

Newsletter

East Central Illinois Refugee Mutual Assistance Center

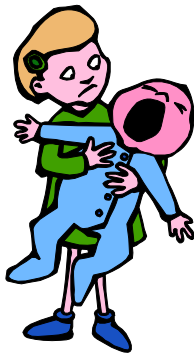
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Volume 25 No. 1

July, 2007

PREVENTIVE DISCIPLINE & POSITIVE REWARDS (Part 2)



June's newsletter main article introduced the idea of using rewards to help shape children's behavior. This article continues that theme by offering more suggestions on how rewards can help parents in disciplining their children.

Some "Rules" on Giving Rewards

Perhaps it would be helpful to know how to make our rewards work better. The following are some "rules" that might help:

a. Different Types of Rewards

If rewards are given they should be different for children of different ages and for different individuals. Parents should always try to make sure that the rewards used will make their child feel good about what he/she is doing.

b. Immediate Rewards

Rewards should be given to children as soon as possible so that your children will know why they are being rewarded. Behavior is learned more quickly if the reward appears immediately after the desired behavior.

c. Changing the Rewards

Different rewards for different activities. There may be a special reward for school work and a different type of reward for helping to clean the house. Occasionally a big reward may be necessary to get a particular activity started and sometimes the reward needs to be changed in order to get the desired results. Parents need to be aware that the type of reward used should be something that makes the child feel that they should complete the desired behavior again and again. In fact sometimes the best reward is that look, a hug, and those words (i.e., good job) that a parent gives their child when the child has done

something right. [Also remember that all your children are individuals and the same reward may not work with each child.]

d. Limitations of the Reward System

Remember that using rewards to get a desired behavior is not going to perform miracles. the reward system can only change part of their behavior but it will not be able to make your child do things that is beyond his/her ability. For example, no amount of positive rewards can make a five-year-old play soccer as well as his/her ten-year-old brother.

Giving Cues for the Desired Behaviors

Many times it is better for parents to provide children with cues (a hint, reminder, or signal) that will prevent the undesired behavior and thus avoid the necessity of correcting the children. Providing such cues can help children learn new and desired behaviors and can help them perform these behaviors better. Some examples of cues for desired behavior are:

A father reminded his children not to interrupt him while he is talking with a visitor.

A mother reminder her son/daughter to pick up his/her toys after he/she has finished playing with them.

A father reminding his children to be home on time for supper.

A mother reminding her child to say "Hello" politely to visitors.

Cues can help avoid problems that might occur if children do not understand what is considered proper behavior. Cues can help children understand what is expected of them in a positive manner. When children perform properly after they receive cues, they should be properly reinforced (or rewarded). It is very important for parents to provide these cues to their children as it is difficult for children to know what is expected of them---the reminders help prevent problems.

Rewards for All Progress

Parents often like to immediate perfection in their sons/daughters and forget to give rewards (i.e. praise) when the children make very small signs of growth. Children need to know that they are making progress. Parents should then remember to reward their children for every small improvement they make when they are learning new skills or practicing proper behavior. Slow progress is good progress. Remember to take notice of this progress in your children and that the reward may be words like "I was so proud of how you behaved today."

Talking is easy, doing is something else.
Cambodian Proverb

Employment Hints

Farming: In your native land did you raise food or animals (i.e., farm) for market? Would you like to farm again? But, you think "I don't own any land". Well it may be possible to rent some land if you really wish to farm again.



There is a program "Central Illinois Farm Beginnings™, a joint project of The Land Connection and University of Illinois Extension, that is a farmer-led training and support program designed to help people plan and launch farm businesses that are economically and environmentally sustainable. Whether you are interested in growing fresh fruit and vegetables for local markets, or turkeys and geese for the holidays, Farm Beginnings can help you jump start your business.

Starting in October there will be nine bi-weekly seminars taught by Central Illinois Farmers and business professionals. Seminar topics include planning for profit, multiple marketing strategies, and building a business plan. But even better there will be a mentorship component that will link the potential farmer with established farmers.

If interested or you would just like more information contact Ariel Diamond (847-228-9849) or Deborah Cavanaugh-Grant (217-968-5512). (Source: Information from Central Illinois Farm Beginnings™)

Interview Etiquette: Looking for a job but not having a lot of luck? Remember interview etiquette can decide whether or not you are hired.

According to Robin Ryan, a career coach, "etiquette is an overlooked and lost art of how you should present yourself in a job interview.....It includes your appearance, your manners and your behavior--how you act during the interview." (p. 2)



First: Dress up. "Dress like the manager you want to be someday or even the manager above that....Your shoes should be shined, you should be clean and neat. You should be able to walk in and meet the CEO and not be embarrassed." (p. 2) No T-shirts with obscenities, baggy pants that are falling off, micro-mini skirts, spandex, nose rings, see-through tops, or underwear as outerwear.

Second: Be on time. If you are late for an interview you will be late to work and why hire you.

Third: "Practice a firm handshake with eye contact and be sure and smile." (p. 2) This says I am a confident person.

Finally: Send a thank you note. "It should be hand-written. Employers tell me when they cannot decide between candidates they often chose the one who sends a HAND-WRITTEN thank-you. Making a good impression is so important when there is more than one candidate. (Source: Kleiman, C., Interview etiquette can sway the hiring decision, Chicago Tribune, Section 3, p. 2, June 30, 2005)

Immigration News:

Visa Bulletin July 2007:

As of July 1, 2007 the visa priority dates are as follows (Source: Visa Bulletin #108 Volume IV):

First Preference (unmarried son/daughter of U.S. citizen)	July 1, 2001
2A (spouse, child of LPR)	June 1, 2002
2B (Unmarried son/daughter of LPR)	February 8, 1998
Third (married child of citizen)	July 15, 1999
Fourth (sister/brother of citizen)	August 1, 1996

Processing Times (Receipt Notice Date):

I-90 Replacement of Green Card
 Initial Green Card
 Renewal of 10 year Green Card
I-131 Refugee Travel Document
I-485 Adjustment of Status
 Refugee
 Asylee
I-730 Refugee/Asylee Family Petition
I-751 Removal of Conditions of Residence
I-765 Employment Authorization
Asylee
N-400 Naturalization
(Source: USCIS Web site posted June 18th, 2007)

Chicago

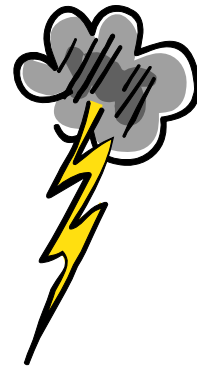
December 14, 2006

Nebraska

November 6, 2006
September 11, 2005
February 12, 2007
March 26, 2007
September 26, 2006
January 1, 2006
July 1, 2006
October 13, 2006
May 29, 2007
May 17, 2007
November 12, 2006

For Your Information

Safety Reminder: If you are using your cell phone, iPod, or iPhone and you are outside in a storm; please hang up, turn off and put away the electronic devices. If lightening strikes near you the lightening can follow the electrical signature of the device and could cause greater injury to you. For example: one man in Canada was listening to his iPod and lightening struck *near* him but he suffered Y shaped burns on his chest, a ruptured eardrum, broken jaw, and other injuries when the lightening ran through his iPod up to his head. So, if outside, and it starts to storm, turn the electronic devices off.



Local News

Wedding: Congratulations *Thao Phuong Le Phan* and *John Chi Lieu*. John, the son of Mr. Phuoc Lieu, was married July 21, 2007 in Iowa City, Iowa.

Thank You: The Center would like to thank Champaign-Urbana Jewish Federation for it's grant to the Center. It is due to the help of our friends that we are able to provide services, so Thank You.

New Arrivals: Welcome *Yusit, Dilara, and Vagit Salimov*. Mr. & Mrs Salimov and their son Vagit arrived May 26th from Azerbaijan.

Citizenship: Congratulations *Justina Sayon* and *Lam Sinh* on passing the citizenship test.

Center Request: The Center is trying to update it records and add email addresses to its files. If your (or a family member's) address has changed could you please notify us of your new mailing address. Also we are looking for email addresses to add to our records so if you have an email address you would be willing to share please call (344-8455) or email it to ecirmac at hotmail.com. Thank you.