I t's summer and sports are in full swing. Be cautious about pushing youngsters to compete with older, larger kids in sports competition levels where they are not physically matched, even if their skills are. Smaller kids are more susceptible to getting the short end of the stick, with a higher risk of injury in contact or collisions. Growth plates at the ends of long bones in young teens are also more prone to injury because they aren’t as completely developed as they are in older teens.

Important notice: Information in FrontLine Employee is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact an employee assistance or other qualified professional.
Most people know it’s important to have goals, but they don’t write them down. Those who do often neglect to describe them in detail. As a result, people remain frustrated with only vague longings and desires that never materialize. Because they have not put their goals down on the page, they have found it difficult to formulate the steps necessary to achieve them. Here’s an exercise worth trying: After specifying your goal, make it specific. Decide what, when, where, how much, etc. Now, work backward to formulate your steps. For example, if your goal is to buy a house, what must happen before you can do it? You need a date, of course. So decide on the date you will buy your house. Keep going—what comes before that? You need to choose a house. And before that, you need a real estate agent. And before that, you need to qualify for a loan. And before that, what must happen? Keep going backward, asking, “Before event X, what must occur?” You will uncover the numerous incremental steps required to achieve your goal. The more steps you write down, the more attainable your goal will become. Each step is likely to be more manageable. This approach to goal attainment establishes a realistic timeline, which is essential to your success. This procedure also transforms your longings and desires into specific, measurable, attainable, realistic, and time-specific goals. Watch your excitement mount. It will fuel your energy and your intention to achieve what you want.

Congratulations on graduating from college. Yes, you may have been in school since age five, but don’t dismiss the idea of an advanced degree and graduate school just yet. Examine the benefits and upside arguments. You’re beyond basic course requirements, so graduate courses are almost entirely those that interest you, which means they’re almost always more fun. It’s often easier to get good grades in graduate school, and research shows irrefutably that you will probably earn more money later in your career. Plenty of scholarships and grants are out there, and most master’s degree programs require only two more years of school!