



## Teen DOs and DON'Ts for a Successful Summer

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Summer is almost here! Teens across America are getting ready to trade in their notebooks and calculators for some much-needed tank tops and flip flops. The only problem with those long, lazy days of summer is that they fly by before you know it. “The best way to maximize your summer is to get some needed rest, recharge your batteries, and be ready to hit the ground running this fall,” says 19-year-old national radio personality and teen advocate, **Chelsea Krost**. The young teen advocate addresses many of these topics on her weekly radio show *Teen Talk Live*, which broadcasts live on TeenTalkLive.net.

Below, Chelsea lays out some essential DO's and DON'Ts for the most successful summer yet:

### **DO find a summer job that suits you**

o **Before sending out your summer job applications, figure out what interests you.** “If you get stuck with a job you hate, you’re going to be miserable all summer,” Chelsea advises. Interested in working with kids? Consider a job as a camp counselor or nanny. Enjoy competition? Many retail jobs offer commission-based pay that will keep you motivated to do your best. “Most teens don’t have financial concerns and job issues, so it’s best to find a job that makes you happy -- the extra dough in your pocket won’t hurt either!”

o **For the real go-getter, you can even use this summer to get an internship,** which can be paid or unpaid, but offers invaluable experience.

### **DON'T let the summer fry your brain**

o **Use the down-time to explore different activities and hobbies.** Sure, summer time doesn’t require long hours of studying and test-taking, but it can’t hurt to learn a thing or two during your time away from school. Many local fire departments offer courses to get you certified in CPR and first aid, for example. You could even take a speed reading or a cooking class at a local community college.

o **Completing skill-enhancing programs is a great way to set you apart from others.** You’ll thank yourself later when you apply for a real job! “Extracurricular activities and special certificates are great résumé boosters, which are essential in today’s competitive age,” says Chelsea. Improving basic life skills will give you a sense of accomplishment and help keep your brain running until the fall rolls back around.

### **DO stay in shape by bringing out the kid in you**

o **“Just because you’ve grown out of your childhood games doesn’t mean you can’t play outside,” says Chelsea.** The warm weather allows for more physical activity than usual, so take advantage of the heat by meeting up with friends for a pick-up game of soccer or joining a summer softball league.

o **Exercising outside is also a great way to relieve stress.** For those who enjoy working out alone, a fun hike or a long run in the park always leaves you feeling energized. “The summer is all about relaxing and having fun,” says Chelsea, so what better way to do so than with a little running around?

### **DON'T let the sun get the best of your health**

o **The new rule of sun protection is to seek the shade.** Many doctors and dermatologists admit that it may not be feasible to apply sun block every 15 minutes of the day or to cover up in the scorching heat, so if

you find yourself outside for more than twenty minutes without it, look for a tree or an umbrella to shield yourself from the sun's damaging rays.

o **Just one burn increases the chance of skin cancer by 50%.** "Most teens don't worry about sun damage and wrinkles, but the truth is most of the harm caused by the sun occurs before age 30," Chelsea warns. Go out and enjoy the weather, but stay safe! Exercise, a moderate caffeine intake, and a healthy diet can also help prevent sun damage.

#### **DO spend some time with Mom and Dad**

o **"A great way to appease your parents and keep them on your good side is to spend a little quality time with them," suggests Chelsea.** Gone are the days of early bedtimes and family vacations to Disney World. While you may be enjoying your newfound independence, with a new job or a driver's license, Mom and Dad may not be so pleased. If your dad digs a good work-out, why not join him on a bike ride around town? You can bet Mom would also enjoy your company while she gardens or tidies up the house.

o **You may not realize it, but these small gestures mean a lot to parents.** By checking in with them on a regular basis, you can help them worry less, especially if your parents are strict. Chelsea says, "Better relationships with your parents can only mean good things for you, particularly in the curfew, allowance, and dating department!"

#### **Meet Chelsea Krost**

*In March 2008, at the age of seventeen, Chelsea created the radio show Teen Talk Live with Chelsea Krost where, as the show's writer, producer, and host, she researches show topics and features a rotating panel of teenagers and experts to discuss prevalent teen and young adult issues. In January 2009, Chelsea traveled to Washington, DC, as the exclusive teen journalist for a non-profit group to cover the inauguration of President Obama, where she interviewed several political greats. Chelsea also reported live from the CNN building with Florida news anchor Suzanne Boyd. In the summer of 2009, Chelsea coordinated a philanthropic Teen Talk Live "Mission to Africa," traveling to Nairobi, Kenya, in conjunction with organizations including Kotex® and Delta Air Lines to hand-deliver hundreds of feminine hygiene product donations. As the exclusive teen correspondent for the local Florida CBS and Fox affiliates, Chelsea documented her compelling mission for a special four-part television series that aired throughout the month of July and was also highlighted on a segment on Bravo's Split Ends.*

*The excitement continues in 2010 as Chelsea recently became the millennial spokesperson for Kotex® and was featured on The Tyra Banks Show. She was also awarded the Teen Image Award by M-Now Magazine for her outstanding philanthropic contributions and for acting as a role model who provides a positive and informative teen voice through her radio show. Recently, Chelsea interviewed season six American Idol winner Jordin Sparks about her busy career at an SOS Children's Villages event, which aired on local CBS and Fox affiliates following American Idol. In March, Chelsea hosted the 2010 Future Stars Awards in Boca Raton, which aired on local CBS and FOX affiliates. Chelsea is also currently writing a book about teen issues, which is scheduled to be released this summer. She is currently a Broadcast Journalism major at Marymount Manhattan College and hosts Teen Talk Live from New York City on LATalkRadio.com and TeenTalkLive.net every Wednesday at 7p.m. Chelsea continues to report on topics facing today's teens and young adults, in addition to focusing on a new angle -- leaving the nest, starting college and adapting to big city life.*