



m APPRENTICESHIP WORKS
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SHARE THE BENEFITS OF APPRENTICESHIP

Know someone interested in becoming an apprentice? Or an employer who wants to start an apprenticeship program? Information and resources are available at apprenticeshipmn.com.

CELEBRATE NATIONAL APPRENTICESHIP WEEK 2021

Apprenticeship Week – Nov. 15 to 21, 2021 – is an opportunity for the apprenticeship community to tell their stories about registered apprenticeship and share with businesses, industry, labor, education, career-seekers, community-based organizations, students and workers the advantages of developing careers through adoption of the apprenticeship model.



NATIONAL APPRENTICESHIP WEEK 2021

FEATURED STORIES



3 NAVY VETERAN TRANSITIONS TO APPRENTICESHIP PROGRAM



4 CONGRATULATIONS TO THE NEWEST APPRENTICESHIP GRADUATES

Apprenticeship Week events:

- Nov. 15: School Counselor Association Fall Conference
- Nov. 16: Virtual Apprenticeship Panel and Career Fair
- Nov. 16: Buhler, Inc. Open House
- Nov. 16: Boilermakers Local Lodge 647 Open House
- Nov. 17: Construct Tomorrow, Mankato
- Nov. 18: Virtual Panel for School Counselors, Educators
- Nov. 18: Apprenticeship and Veterans Resources Panel
- Nov. 19: Ramsey County Green Jobs, Green Futures Summit

Visit www.dli.mn.gov/NAW to register for events, see featured apprentices and sponsors and more throughout the week.

College not for you? There's another route toward a financially secure future... apprenticeships!

High school graduates can use an apprenticeship as a pathway to certain long-term careers that don't require four-year degrees. Careers to choose from might include:

- Skilled trades, such as construction, carpentry, or plumbing
- Information technology
- Communication
- Transportation
- Energy
- Banking and finance
- Advanced manufacturing
- Healthcare
- Sales and marketing
- Hospitality
- Business and management

An apprenticeship is a job and a learning experience. You're able to gain skills and qualifications for long-term employment while still earning a decent wage to cover your bills and begin your independent life. You're also rewarded for your progress as you move through the program. As you improve your skills, your pay typically increases. This is a motivator to keep you invested in your education and determined to achieve.

[Click here to learn more.](#)





Thoughts on Gratitude Reviewed by: [Mary L. Gavin, MD](#) and [Kids Behavioral Health Experts](#)

Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have.

Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, even computer access. It's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing. Tune in to the small everyday details of your life and **notice the good things** you might sometimes take for granted.

Try these ideas:

- **Each day, think of 3 things you are grateful for.** Nature. People. Community. Shelter. Creature comforts like a warm bed or a good meal. It's amazing what you notice when you focus on feeling grateful.
- **Start a gratitude journal.** Making a commitment to writing down good things each day makes it more likely that we will notice good things as they happen.
- **Practice gratitude rituals.** Some people say grace before a meal. Pausing in gratitude before eating doesn't have to be religious. It's a simple habit that helps us notice and appreciate the blessing of food on the table.

Once you're aware of the blessings of everyday life, the **next step is to savor them.**

There are moments when you naturally, right then and there, feel filled with gratitude. These are moments when you say to yourself, "Oh, wow, this is amazing!" or "How great is this!" Pause. Notice and absorb that feeling of true, genuine gratitude. Let it sink in. Soak it up. Savor your blessings in the moment they happen and **express gratitude.**

Expressing gratitude is more than courtesy, manners, or being polite. It's about showing your heartfelt appreciation. When you thank someone, you're also practicing the first two gratitude skills: you've noticed something good, and you've genuinely appreciated it.

Try this:

- **Show your appreciation to someone who did something nice.** Say: "It was really kind of you to...," "It really helped me out when you...," "You did me a big favor when...," "Thank you for listening when...," "I really appreciated it when you taught me...," or "Thank you for being there when...." You also can write your gratitude in a letter.
- **Express gratitude by doing a kindness.** Gratitude might inspire you to return a favor, or act with kindness or thoughtfulness. Or you might see a situation when you can "pay it forward." Hold the door open for the person behind you, even if it means waiting a little longer than you normally would. Do someone else's chores without letting the person find out it was you. Notice how you feel afterward!
- **Tell the people in your life how you feel, what they mean to you.** You don't have to be mushy or over-the-top. We all have our own style. But if you say what you feel in the right tone at the right moment, even a simple, "Mom, good dinner. Thanks!" means a lot.

True gratitude doesn't leave you feeling like you owe other people something — after all, if you've done someone a favor, you probably don't want the person to feel like you expect something back in return. It's all about feeling good and creating a cycle of good. We can use lots of words to describe feelings of gratitude: We might say we feel thankful, lucky, fortunate, humbled, or blessed.

Gratitude doesn't just *feel* good. **Making a habit of gratitude can also be good for us.** Like other positive emotions, feeling grateful on a regular basis can have a big effect on our lives. Brain research shows that positive emotions are good for our bodies, minds, and brains.

- **Positive emotions open us up to more possibilities.** They boost our ability to learn and make good decisions.
- **Positive emotions balance out negative emotions.** People who often feel grateful and appreciative are happier, less stressed, and less depressed. Gratitude is like a U-turn on complaining or thinking about what we don't have.
- **One positive emotion often leads to another.** When we feel grateful, we might also feel happy, calm, joyful, or loving.
- **Gratitude can lead to positive actions.** When we feel grateful for someone's kindness toward us, we may be more likely to do a kindness in return. Your gratitude also can have a positive effect on someone else's actions. Thanking people can make it more likely they'll do a kindness again.
- **Gratitude helps us build better relationships.** When we feel and express heartfelt gratitude and appreciation to people in our lives, it creates loving bonds, builds trust, and helps you feel closer.

When we make it a habit to feel grateful, it makes us more aware of good things as they happen.

Build a Gratitude Habit

Sometimes, feelings of gratitude happen spontaneously. But we also can create feelings of gratitude by deliberately counting our blessings.

You can build a habit of counting blessings just by paying attention each day to things you're glad to have in your life. Slow down and notice what's around you. For example: "Wow, the sky is beautiful today! What an incredible world we live in," or, "There's Sara! It was so nice of her to help me yesterday."

Noticing the things you're grateful for is just the first step in building a gratitude habit, but you can try other things too, like taking the time to thank people or pausing to appreciate a star-filled sky. Start now. What's good about this moment?