



PARTICIPANT INFORMATION FORM

The DREAM IT, BE IT program can help you make your dreams a reality!

Are you a high school girl interested in going to college? Do you want guidance on how to set and achieve your career goals? Would you like access to professional role models and mentors? Get the resources you need to plan your future through the Soroptimist Dream It, Be It: Career Support for Girls program.

Soroptimist International of Visalia in partnership with United Way of Tulare County will host 2 half-day conferences for high school age girls to provide with career guidance, mentorship, and resources to help them be successful. They will be presented on October 20, 2018 and January 19, 2019 from 1-5 p.m. at 210 Café, 210 Center St, Visalia. During these interactive workshop sessions, the following topics will be covered:

- Discovering your dreams
- Exploring careers
- Creating achievable goals
- Rising above obstacles
- Turning failure into success
- Balancing your stress
- Putting dreams into action

Because we don't expect that all girls will know what they want to do for the rest of their lives and we also know that plans change, the skills developed by attending these workshops can be applied to any goals you identify throughout their education and careers. You will also have the opportunity to speak with working women each session and perhaps arrange a mentorship with a woman whose career interests you.

Girls and their parents/guardians can learn more about the Dream It, Be It program by visiting <http://www.soroptimist.org> or contacting Mary Ontiveros at ontiveros.mary@yahoo.com or call or text to 559 303-3881.

If you would like to participate, please complete the attached Participant Information Form and return it to Mary Ontiveros at Soroptimist International of Visalia, P.O Box 747, Visalia, CA 93279 by October 15, 2018





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Name: _____

Parent: _____

Address: _____

Phone: Home: _____ Cell: _____

Email: _____

School: _____

Grade Level: _____