwaukee Area Technical College
HEP Program
Foundation Hall
700 West State Street
Milwaukee, WI 53233
(414) 297-6752
HEP students share ideas
Estudiantes de HEP comparten ideas

HEP Recruiter Joanne Penzato, says, "It is never too late to study." Read Joan Pérez's story.

Joan Pérez

I am here because I want to better myself by taking the GED exam. I feel that I struggled all of my life because I didn't have my diploma. I feel it is never too late in life to get a diploma. The teachers are great and they treat adults like adults. I would recommend this program to anyone that dropped out of school. I am 58 and have eight grandchildren, so it’s never too late! After providing for my children and their needs throughout the years, it feels good to do things for myself. When I graduate my entire family will be there for me!

Edna Hogan

I came into the HEP program with high hopes to leave with my GED. I have met college students majoring in journalism and communications that have given me the information I need to apply to college next fall. I went on a tour of the media department. We also go on weekly field trips. We went to the state capital in Albany for the Farmworkers Hearing. It was exciting to see the local media in action!

Robert Martínez

There are many things in life that are special to me, such as this HEP program and the teachers who take their time and help students like me who couldn’t make it in a regular school program come to a school like this and succeed.

HEP teaches you to enjoy school and feel that you can succeed in anything you put your mind to.

(Continued on page 7)


Joan Pérez

Estoy aquí porque quiero mejorar mi vida tomando el examen de GED. Creo que sufrí toda mi vida porque no tenía el diploma. Pienso que nunca es demasiado tarde para sacar el diploma. Los maestros son fantásticos y tratan a los adultos como adultos. Recomendaría este programa a cualquier persona que se haya salido de la escuela. Tengo 58 años y ocho nietos, entonces, ¡Nunca es demasiado tarde! Después de cuidar de mis hijos y de sus necesidades por años, es agradable hacer cosas para uno mismo. Cuando me gradúe, ¡todo mi familia me acompañará!

Edna Hogan

Vine al programa de HEP con grandes esperanzas de irme con el diploma de GED. He conocido a estudiantes universitarios con especialidades en periodismo y comunicaciones que me han dado la información que necesitaba solicitar la entrada en una universidad el próximo otoño. Visité el departamento de medios de difusión. También hacemos excursiones semanales. Fuimos a Albany, la capital del estado, para la audiencia pública de los trabajadores del campo. ¡Fue emocionante ver los medios de comunicación en acción!

Robert Martínez

Hay muchas cosas en la vida que son especiales para mí, como este programa de HEP y los maestros que toman su tiempo y ayudan a estudiantes como yo que no podrían funcionar en un programa regular de una escuela y vienen aquí y triunfan.
HEP students share ideas
Estudiantes de HEP comparten ideas

(Continued from page 6) (Viene de la página 6)

John Marren

I am 26 years old. This HEP program helps you build your self esteem. I never liked high school. HEP teaches you to enjoy school and feel that you can succeed in anything you put your mind to. Like I say, “the only fear that people have is the fear itself!”

This is a very special program. You are foolish not to attend it!

Tasha Herring

I have been living here on campus for almost eight weeks. I cannot believe that this program is almost over, it GOES TOO FAST! HEP is a great opportunity to get your GED in a college setting. We have access to all college activities on campus. We get to attend parties and concerts. Black Student Weekend activities were great! All HEP students are treated as college students. Our HEP teachers can help us

(Continued on page 8) (Página 8)

For more information
Para más información

I would like to know more about HEP.

Me interesa saber más sobre el HEP.

Name/Nombre __________________________

Address/Dirección ________________________________

Telephone/Teléfono ____________________

Mail to:
HP nearest you

Enviar al:
Programa HEP más cercano
HEP students share ideas
Estudiantes de HEP comparten ideas

(Continued from page 7)

sit in a real college class if we want to. This is a very special program. You are foolish not to attend it!

Eric Taveras

I am determined to finish and pass because I am determined to have a future. I am here for a new beginning and I will not allow anything or anyone to come between this. I’m glad I’m on a college campus because it’s giving me a chance to show everyone on this campus that they made it their way and I’ll make it my way.

If you are ready for an intensive study program for your GED, you may find what you are looking for in HEP. Many sites will begin sessions again in late August or early September. Check the listings on page 5 for a program near you.

(Viene de la página 7)

Fin de Semana de Estudiantes Negros fueron fantásticas; Todos los estudiantes de HEP son tratados como universitarios. Nuestros maestros de HEP nos pueden ayudar a asistir a clases de la universidad si queremos. Es un programa muy especial. ¡Es absurdo que no asistas!

Eric Taveras

Estoy determinado a terminar y aprobar porque estoy determinado a tener un futuro. Estoy aquí para comenzar de nuevo y no permitiré que nada ni nadie se interponga. Me alegra estar en un campus universitario porque me ha dado la oportunidad de mostrarme a todo el mundo en este campus que ellos lo hicieron a su manera y yo lo hice a la mía.

Si estás listo/a para un programa de estudio intensivo para sacar el GED, quizás encuentres lo que buscas en HEP. Muchos sitios comenzarán los cursos a finales de agosto o principios de septiembre. En las listas de la página 5 busca un programa cerca de ti.
Movin’ On Up!

“I married at 16 and quit school. For the next seven years I continued migrating, having babies and leaving them at childcare centers, while they cried for me. I began to long for a different future for my family, and it was then that I realized that only I could break the cycle.”

Cynthia García is the daughter of second generation migrant farmworkers. She and her seven brothers and sisters traveled up the Eastern stream from Florida each season picking tomatoes. They left school in April and returned in October.

When she was nine, five of the children needed tonsillectomies. “We were fortunate to have a wonderful nurse who took a special interest in us. One day she asked us what we wanted to be when we grew up. We were dumbfounded because nobody had ever asked us this. This wonderful nurse looked at us, waiting for an answer, and so I said: ‘I want to be a nurse like you.’” At twenty-three, Cynthia thought again about that nurse.

“I went to night school, studied for the GED, and passed it. Encouraged, I took the entrance exam for the Licensed Practical Nursing (LPN) at the Vo-Tech School and passed that also. After receiving my LPN, I went to work at the Migrant Clinic in Immokalee for three years. Then I left to study to become a Registered Nurse (RN). I don’t want to mislead you. It wasn’t easy and there were many blocks in the road, but I made it!” One obstacle Cynthia mentions was the travel. To study to become an LPN she had to travel about 45 miles from Immokalee to Naples, Florida. The RN training was in Ft. Myers, about 40 miles from Immokalee. Travel for her studies cost her both time and money.

(Continued on page 4)
A CAREER IN... HEALTH
UNA CARRERA EN ... SANIDAD

When Cynthia Garcia decided to become a nurse she chose a top career for the 1990s and beyond. In fact, many, many new job openings are in the health field. Think of the help wanted section of your newspaper. How many of the listings are for jobs in health?

The health field offers many different sorts of jobs. Some of the jobs you may be able to learn on-the-job. Others require many years of special training. Generally, as jobs require more training they pay larger salaries.

Dental assistants, nursing aides, home health aides and medical secretaries sometimes learn on-the-job. Sometimes they study at vocational schools or community colleges. Some people take jobs first as assistants or aides to find out if they would like to work in the health field.

Dental hygienists, licensed practical nurses (LPN) and medical record technicians take training after they finish high school to learn their work. They may study at community colleges, hospitals or vocational schools.

Registered nurses, physical and occupational therapists and physician’s assistants take several years of training after high school. Physical and occupational therapists and physician’s assistants most often have 4-year college degrees and many RNs do as well.

Dentists and physicians study in dental or medical schools and may complete other training after they finish 4-year college degrees.

Many health jobs are on the U.S. Department of Labor’s list of “fastest growing occupations.” You may find a career in the growing health field. If you would like more information on a health career, call the hotline. The number is: 1-800-245-5681.

Cuando Cynthia García decidió hecerse enfermera, escogió un buena carrera para los años noventa y después. El hecho, muchas de las ofertas de trabajo son en el campo de la sanidad. Piensa en la lista de ofertas de trabajo del periódico. ¿Cuántas ofertas son de trabajos de sanidad?

El campo de la sanidad ofrece muchas clases diferentes de trabajos. Algunos de los trabajos pueden aprenderlos sobre la marcha. Otros requieren muchos años de entrenamiento especial. Generalmente, los trabajos con más entrenamiento tienen mejores salarios.

Asistentes de dentistas, ayudantes de enfermeras, higienistas dentales, enfermeras con licencia (LPN) y técnicos médicos, reciben entrenamiento después de terminar la escuela secundaria para aprender su trabajo. Pueden estudiar en una universidad local, en hospitales o escuelas vocacionales.

Enfermeras tituladas, terapeutas físicos u ocupacionales y asistentes médicos tienen varios años de entrenamiento después de la escuela secundaria. Frecuentemente los terapeutas y los asistentes médicos tienen título de 4 años en la universidad y muchas enfermeras también lo tienen.

Dentistas y médicos estudian en universidades dentales o de medicina y pueden tener otro entrenamiento después del título de los 4 años de universidad.

Muchos de estos trabajos están en la lista del Departamento de Trabajo de U.S. bajo “Ocupaciones de alto crecimiento.” Puedes encontrar una carrera en sanidad. Si deseas recibir más información de carreras de sanidad, llama a la línea directa, al número 1-800-245-5681.
Yes, I have a high school diploma!

If you left high school without graduating, the GED tests provide a way for you to earn a GED high school diploma. GED means General Educational Development. When you pass the tests you show that you have the skills of many students who have finished high school. The GED diploma can make a difference in your life. When an employer asks, “Do you have a high school diploma?” You can say, “Yes, I do.” And many GED graduates go on to college.

To earn a GED diploma you will need to take tests in five areas. They are:

- Writing skills
- Social studies
- Science
- Interpreting literature and the arts, and
- Mathematics

Most of the questions are multiple choice. For the writing skills test, though, you will need to write an essay.

What score do I need to pass?

The passing scores are set by each state. In general, if you answer 60 percent of the questions correctly on each test you will pass. Your local adult education program can tell you about the passing scores for your area.

How can I prepare for the tests?

GED classes

You may want to attend classes to prepare. Find out where adult education classes are held near you. You can contact your local high school or community college for information about classes. You can also check in the yellow pages under “Schools.” GED classes are most often free. Sometimes you need to pay for books.

Study at home

You may want to study on your own for the tests. If so, find out what you need to study. Talk with the teachers in an adult education program near you about a GED practice test.

(Continued on page 4)
You can then find materials to study for the tests at the adult education program, your library, or a bookstore.

**Reading skills are very important**

Whether you study for the GED tests at home or in classes be sure to work on your reading skills. Newspapers are a good choice. Many of the questions on the tests will be based on articles like those in newspapers.

**Would you like to try a few sample questions?**

Call the MDRP hotline. We will send you more information, including some sample questions. The number is: 1-800-245-5681. The call is free.

+++++

**Cynthia García (Continued from page 1)**

Two years ago Cynthia did become an RN. She now works full-time at the Southwest Regional Medical Center in Fort Myers, Florida. She also works part-time at a hospice in Immokalee.

“So I ask myself what is my role now? What can I do to make a difference for my people as well as my family? I hope to be able to encourage other migrants ... to be able to live with freedom and dignity. As a nurse, I have a special opportunity, and I hope that somewhere, that nurse from long ago, knows that her humane treatment and interest in a little migrant girl changed the course of her life and her family’s life for generations to come.”

Based on article in Communiqué, June 1, 1992

**REAL TALK**

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BOCES Genesee Migrant Center
Holcomb Building, 210
Geneseo, NY 14454

ADDRESS CORRECTION REQUESTED

HOTLINE 1-800-245-5681

LA LINEA DIRECTA
Celebrate Hispanic Heritage Month!

September 15th to October 15th will again be a time to celebrate gifts Hispanics have made to the United States. This month everyone can learn more about how Hispanics have helped form this country. And learn about their role today.

Many Hispanics have important roles today, in:

Government/Gobierno

Business/Negocios

Sports/Deportes

Can you place these names in the fields listed above? What gifts do these Hispanics give to the United States?

Gloria Estefan
Sandra Cisneros
Alfredo Estrada

Henry Cisneros
Gigi Fernandez
Federico Peñ

Nancy Lopez
Giselle Fernandez
Emilo Estevez

Celebra El Mes De Herencia Hispana

Del 15 de septiembre al 15 de octubre será otra vez la ocasión de celebrar el legado hispano en los Estados Unidos. Ese mes todo el mundo puede aprender más sobre cómo los hispanos han ayudado a formar este país. Y aprender sobre su papel hoy en día.

Muchos hispanos desempeñan un papel importante hoy en día, en:

Arts/Arte

Sports/Deportes

¿Puedes colocar estos nombres en las especialidades anteriores? ¿Qué legado han dejado estos hispanos a los Estados Unidos?
Abuse

Abuse is an ugly word. News stories remind us daily - abuse can happen in any family, the rich and the poor. It happens when a person hurts another person to gain power and control.

No one has the right to abuse another person. People often blame themselves for the abuse someone does to them. If you grew up in a family that was violent, you may even think it is normal to be hurt by others. Wrong! Everyone gets angry sometimes. But people can control their anger without hurting others.

There are many kinds of abuse. It can leave you hurt with cuts and bruises. Or, it can hurt you inside, making you feel bad. Abuse can be:

- **physical** - beating, kicking, throwing things, using a weapon to hurt or threaten, locking you out of the home, refusing to give money for food or clothing.
- **emotional** - threatening to hurt you or your children, destroying your personal things, breaking things or hurting pets to scare you.
- **sexual** - sexual activity that you do not like. Or any sexual activity with a child.

These are all forms of abuse. Do not put up with abuse!

Help your children learn how to say “no” to strangers, friends and family if they don’t want hugs, kisses or to be touched. Help them to understand that their bodies are their own. They can say “don’t touch” to others!

If you and/or your children are being hurt, you do not have to keep living that way. You can get help. You can make a change. Call your county department of health to find out where you can get help. If you live in New York State you can call: 1-800-942-6906. In Spanish in New York State, call 1-800-942-6908.

Every person deserves a life without abuse.

Abuso

Abuso es una palabra fea. Las noticias nos lo hacen recordar todos los días - el abuso puede pasar en cualquier familia, rica o pobre. Pasa cuando una persona lastima a otra para obtener poder y control.

Nadie tiene el derecho de abusar de otra persona. A menudo las personas se culpan a sí mismas por el abuso que otros le hacen. Si creciste en una familia violenta, puedes incluso creer que es normal ser herido por otros. ¡No! todo el mundo se enfada alguna vez. Pero la gente puede controlar su ira sin hacer daño a otros.

Hay muchas clases de abuso. Puede dejarte cortes y moratones. O puede herirte interiormente, haciendo que te sientas mal. El abuso puede ser:

- **físico** - golpes, patadas, tirándote cosas, usando un arma para herirte o amenazarte, dejando a uno fuera de casa, rehusando darle a uno dinero para comida o ropa.
- **emocional** - amenazando con herirte a ti o a tus niños, destruyendo tus cosas personales, rompiendo cosas o hiriendo animales para asustarte.
- **sexual** - actividad sexual que no te gusta. O cualquier actividad sexual con un niño/a.

Todas éstas son formas de abuso. ¡No te dejes maltratar!

Ayuda a tus niños a aprender a decir “NO” a extraños, amigos y familia si ellos no quieren abrazos, besos o ser tocados. Ayúdales a entender que sus cuerpos les pertenecen sólo a ellos. ¡Puedes decir “no me toques” a otros!


Toda persona merece una vida sin abuso.
Where can I go for career information?
¿Dónde puedo ir para pedir información de carreras?

A good question! Most of us leave school without much career planning. We have many questions:
- What abilities do I have?
- What careers require those abilities?
- What training would I need for those careers?
- Will I be able to get a job?

Where can we get the answers?
You can get help with career planning in many places. You may need to go to different places for different sorts of help.

- Vocational schools and community colleges - counselors may be able to offer you help in planning. They may also have libraries with career information.
- State employment service offices - some offices have staff who can help with planning. Some can help you learn more about your interests and skills. Many offices have information on careers.
- JTPA (Job Training Partnership Act) programs - JTPA is given different names in different areas. You may know it as "Employment and Training" or "Employment Services." JTPA programs offer many sorts of help. Find out if you qualify for their services. If so, they may help assess your interests and skills. They may also be able to give training in pre-work skills: how to interview, where to look for work, how to write a résumé. If you don't know how to find your nearest JTPA program, ask at the state employment office.
- People who are working in careers that interest you - If you know someone doing a job that you think you might like, ask the person about it. Ask what training the person needed to get that job. Are more workers needed in this field?
- Local libraries - many libraries have information on careers.

Start your career plans. People are willing to help.

¡Una buena pregunta! Muchos de nosotros salimos de la escuela sin muchos planes para una carrera. Tenemos muchas preguntas:
- ¿Qué conocimientos tengo?
- ¿Qué carreras requieren esos conocimientos?
- ¿Qué entrenamiento necesitaría para esas carreras?
- ¿Seré capaz de conseguir un trabajo?

¿Dónde encontramos las respuestas?
Puedes encontrar ayuda para planear una carrera en muchos lugares. Puede que necesites ir a diferentes lugares para distintos tipos de ayuda.

- Escuelas vocacionales y universidades locales - Los consejeros pueden ser capaces de ofrecerte ayuda con los planes. También pueden tener bibliotecas con información de carreras.
- Oficinas de servicio de empleo del estado - Algunas oficinas tienen personal que puede ayudar con los planes. Otras pueden ayudarte a aprender más sobre tus intereses y destrezas. Muchas oficinas tienen información de carreras.
- Programas JTPA (Job Training Partnership Act) - JTPA recibe nombres diferentes en distintas zonas. Quizás lo conozcas como "Empleo y entrenamiento" o "Servicios de empleo." Los programas JTPA ofrecen muchas clases de ayuda. Entérate si cualificas para recibir sus servicios. Si es así, pueden ayudarte a evaluar tus intereses y destrezas. También pueden ser capaces de ofrecer entrenamiento para prepararte para un trabajo: Cómo hacer una entrevista, dónde buscar trabajo, cómo preparar el currículum. Si no sabes cómo encontrar el programa JTPA más cercano, pregunta en la oficina de empleo del Estado.
- Personas que trabajan en carreras que te interesan - Si conoces a alguien que tiene un trabajo que crees que te gustaría, pregúntale sobre él. Pregúntale qué entrenamiento necesitó para conseguir el trabajo. ¿Se necesitan trabajadores en ese sector?
- Bibliotecas locales - Muchas bibliotecas tienen información de carreras.

Comienza los planes de tu carrera. La gente está deseando ayudar.
GED News

Free GED tests in New York

Taking the GED tests is now FREE in New York State. As of July 1, no one taking the GED tests will need to pay a fee in New York.

Rules vary from state to state. Check with an adult education program near you to find out if your state requires a fee.

Rosa Obregon receives diploma!

Rosa Obregon called REAL TALK last month to tell us that she had just opened her mail to find her high school diploma. Getting a diploma has long been a goal for Rosa. She left school in ninth grade. In 1986 REAL TALK talked with Rosa. At that time she was already juggling a full-time job with a family while she studied at night.

Her hard work has paid off.

Rosa works now as a medical clerk in Immokalee, Florida. She is thinking about studying to become a paralegal.

Congratulations, Rosa!

Noticias de GED

Exámenes gratis de GED en el Estado de New York

Los exámenes de GED son ahora GRATIS en el Estado de New York. Desde el primero de julio, no se paga nada para tomar los exámenes de GED en New York.

Las normas varían de estado a estado. Mira en un programa de educación para adultos cerca de ti, si necesitas pagar en tu estado.

Rosa Obregón recibe diploma

Rosa Obregón llamó a REAL TALK el mes pasado para decirnos que acababa de abrir su correspondencia y había encontrado su diploma de la escuela secundaria. Conseguir el diploma ha sido una meta para Rosa. Salìó de la escuela en el noveno grado. En 1986 REAL TALK habló con Rosa. En ese momento ya estaba combinando un trabajo de jornada completa y una familia mientras estudiaba por la noche. Ha visto los resultados de su trabajo duro.

Rosa ahora trabaja de secretaria médica en Immokalee, Florida. Está pensando en estudiar para "paralegal"

¡Enhorabuena, Rosa!
Movin' on up!

"It's too early, Mama, to get up. The sun's not even up. When can we take a break, Mama? I'm so tired." Maria Echaveste is now the head of the Wage and Hour Division of the United States Department of Labor. But she remembers the fields.

She remembers well when her family worked in California fields and orchards. Cotton, grapes, figs, peaches, tomatoes, strawberries and carrots - her family tended all of them.

Born in Texas, Maria Echaveste and her six brothers and sisters grew up and attended school in California. After college and law school, she became a lawyer in New York City. In June of 1993 she became head of the Wage and Hour Division. That division must enforce the rights of migrant farmworkers and other workers.

Maria Echaveste's job is a big one. She must see that workers are fairly paid for fair hours. She watches that work sites are safe. She must oversee the rights of 14-year-olds in fast food restaurants. If they are asked to work after 7 pm on school nights, the work is illegal. She must oversee the rights of garment workers who sometimes work in buildings with locked fire exits. Locked fire exits are also illegal.

She is concerned about the conditions in agriculture now. They may be worse than when she and her family were in the fields. "At least we had running water and communal bathrooms," she has said. The head of the Wage and Hour Division has worked in the fields. She is a person who cares about workers.

Source: Chicago Tribune, 2/13/1994

Avanzando


Ella recuerda bien cuando su familia trabajaba los campos y los huertos de California. Algodón, uvas, higos, albaricoques, tomates, fresas y zanahorias - su familia hacía todo.

Nacida en Texas, María Echaveste y sus seis hermanos crecieron y asistieron a la escuela en California. Después de la universidad y después de estudiar leyes, se hizo abogada en la ciudad de New York. En junio de 1993 fue nombrada directora de la División de Salarios y Horarios. Esa división debe hacer respetar los derechos de los trabajadores migrantes del campo y de otros trabajadores.

El trabajo de María Echaveste es muy importante. Debe procurar que los trabajadores reciban un salario justo por unas horas de trabajo justas. Ella comprueba que los lugares de trabajo son seguros. Debe vigilar los derechos de los jóvenes de 14 años en los restaurantes. Si les piden que trabajen después de las 7 de la noche, es ilegal. Debe vigilar los derechos de los trabajadores de la costura que a veces trabajan en edificios con los salidas de emergencia bloqueadas, esto también es ilegal.

Le preocupan las condiciones en la agricultura ahora. Pueden ser peores que cuando su familia trabajaba en el campo." Por lo menos teníamos agua corriente y cuartos de baño comunitarios," dice. La jefa de la División de Salarios y Horarios ha trabajado en el campo. Ella es una persona que se preocupa por los trabajadores.
The High School Equivalency Program (HEP) helps migrant and seasonal farmworkers prepare for the General Educational Development (GED) tests. HEP also helps students make career choices. Twenty HEPs serve students across the country. This month REAL TALK features the Eugene, Oregon HEP.

Oregon HEP serves the Northwest. Many California, Idaho, Washington and Oregon students come to the University of Oregon campus to study. Most live in the dormitory on campus, but some commute. Forty students can enroll for each 10-week term.

Some Oregon HEP students study in Spanish-speaking classes. Others study in English-speaking classes. Each student chooses a career to study. Two days a week they leave their classes to find out more about this career. They visit schools where students are studying for the career and talk to workers who have the jobs. They ask questions to learn whether they would like the career themselves:

- How long must I study?
- Where can I learn?
- How much will it cost?

HEP students also join many of the activities on campus. They attend plays, speeches and concerts, check books out of the library and work out in the gym.

University of Oregon HEP
1685 E 17th Avenue
Eugene, Oregon 97403
(503) 346-0881

Other HEPs have other activities. If you want to study for your GED, HEP may be right for you.

Are you eligible for HEP?
You may be if you:
- have left school without a diploma
- are an agricultural worker or the child of one who has worked at least 75 days in farmwork during the last 24 months
- OR, has been eligible or participated in a Migrant Education program or a JTPA 402 program
- are 16 years of age or older

If you would like more information on HEP, call the hotline. The number is: 1-800-245-5681. Ask for more information on HEP to be mailed to you.

El Programa de Equivalencia de la Escuela Secundaria (HEP) ayuda a los trabajadores migrantes y temporeros del campo a prepararse para los exámenes de Desarrollo Educativo General (GED). HEP también ayuda a que los estudiantes elijan carreras. Hay 20 HEPs en el país. Este mes REAL TALK presenta el HEP de Eugene, Oregón.


Algunos estudiantes del HEP de Oregón estudian en clases en español. Cada uno escoge una carrera para estudiar. Dos días a la semana dejan sus aulas para informarse mejor de sus carreras. Visitan escuelas donde hay estudiantes de esas carreras y hablan con personas que tienen esos trabajos. Hacen preguntas para saber si a ellos les gustarán esas carreras:

- ¿Cuánto tiempo necesito estudiar?
- ¿Dónde puedo aprender?
- ¿Cuánto costará?

Los estudiantes de HEP participan en muchas de las actividades del campus. Van a obras de teatro, conferencias y conciertos, sacan libros de la biblioteca y usan el gimnasio.

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Eugene, Oregon 97403
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Otros HEPs tienen otras actividades. Si quieres estudiar para el GED, HEP puede serte conveniente.

¿Eres elegible para el HEP? Puede ser sí:
- Has salido de la escuela sin diploma.
- Trabajas en el campo o eres hijo/a de alguien que haya trabajado por lo menos 75 días en los últimos 24 meses.
- O, has sido elegido o participado en un programa de Educación Migrante o un programa JTPA 402.
- Si tienes 16 años o más.

Si quieres más información de HEP, llama a la línea directa. Al número: 1-800 245-5681. Pide que te envíen más información sobre HEP.
It’s OK to:

Sometimes it is difficult to figure out what is right for me in my life. I am a very special person with unique thoughts and dreams. Yet many people in my life seem to think they know what is best for me. It is not always easy to be myself and most of all, I want my friends to like me. I know I’m not perfect. But, I do have certain rights that can help me understand how to make choices in my life. I know it is OK to:

- Expect the privacy I need in my life.
- Expect respect for my opinions and feelings.
- Want to be liked, especially by my friends.
- Expect the help of adults when it is requested.
- Accept the consequences of my own behavior.
- Try to obtain as much education as possible.
- Be happy with myself even if I don’t have a boyfriend/girlfriend.
- Say no to sex anytime, any place, from anyone.
- Choose sexual abstinence.
- Feel confused, unsure and sometimes sad about things going on in my life.
- Say NO to friends when I am uncomfortable with their ideas or requests.
- Say NO to illegal behaviors.
- Feel good about myself.
- BE ME!

Está bien:

A veces es difícil comprender lo que me conviene en la vida. Soy una persona muy especial, con ideas y sueños únicos, sin embargo, muchas personas en mi vida creen saber lo que es mejor para mí. No siempre es fácil ser uno mismo y sobre todo, quiero gustarle a mis amigos. Sé que no soy perfecto/a. Pero tengo ciertos derechos que pueden ayudarme a entender cómo hacer decisiones en mi vida. Yo sé que está bien:

- Esperar la intimidad que necesito en mi vida.
- Esperar respeto por mis opiniones y sentimientos.
- Desear ser aceptado/a, especialmente por mis amigos.
- Esperar la ayuda de adultos cuando es pedida.
- Aceptar las consecuencias de mi propio comportamiento.
- Tratar de obtener tanta educación como sea posible.
- Ser feliz conmigo mismo/a aunque no tenga novio/a.
- Decir no a las relaciones sexuales en cualquier momento, lugar, a cualquier persona.
- Escoger abstinencia sexual.
- Sentirse confuso/a, inseguro/a y a veces triste sobre cosas que están pasando en mi vida.
- Decir NO a amigos cuando no me gustan sus ideas o peticiones.
- Decir NO a conductas ilegales.
- Sentirse satisfecho de uno mismo.
- ¡SER UNO MISMO!
5 reasons to finish your education
5 razones para terminar tu educación

1. A male high school graduate earns $260,000 more in his lifetime than someone who has dropped out of school.

Un hombre graduado de la escuela secundaria gana $260,000 más en su vida que otro que haya salido de la escuela sin graduarse.

2. A female high school graduate earns $200,000 more in her lifetime than someone who has dropped out of school.

Una mujer graduada de la escuela secundaria gana $200,000 más en su vida que otra que haya salido de la escuela sin graduarse.

3. If you have not finished high school you are more than twice as likely to be unemployed.

Si no has terminado la escuela secundaria tienes más posibilidad de estar desempleado/a.

4. Jobs in the 1990's are more likely to require technical skills - skills you can learn in classes.

Los trabajos en los años 90 requieren conocimientos técnicos - conocimientos que puedes adquirir en clases.

5. The job you really want is likely to require a diploma.

El trabajo que deseas es más que posible que requiera un diploma.

Source: Carnegie Corporation of New York, 1990