



**Beyond the
Yellow Ribbon**



Minnesota Military Teen Panel Quarterly News

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Teen Panel [here](#).

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Goal Setting

Goal setting is a skill everyone should have. Here is a quick crash course in goal setting. Use the acronym S.M.A.R.T goals. It's a good basic tool to help you come up with and achieve goals. The S stands for specific, M for measurable, A for attainable, R for realistic, and T for time bound

Specific- means knowing what you want, when you want it and how you will get it. The best way to remember the steps is the 5 W's. Who, What, When, Where, Why and How.

Measurable- know if the goal is obtainable and how far away till completion. How can you measure your goal besides keeping track of time?

Attainable- If your goal is attainable it will be in agreement of all the stakeholders what the goals can be

Teen Spotlights

Senior Spotlight:



Bailey Trickel

Senior Teen Panel Member

I am graduating from St. James High School. My plan for the future are to play college basketball for 2 years while getting my surgical technicians degree then either go further into a specific surgical team or possible become a surgeon. Then later on join the military. My favorite Teen Panel memory was getting to know everyone and playing all fun games at meetings and sharing funny stories!

My Favorite Summit memory is when Moriah and I had 4 flight delays to the Illinois Summit then lost my luggage and didn't get it back til 1 a.m. Then on our way home had 2 flight delays and almost boarded separate planes!

For my future goals I just want to work in the surgical field and help people everyday that I can! I've gained so much from being on the teen panel. From having dinner etiquette to learning how to relieve stress to even figuring out what I wanted to do with my life. Being on the panel has taught me to be confident in myself and my skills. I've learned tons of things from being on the panel but what I liked most was knowing that there were kids like me who had parents in the military and know how our way of life works. I come from a small town where I was one of the only kids who had a parent actively in the military and kid never understand my way of life. So having the panel really opened my eyes and I can't thank them

Realistic- with the time and resources around you will you be able to complete your goal in a realistic manner? Is it possible to go to the moon by age 17? Probably not so that goal wouldn't be realistic

Time bound- Is your goal short term, medium term or long term. Short term goals are goals you can accomplish in a short amount of time and it motivates you to move towards bigger goals. Medium term goals that you can't accomplish within a month but you can maybe reach before the year ends. Long term goals are the final goal you work for and will take time reaching little goals to get you till this big goal.

Your goal should fit into these categories. Is your goal possible? If someone asked you about your goals will you be able to answer in confidence? Hopefully with this new tool you will be able to!

By: Cailey Isaacson-Teen Panel Members

2016 Teen Summit

The 2016 Military Teen Summit is nearly here! In honor of the big event in Brazil this summer, the theme this year is the Olympics with a focus on the power of coming together. Olympic athletes need to possess values like integrity, dedication, and loyalty to their country: just like service members. At this summit, teens will participate in group activities under team names Brazil, South Korea, France, and Australia to embrace the spirit of different people coming together to celebrate something great, like the Olympics. The Minnesota Military Teen Panel wants to stress the importance of these values and how they lead to success. Ultimately the friendships developed and the experiences had by the teens will be better than any gold medal.

At this year's Military Teen Summit, we plan on making it a priority to get teens out of their comfort zone and getting to know each other better than the past years. We plan on accomplishing that by having different activities and workshops that involve problem solving, such as the Eiffel tower building challenge. In this challenge, everyone will be split up into small groups and be given materials to build the highest Eiffel Tower they can without it falling down. This will make everyone have to talk and work together in order to have a successful tower made. In order to get everyone out of their

enough for giving me this great opportunity over the years.



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comfort zones and more comfortable with everybody we plan on having more icebreakers that involves everybody having a part in it. Such as *Olympic Charades*, since our theme involves the Olympics we figured out a way to construct the Olympics with the classic game of charades. Another icebreaker we plan on having is called the *Faith Trust Walk*, this involves all the teens splitting up into two groups, and picking one person of the group to be blindfolded while everyone directs them to their destination, but the catch is that everyone has to direct the blindfolded person through a obstacle course with objects that will be placed on the floor. We The Teen Panel believe we will have a successful summit, and make unforgettable moments with everybody.

By: Dietrick Flemister and Cate Zenzen Teen Panel Member

2016 Month of the Military Child Recap

Purple up! April was the month of the military child. There were lots of things to do. Some teens volunteered and went to the Mall of America for the Purple Up at Mall of America event. "Purple up was great," said one of the teens named Emma, who is a military teen. Emma helped kids draw and encouraged other kids to join an art contest. She talked with other families and other teens like her and in the end she helped with the raffle.

Another Teen panel member Dietrick Said" I liked the Mall of America I got to take my little brother with me and we had lots of fun. We got free wristbands for rides, my little brother got a teddy bear and we had free popcorn. And at the end we had time to relax and get some refreshments and chat with other military families".

By: Tyler Cromwell-Teen Panel Member



Favorite Summer Activities

The summer is almost here and the Teens are getting excited! Some of the Teens have busy summers here are some of the things they are doing. Cailey is excited to play some kickball and some out door sports with this great weather! She is also excited to go to the beach and have some sun time. Tyler has some baseball tournaments he's excited to participate in. Ariana has many camps she is going to, lake trails is one of her favorite opportunity. She's excited for having enough free time for the state fair and valley fair. Cate is ready for tubing on the river, if she's not to busy working at the Red Wing Confectionary. Emma like to run cross country and go to her cabin, just have some free time. Dietrick is looking forward to going on vacation to Orland Florida.

-AJ Steinmetz, Teen Panel Member