

PRISON ENTREPRENEURSHIP PROGRAM

CHRONICLE



TIPS ON STUDYING



A sneak peek of
**KICK-OFF
EVENT**



**DO YOU HAVE
TABLE MANNERS?**



ETIQUETTE NIGHT

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Working hard
BEHIND THE SCENES...

Tips On Studying



Michael G. AKA Baby Simba

Now I'm not a master of studying, nor am I the smartest individual. However, after being incarcerated for seven years and attaining my GED, Associates degree, two vocations, multiple higher learning classes and let's not forget PEP. I have attempted to utilize different study techniques and habits, which has led me to realize the ones that actually work.



1. Study Early— The first hours of your day are the most important hours, because it's when you retain the most information. Your brain is fresh and should be fully rested. When you try to study in the evenings or 8-10 hours after you started your day; your mind is already drained and tired, which will leave you less likely to remember something you're learning.

2. Regular Sleep Schedule— Have you ever tried to complete any task with a limited amount of sleep? What happens? You're never able to give it 100% effort, because you didn't start with 100%, so how could you expect to try and memorize information with a lack of sleep. Attempt to get 6-8 hours of rest every night; going to bed at a reasonable time and waking up at a reasonable time. Not only is this important for learning, but it's also good habits to create for when you rejoin society and the workforce.



3. Write down what you learn— When you're in college, or any class for that matter; one of the best things you can do is take notes, because it subconsciously stores the information in your mind more easily, when not only are you retaining information by hearing it, but by writing it down too; reinforcing the memory.

4. Additional study material— three keys to successful studying: flashcards, flashcards and flashcards. I can't begin to express just how valuable flashcards are to studying. And I'm not talking about using someone else's flashcards. Make sure you make them yourself, because it causes your brain to see the same information in different forms. Flashcards also create convenience; if you have to go to medical, or on chain. A stack of flashcards can easily fit into your pocket, so when you find some random down-time all you have to do is reach into your pocket and VOILA! Boredom solved!



5. Paying it forward— It is said that you retain 30% of what you hear, 40% of what you write, 60% of what you read and 90% of what you teach. When I became a Teacher's aide back in 2012, I was somewhat familiar with the GED curriculum, but as I began to tutor other students, I found that the information I was teaching became like the back of my hand. I knew formulas forward and backwards. I could recite the text in my sleep, but do you know why? Because it takes more brain power to teach something, than it is to simply learn it yourself; therefore, attempt to study information by assisting someone else that's trying to learn the same information; See how much quicker you obtain and contain it.

The Vision for the Future

As a soldier of spring '18, graduating class was an honor. After nine months of hard work and many days of studying, it all payed off. The journey that I am in has just begun. PEP has been an eye opener for me that its not too late and that there are people who not only believe in us but are willing to help us to succeed in life.

Upon my release I will be using a PEP transitional house to adapt back into society. I will use the resources available to obtain a CDL that will give me experience in a field that is demand for owner operators. I will then seek to eventually get my own truck after getting experience in this industry. My five year plan will be to have three trucks generating a positive income. I will be looking to hire PEP graduates who also have a dream to be an owner operator as well.

By the time I hit my 10th year I will be looking to have a fleet of PEP has opened a lot of doors for me and that was just the beginning to become a entrepreneur myself. Not only do I believe in this to those who want to change. As for me change is a must and PEP full potential thanks to PEP I will soon be success story. Till next your eyes on the prize. Anything worth having is worth working



Jason C. AKA Peaches

10 trucks on the road. ning ,and it has inspired program I recommend it helped me unlock my time current class, keep for.



Roland T. AKA Sweet Peter Griffin

I want to say thank you vision into focus. I vision. I will begin by tion, Ill be combining changed the name of Christian based compa- Romans 11:17-18 talks

to all of my brother here in PEP. ALL of you have helped bring my know upon my release I will be able to successfully accomplish my rebuilding the landscaping business I had before my incarceration- my passion for landscaping with my passion for helping others. I my business to Engrafted Branches Landscaping. I'm building a ny and I feel the name expresses what Christ has done in my life. of a wild olive branch being in grafted into a cultivated olive tree.

Christ has taken me and grafted me back into society. So my vision is to give back to Christ and society by helping others who are struggling to change their lives by offering them a second chance. I don't want to just give someone a job I want to provide someone the opportunity to change. I want to help revitalize my community with a program of change while placing an emphasis on quality landscaping I am 56 years of age and I wont be able to climb trees forever. With properly trained managers and crews I'll be able to pursue another dream of mine which is to open a small restaurant and operate both businesses with the same Christian values. This may sound like a lot, but I refuse to just sit around; Instead, I will take an action, set goals, follow my dream and live out my vision.

For my PEP brothers who doubt the process, I want to say that I was a very terrible person that didn't have any manners, principals, respect, goals or love. I didn't have a future because I didn't love myself. I always thought I was a good person but I was miserable inside. So I decided to live a life of violence. I wanted to make other people's lives miserable. Now that I have the blessing of being a part of PEP, I can say that my life has changed for the better. Looking back, I can see how stupid and foolish I was. PEP has pushed me hard to investigate what I really wanted in life. PEP has taught me how to love myself and others. It made me realize how smart I am. It has helped me to realize my dreams. I must fight very hard to reach my goals no matter how hard it is. I am going to make it. My motivation is my wife Wendy and my beautiful daughter Destiny.



ALFREDO R.. AKA STRAWBERRY FANTA

Topic of the month

Looking back

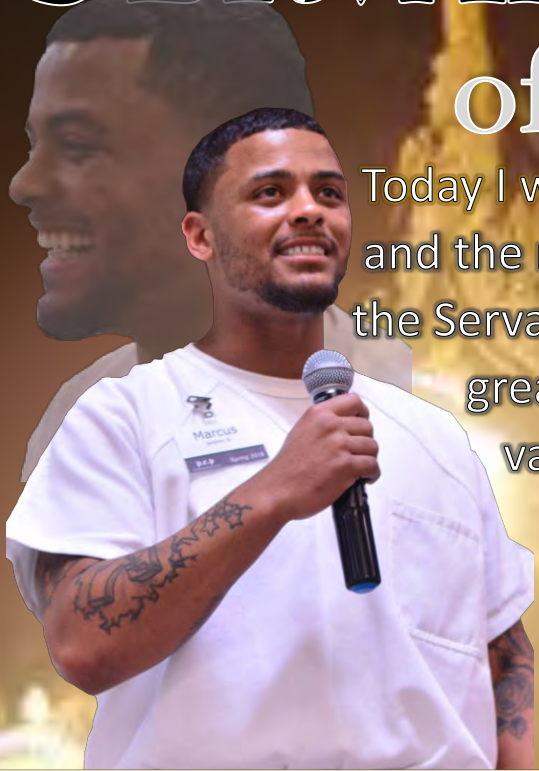
We all come to a point in our lives when we reflect back upon a time where we were at our best or worst, but what matters is that we use those moments to help shape the future in where we are heading. When you look back at your life, do you have things that you've accomplished that's worth saying; "Yeah, I did that"? You're never too young nor too old to stop learning. Let every moment become a learning experience and an opportunity to better yourself. This will provide your family and community to reap the benefits of your leadership. Don't grow old and not have anything pleasant to remember...



JAVIER M. AKA **Baby Cakes**



SERVANT- LEADER of the month



Today I write about one of the many servant leaders and the reason being; to congratulate him for being the Servant- Leader of the Month. Marcus J. puts great efforts into seeing others succeed by motivating them and pushing people to achieve new things in life. I, like many others, have personally been motivated by this individual. Marcus has been like an advisor/mentor to me in this new step I've taken. Things I con-

Marcus J. AKA Honey Dew

sidered to be hard as an entrepreneur, he's made simple by showing me step by step. Although we are taught about it in class and have books to study with, he takes the time in asking or answering the questions that we may still have. We have practiced our pitches, toast masters speeches and finances with his help in correcting any mistakes and adjusting things. Even how to get started! Now we feel confident in our presentations. Marcus has also given us knowledge, names of many books, and things to read in order to receive more information to expand. One thing Marcus has always told me is never tell yourself, "I can't do it", instead ask yourself, "how can I do it?" Marcus is more than just a good leader; he is a good friend to us, and for that I congratulate him on being Servant –Leader of the Month...



Daniel C. AKA Ernie