

The Benefits of Summer Jobs for Teens

According to findings from the Youth Development Study, youth build human capital during high school through education and work experience. The Youth Development Study (YDS) was initiated more than 20 years ago in an attempt to address the controversies surrounding adolescent employment. Teens were surveyed during all 4 years of high school and beyond.

Working can be good for youth. It provides an opportunity to explore careers, learn time management, and practice money management skills.

Job Search Skills – Give your child these tips for finding a job: Be neat with your appearance and your job application. Dress for the job you're seeking. Ask people before listing them as references. Tell friends and acquaintances that you're looking for a job. Post it on your Facebook page.

Volunteer Opportunities – If your child doesn't need the income or if she can't find the job she wants, volunteering is another option. It can be a great way to learn about a career field. Volunteer work looks great on a resume or college application and can help your child get a job in the future. As an added bonus, volunteering contributes to personal growth and increases feelings of well-being.

Financial Goals – Guide your child in setting financial goals for the income they will earn. The basic guideline is spend/save/share. Spend no more than 80% of your income. Set aside 10% for charitable giving or gifts. Save at least 10%. Always remember that it's okay to save more. In fact, saving may be the biggest budget category. Often, teens are saving for a big ticket item like college or a car. They may even want to invest part of their income. Investing at an early age allows plenty of time for money to grow

The Youth Development Study continues to examine the consequences of work and other formative experiences in adolescence for the transition to adulthood, Read more about the Youth Development Study at:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2936460/pdf/nihms220511.pdf>

The Cooperative Extension Service is your source for reliable, research-based information to improve quality of life. Discover the latest recommendations for creating a spending plan, managing credit, building your savings and investing for the future. Learn more at www.uaex.edu.

Laura Connerly, Ph. D.

Assistant Professor – Family and Consumer Economics

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.