

REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

www.fairshake.net

This Reentry Packet has been customized for: aasdas

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Fair Shake's (large and growing!) webpage for you: (I hope you will help me build it and make it more effective!)

Formerly and Currently Incarcerated People



outreach[at]fairshake(dot)net

Are you ready to get a fair shake? We exist to support your successful transition! Fair Shake is like a reentry hardware store: we have tools, resources and information to support you as you build your new life, including bridges of trust with your family, employers, property managers and the community.

Remember, many of America's most highly treasured stories are those involving redemption and pulling ourselves out of tough situations to create meaningful and fulfilling lives. This can be your story!

For those of you who are currently incarcerated and are able to email us, you can request a reentry packet, ask questions or send comments and suggestions to

- Motivation Tips
- Culture Shock
- How To Watch TV
- Ubuntu: Building Social Fabric

- Transition Tips
- Educate Yourself
- Gratitude

Tax FAQ's from the IRS

- Get Right With Your Taxes

For Parents

It's important to stay connected!

- Children of Incarcerated Parents – Bill of Rights
- Children of Incarcerated Parents' Library
- Biblioteca sobre niños de presos
- Prison Parenting Programs – May 2016

Sesame Street: On Incarceration

- Tips for Incarcerated Parents
- Little Children, Big Challenges
- Tips for Caregivers

Can you change your child support order?

- State by State Guide
- Changing a Child Support Order

Improve Your Financial Outlook!

Check out the Money Management page!

- Improve your Credit Score
- Build a Budget Worksheet

InCharge Debt Solutions

InCharge offers a free credit counseling service that provides help with budgeting, solutions for becoming debt free and tips to successfully manage your money. The goal of credit counseling is to provide a solution that helps you achieve debt relief and get on a financially healthy path. The service can be done over the phone or online.

You may be able to:

- Lower your interest rates
- Reduce monthly payments
- Credit scores are not a factor
- Eliminate fees and over-limit charges
- Stop harassing calls from debt collectors
- Consolidate credit bills into one monthly payment
- Build a realistic budget and financial plan you can follow

InCharge Debt Solutions
5750 Major Blvd, Suite 300
Orlando, FL 32819

Mental and Physical Health

Visit the Swellness Page!

<https://www.fairshake.net/swellness/>

Physical Health Page (just getting started!)

Help Yourself Therapy.com

HelpYourselfTherapy.com is a website that offers free, confidential, practical advice from a therapist. The Self-Therapy model is easy to understand and self-disclosure is never needed. Everything is completely confidential. Click on the link below to view the list of topics from the website.
<http://helpyourselftherapy.com/topics/index.html>

Voting Rights

Voting rights vary from state to state. In two states, Maine and Vermont, incarcerated people can vote in prison. In all other states people in prison lose their voting rights all together. Voting rights are automatically reinstated at various times throughout the completion of the sentence. There are no longer any states with a lifetime voting ban!

According to The Sentencing Project, felony disenfranchisement (the loss of voting and other civil rights) is an obstacle to participation in democratic life which is exacerbated by racial disparities in the criminal justice system (and creates) a disproportionate impact on communities of color.

To find out more, please visit The Sentencing Project:

<https://www.sentencingproject.org/issues/felony-disenfranchisement/>

NATIONAL INVENTORY OF THE COLLATERAL CONSEQUENCES OF CONVICTION

Collateral Consequences of a Criminal Conviction

Collateral consequences are legal and regulatory sanctions and restrictions that limit or prohibit people with criminal records from accessing employment, occupational licensing, housing, voting, education, and other opportunities of a criminal conviction... This state / national resource is now a project of the Council of State Governments.

Website: <https://nicc.org/justicecenter.org/>

Employment

Looking for information to help you find a job? Check out our Find A Job page!
If you're getting ready to apply or interview, check out our Prepare For Work page!

New to Computers?

Need help with your computer skills? Learn more about using your computer on our Building Computer Skills page!
Keep your documents safe(ish) in the cloud!

- Google online storage

Educate Yourself!

Need more math skills? Concerned about your grammar? Looking to pick up more knowledge or skills? Visit our Educate Yourself page.

List of correspondence schools that offer paper-based formats:

- Correspondence Schools

Financial Aid

Federal Student Aid Information Center
P.O. Box 84
Washington, D.C. 20044
1-800-433-3243
<https://studentaid.ed.gov/sai/>



Education not found in school:

The School of Life

The School of Life explores unconventional education to assist people in the quest for a more fulfilled life.

Watch the introduction video here ->

Here are some topics we thought might interest you:

Self: https://www.youtube.com/watch?v=PLwLwM28XmpcOvZ_AZJD7VM2p9-6N8v

Relationships: https://www.youtube.com/watch?v=PLwLwM28XmpcOvZ_AZJD7VM2p9-6N8v

Work + Capitalism: https://www.youtube.com/watch?v=PLwLwM28XmpcOvZ_AZJD7VM2p9-6N8v

You can find more on the School of Life on the Educate Yourself page!

Fair Shake Reentry Packet



Our Reentry Packet is loaded with reentry information including tools and materials for building bridges of transformation and trust.

- Fair Shake Reentry Packet

Choose Your Perspective

You have the right to Choose Your Perspective regardless of what you may encounter in life. For further insight and documents by other authors, view our Choose Your Perspective page at <https://www.fairshake.net/reentry-resources/choose-your-perspective/>

- Swellness
- Managing Anger
- Handling Frustration
- Dealing with Rejection
- Working Through Depression
- Resisting Influence

Fair Shake Resource Directory

Find food, employment training, free stuff, housing, health care, family support, and nearly 15,000 resources and 400 reentry publications and links in our FREE Resource Directory!

RZero

<http://rzero.org/>
The RZero Solution resulted by compiling hard-won wisdom from those living through the difficult and often confusing experience of incarceration. FREE Resource Database! <http://rzero.org/resource-database-2>

2-1-1

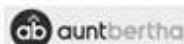
A FREE national resource service available by phone or internet to help folks in need find resources they seek. 24 hours a day, 7 days a week. They list resources for food, shelter, employment, education, housing, mental and physical health, specific services for veterans, special needs and reentry, a safe path out of physical and/or emotional abuse. A service of United Way. www.211.org

CALL 2-1-1
United Way

Aunt Bertha

<https://company.auntbertha.com/>

Search for free or reduced cost services like medical care, food, job training, and more. Too many Americans are suffering, and they don't need to. We created a social care network that connects people and programs – making it easy for people to find social services in their communities, for nonprofits to coordinate their efforts, and for customers to integrate social care into their work.



Vital Documents

- Social Security
- Supplemental Security Income
- What Prisoners Need to Know
- More Publications

Social Security Card

<https://www.ssa.gov/numbers/>

[social-security-card-info.pdf](https://www.ssa.gov/numbers/)

This is the ss-5 form.

<https://www.socialsecurity.gov/forms/ss-5.pdf>

[social-security-card-form-ss-5.pdf](https://www.ssa.gov/numbers/)

Write For Vital Records – All States

Certificates of Birth, Death, Marriage, Divorce

<http://www.cdc.gov/nchs/w2w.htm>

[vital-records.pdf](https://www.cdc.gov/nchs/w2w.htm)

DMV Request Outline:

There are many reasons you may wish to write to the Department of Motor Vehicles (DMV) to request relief. Perhaps you have very old parking tickets, or your license was suspended, et al. You may find some leniency from the DMV to help you drive again, especially to get to work. This form has been created by folks in the FCI Sandstone Career Resource Center and is meant to be used as a template or outline for you to use to create your own.

DMV Change Request Outline

Fair Shake Peer Learning / Self Study Guides

A Self-Study/Workshop Guide for groups and individuals and we would like your input in order to create the most effective material.

Peer Learning / Self Study Guides

Fair Shake Inside Enews

Read the newsletters here

Sign up at outreach@fairshake.net

Looking for Books?

Check out our Free Books Programs page!

For Veterans

<https://www.fairshake.net/veterans-page/>

THANK YOU FOR YOUR SERVICE!



The veterans' page was created to assist veterans who have been incarcerated as well as their families. The programs and resources on this page can help reduce the pressures associated with reentry. Our hope is that you will find these resources helpful in providing relief as you face the challenges of finding and supporting an effective way of life after incarceration. Thank you for your service to our country.

The Transition Assistance Program (TAP) was established to meet the needs of veterans during their period of transition into civilian life by offering job-search assistance and related services. The guide books below were created specifically to support you by applying considerations from your service life to your job seeking. Check in with your local TAP program to find out about jobs that are available near you. To locate your local support office, click on this link:

<http://www.benefits.va.gov/vowtap.asp>

Personal Appraisal & Career Exploration

Job Search Strategies & Interviews

Reviewing Job Offers & Support and Assistance

Become a Fair Shake Member!

- Personal Web Page
- Data Storage
- Save your Resources
- Tutorials

Become a Member, it's FREE!



Click to play video



Housing

We receive very little housing information, especially on a national scale. Recently, however, the two-part document came to us from a HUD representative. So began my attempt to connect you to HUD.

- HUD regional locations

Two Part Reentry HUD Housing Request

Since HUD does not offer any documents (that I could find) of their locations (the book does not even offer office locations, only links and email addresses) please ask your people outside to investigate further.

U.S. Department of Housing and Urban Development
451 7th Street S.W.
Washington, DC 20410
Telephone: (202) 708-1112

<https://portal.hud.gov/hudportal/HUD>

HUD Programs

- Community Development Block Grants (CDBG) Program
- HOME Investment Partnership (HOME) Program
- Housing Choice Voucher Program (Section 8) at HUD
- Housing Choice Voucher Program (Section 8) at Benefits.gov
- Neighborhood Stabilization Program (NSP)
- Public Housing Programs
- Section 202 Supportive Housing for the Elderly Program
- Section 811 Supportive Housing for Persons with Disabilities

PREPARING FOR PAROLE?

You might want to consider the info in these

Parole Board Handbooks

Ohio Parole Board Handbook 2017

New Parole Board member (State, Federal, and Military) handbook

Educate Yourself!

The Internet can be used as a powerful tool for growth; you can teach and learn many things by yourself! Education serves many purposes, among them: to help us understand things and also to understand ourselves, to help us make connections and decisions, to show others we are capable; to name but a few.

Basic academic education is not the key to knowledge. Knowledge involves many facets to learning: academic, experience, learning about yourself and your values, listening, learning to live in society, and more. The key to knowledge works when we integrate all of the aspects to make decisions and set goals.

Fair Shake brings together many free, online self-directed education resources for you to engage in education!

Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family. ~ Kofi Annan

Traditional Education

Education Basics

Free support for learners through High School or GED

Higher Education

Free university level or professional development resources.

Non-Traditional

Life Skills

Tools for daily living, including finances, cooking, and creativity!

Employment Skills

Support from resume' building to professional development

Khan Academy: offers a library of over 3,500 videos which covers K-12 math, biology, chemistry, physics, the humanities, finance and history. Each video is approximately 10 minutes long. All materials and resources are free.



GCF Learn Free: Provides quality, innovative online learning opportunities to anyone who wants to be successful in both work and life. They believe there's freedom in the ability to learn what you want, when you want, regardless of your circumstances



Massachusetts Institute of Technology's free courses include materials from more than 2,000 courses, presenting virtually the entire curriculum of the Institute.



Coursera is an education platform that partners with top universities and organizations worldwide, to offer courses online for anyone to take, for free.



Academic Earth provides access to a world-class education and includes curated links to over 750 online courses and 8,500 individual online lectures, giving students of all ages unparalleled access to college courses they may otherwise never experience.



Codecademy is a great place to get started with programming! The lessons are very rewarding as your progress can encourage you with medals or allow you to post your progress on social media websites. The lessons are free; tests that offer certificates are available for purchase.



Acámica es el futuro de la educación superior en línea. A través de lo que llamamos microaprendizaje ramificado, ofrecemos cursos de calidad, accesibles, dinámicos e interactivos, que pueden ser tomados en cualquier lugar, en cualquier momento.



CLEP offers 33 Internet-Based Testing exams in five subject areas at over 1,800 college test centers, covering material taught in courses that you may generally take in your first two years of college. By passing a CLEP exam, you can earn 3 to 12 college credits. Exams cost \$80. There are text exams for you to use to prepare.



List of CLEP Exams: Match with OpenCourseWare Classes!

| | |
|---|--|
| American Literature | Western Civilization I: Ancient Near East to 1648 |
| Analyzing and Interpreting Literature | |
| College Composition and Modular English Literature | Western Civilization II: 1648 to the Present |
| Humanities Foreign Languages | Science and Mathematics |
| French Language (Levels 1 and 2) | Biology |
| German Language (Levels 1 and 2) | Calculus |
| Spanish Language (Levels 1 and 2) | Chemistry |
| History and Social Sciences | College Algebra |
| American Government | College Mathematics |
| Human Growth and Development | Natural Sciences |
| Intro to Educational Psychology | Pre-calculus |
| Introduction to Psychology | Business |
| Introduction to Sociology | Financial Accounting |
| Principles of Macroeconomics | Introductory Business Law |
| Principles of Microeconomics | Information Systems and Computer Applications |
| Social Sciences and History | Principles of Management |
| History of the United States I: Early Colonization to 1877 | Principles of Marketing |
| History of the United States II: 1865 to the Present | |

Mini Computer Guide

Keyboard Shortcuts - Usually the same on all computers... Macs have slight differences

| Windows | Mac OS | Linux | Action |
|------------|---------------|------------|---|
| Ctrl + A | ⌘ + A | Ctrl + A | Select all content |
| Ctrl + B | ⌘ + B | Ctrl + B | Bold selected text |
| Ctrl + C | ⌘ + C | Ctrl + C | Copy file or selected content |
| Ctrl + I | ⌘ + I | Ctrl + I | Italicize selected text |
| Ctrl + P | ⌘ + P | Ctrl + P | Print document |
| Ctrl + S | ⌘ + S | Ctrl + S | Save current page or work |
| Ctrl + U | ⌘ + I | Ctrl + U | Underline |
| Ctrl + V | ⌘ + V | Ctrl + V | Paste file or content |
| Ctrl + X | ⌘ + X | Ctrl + X | Cut file or content |
| Ctrl + Y | Shift + ⌘ + Y | Ctrl + Y | Redo, If you did an undo |
| Ctrl + Z | ⌘ + Z | Ctrl + Z | Undo last action, can be done many times |
| Alt + Tab | ⌘ + Tab | Alt + Tab | Shuffle through open programs |
| Tab | Tab | Tab | Use Tab as a quick way to move around forms |
| Shift + F3 | ⇧ + ⌘ + C | Shift + F3 | Change selected text to all capital letters, first letter capital or all lowercase. |

Email Warnings

1. Beware of SCAMS. Advice on Scams: Scambusters <http://www.scambusters.com/> gives information about how to avoid becoming a victim of identity theft, or of frauds such as pyramid selling, or money laundering scams. The Office of Fair Trading describes SCAMS as:








































Scheming Crafty Aggressive Malicious

Their advice is that "If it looks too good to be true it probably is!"

1. Nigerian "419" email fraud: These are emails from Africa offering to share huge sums of money with you if you let them use your bank to help them get their money out of the country. They ask for your bank account details and an administration fee. But it's a scam. If you comply and pay a small administration fee, then there'll be some complication and more money will be requested - again and again. The big money for you will never materialize. At worst you might get an invite to Africa where being held for ransom is a further threat.
2. Lotteries and Prize Draws: You may get emails saying you are a winner in an overseas lottery or prize draw and asking for your bank account details so that the cash can be transferred. You may also be asked to send money in order to claim your prize. These are scams.
3. Phishing: Many Internet fraudsters use a technique called "phishing" - sending out hoax emails, which look like they have come from your Bank or other online account such as Ebay Paypal. These often say that there has been a problem with unauthorized access to your account, or that you need to reconfirm your details for security reasons. Links in the email would take you to a page that could look like it belongs to your bank, where you will be asked to enter your passwords and personal information. If you followed these instructions and entered your details you would be enabling the fraudsters to access your accounts. It might be safer to use a search engine to find the web site of your bank than a link in an unverifiable email.

For more Fair Shake computer guides, tutorials and short-cuts visit our New To Computers page at:

www.fairshake.net/new-to-computers

| | |
|--|--|
|  New – Create a new document like a blank sheet of paper.  Open – Open a saved project - something you already worked on.  Save – Save your progress on this project. We recommend you often save. |  Common style type – You can set common style types that you like and then add them to any selected text by choosing them from the drop down menu. Default/Normal would be common paragraph formatting while Heading1 or Heading2 might introduce sections or important paragraphs as their titles. |
|  New / Write – This is the button you use to start a new message. When you arrive in your email you are in the reading portion, use this button if you would like to create a new email.  |  Font – Fonts change the way your letters look. There are hundreds of fonts, most people choose from one of the fonts displayed in these icons because they are professional and are easy to read. |
|  Print – Start printing your document on the default printer.  Print Preview – View what your document will look like on paper and also view more printing options. |  Text Size – By selecting text and choosing a number within this list you can make your text larger or smaller. |
|  Cut – Remove selected object or text from the document and keep it ready to paste somewhere.  Copy – Copy selected object or text and keep it ready to paste somewhere.  Paste – Paste the most recent cut or copied object/text.  Copy Formatting – Highlight object or text with a desired format and click this button, then highlight some other object or text you want the format copied to. |  Left Alignment – Pushes all your lines of text as left as they will go.  Center Alignment – Puts the text within a line in the absolute middle.  Right Alignment – Pushes all your lines of text as right as they will go.  Justified Alignment – Spaces all the words within a line to fill the whole line.  Numbered List – Start a list or turn selected text into a list. When you press the enter / return key a number will appear in front of the next list item.  Bulleted List – Start a list or turn selected text into a list. When you press the enter/return key a number will appear in front of the next list item. |
|  Undo – Undo the previous action. This can usually be done a few times.  Redo – Redo action previously undone. This can be done as many times as you used the Undo feature. |  Bold – Use the style Bold  Italics – Use the style <i>Italics</i>  Underline – Use the style <u>Underline</u> You can combine any or all of these styles. |
|  Insert Hyperlink – Add a link to your document that will open in an internet browser. Be ready with the address (http://www.address.com), highlight what you want to link and press the button. Insert the link and click <i>ok</i> or <i>apply</i> .  |  Decrease Indent – Pull selected paragraph to the left.  Increase Indent – Push selected paragraph to the right. |
|  First Line Indent – Location to indent the first line within a paragraph.  Hanging Indent – Location to indent all lines within a paragraph after the first line while leaving the first line unaffected. |  Text Color – Change the color of selected text or text you are about to type.  Highlight Color – Change the color behind the selected text or text you are about to type. |
|  Spell Check – Check the document for spelling errors. If there is more than one button then you can use the second one to turn on / off the red line under misspelled words. |  Find / Search - Use key words from within the subject or body of an email to find emails within your folders quickly. When you search you will get a list of emails that all contain the word(s) you entered. |
|  Attach Files - Sometimes you want to send another document or photo along with your message. Do this by clicking the attachment button and finding the file/image.  |  Add Photo / Image - Add an image to your message. Click the button and then locate your image. |
|  Line Spacing – Increase or decrease the amount of space between lines. | |

EDUCATE YOURSELF!

Once you have learned to ask questions - relevant and appropriate and substantial questions – you have learned how to learn and no one can keep you from learning whatever you want or need to know.

- Neil Postman

You either learn your way towards writing your own script in life, or you unwittingly become an actor in someone else's script.

- John Taylor Gatto

College Correspondence Courses: Be sure to ask about the Pell Grant!

Adams State University

Correspondence Education Program
208 Edgemont Blvd., Suite 3000
Alamosa, CO 81101
719-587-7671
<https://www.adams.edu/academics/print-based/prison-college-program/>

Free non-credit courses!

College Guild

P.O. Box 696
Brunswick, ME 04011

Colorado State University-Pueblo

Division of Extended Studies

2200 Bonforte Blvd
Pueblo, CO 81001-4901
719.549.2100
csupueblo.edu/extended-studies

Ohio University Correctional Education

Haning Hall 102
1 Ohio University Dr.
Athens, OH 45701
800.444.2420
ohio.edu/online/programs/print/correctional

Freshman Year For Free!

www.modernstates.org

MODERN STATES

MODERN STATES and the CLEP exam - Modern States' program: Freshman

Year For Free, is intended to let students earn up to one year of college credit without tuition or textbook expense. They provide recorded courses, and the cost of testing, using CLEP exams (see below). Free to all who qualify! You can start studying for the courses below now!



Get college credit with what you already know!

CLEP offers 33 exams in five subject areas at over 1,800 college test centers, covering material generally taught in the first two years of college. By passing a CLEP exam, you can earn 3 to 12 college credits. Exams cost \$80. There are text exams for you to use to prepare.

College-Level Examination Program (CLEP)

P.O. Box 6600
Princeton, NJ 08541-6600
Phone: 800-257-9558 or 212-237-1331

clep.collegeboard.org

List of CLEP Exams: Match with OpenCourseWare Classes!

American Literature
Analyzing and Interpreting Literature
College Composition and Modular English Literature
Humanities Foreign Languages
French Language (Levels 1 and 2)
German Language (Levels 1 and 2)
Spanish Language (Levels 1 and 2)
History and Social Sciences
American Government
Human Growth and Development
Intro to Educational Psychology
Introduction to Psychology
Introduction to Sociology
Principles of Macroeconomics
Principles of Microeconomics
Social Sciences and History
History of the United States I: Early Colonization to 1877
History of the United States II: 1885 to the Present

Western Civilization I: Ancient Near East to 1648
Western Civilization II: 1648 to the Present
Science and Mathematics
Biology
Calculus
Chemistry
College Algebra
College Mathematics
Natural Sciences
Pre-calculus
Business
Financial Accounting
Introductory Business Law
Information Systems and Computer Applications
Principles of Management
Principles of Marketing

THE FAIR SHAKE WEBSITE ALSO LISTS MANY FREE ONLINE LEARNING OPPORTUNITIES!



MODERN STATES Freshman Year Free™!!!

MODERN STATES + CLEP exam

Modern States Education Alliance is a non-profit dedicated to making a high-quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream.

Modern States' program, *Freshman Year for Free™*, is intended to let students earn up to one year of college credit without tuition or textbook expense.

Modern States is partnering with edX, the leading online learning platform founded by Harvard and MIT. Modern States has given edX the money to complete the development of more than 30 high quality freshman college courses, taught by some of the world's leading universities and professors. Each course includes online lectures, quizzes, tests, and other features. Textbooks and materials will also be provided online, free of charge.

The courses are designed to prepare students for the major "Advanced Placement" (AP)* or "College Level Examination Program" (CLEP)* tests offered by the College Board, including subjects such as History, Computer Science, Math, English and Economics.

According to the College Board, more than 2,000 traditional colleges and universities already offer credit to students who pass AP and CLEP tests. Students can take one course or many courses from Modern States, and then – by passing the AP or CLEP exams – can begin with up to a full year's worth of credit after they enroll in traditional college, making Modern States an "on-ramp" to college. Modern States hopes to provide links for students to tutoring, mentoring and college advising groups as well.

Modern States

787 Seventh Avenue 49th Floor
New York, New York 10019

Open to Everyone

In short, Modern States works like a global digital public library of great college courses. Enrollment in Modern States courses will be "massively open" to all people without regard to age, location, family income, nationality, prior credits or other factors. The courses may also provide a critical "road back" for students who have left the traditional US college system. Modern States is not in opposition to any traditional college and recognizes that a four-year residential experience at an established university is the preferred alternative. However, such an opportunity is out of reach for many people, given the high cost of tuition and other factors.

Modern States was initially conceived and funded by businessman and philanthropist Steve Klinsky (the CEO of Modern States), but has grown as an alliance with the guidance and support of other education and foundation leaders. College systems with over two million students have affiliated with Modern States Education Alliance, including systems in New York, Texas, Ohio, Indiana and Tennessee.

Working closely with Klinsky is Pulitzer Prize winner David Vise, Executive Director of Modern States. The author of four books, Vise was a reporter at The Washington Post for more than 20 years before joining the investment firm New Mountain Capital as a Senior Advisor.

Modern States is a philanthropy intended to increase global access to high quality education and seeks to partner with others who share its goals.

www.modernstates.org



As of this writing, CLEP tests are not offered in prisons.

Let's change that!

GIZMOS AND HUMANS

We humans are fickle. We are consistently over-confident about what we are capable of doing, except, of course, when we are justifying our deflection of ownership or initiative. We blame outside circumstances when we fail, and claim prowess and skill when we succeed. We LOVE to think that, where media is concerned, we are strong and we can “take it or leave it alone.”

With the enormous and rapid rise in emotional, physical and existential suffering caused by anxiety fear, depression and loss of meaning and care, however, many of us turn to social media for distraction, diversion, old friends (hoping they were “good” friends), new friends, games (healthy and not) potential partners, events, and ways we can feel like we belong. What few of us realize, is the apps often contribute to our suffering.

Today, our phones are tiny computers; complete with tracking devices and communication options.

EVERYTIME YOU ‘GET AN APP’, YOU SHARE A GREAT DEAL OF INFORMATION THAT YOU’VE STORED IN YOUR GIZMO, SUCH AS:

YOUR CONTACTS (and all the info you have - not just their names)

YOUR PHOTOS (think “training facial recognition AI”)

YOUR PREFERENCES for every app you use and visit; including things you clicked on when you were trying to get them off your screen. Yup, they are now considered your ‘preference’)

AND MUCH MORE. REMEMBER: your phone knows where you are at all times.

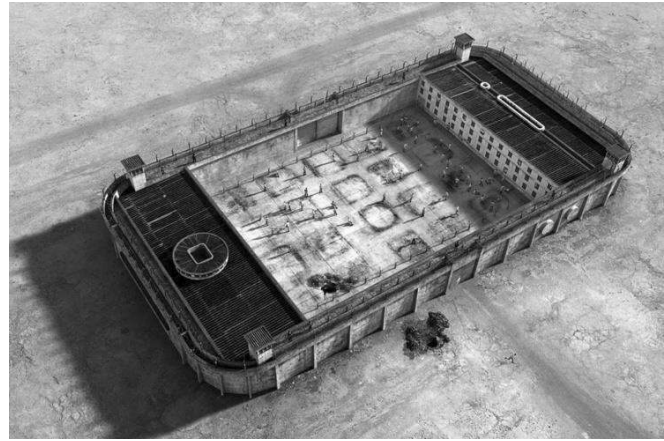
A LITTLE FOOD FOR THOUGHT ABOUT SOCIAL MEDIA ADDICTION

<https://www.addictioncenter.com/drugs/social-media-addiction/>

Social media addiction is a behavioral addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas.

Due to the effect that it has on the brain, social media is addictive both physically and psychologically. According to a new study by Harvard University, self-disclosure on social networking sites lights up the same part of the brain that also ignites when taking an addictive substance. The brain receives a “reward” and associates the activity with positive reinforcement.

The phenomena of social media addiction can largely be contributed to the dopamine-inducing social environments. Social networking sites have been developed to produce the same neural circuitry found in gambling and recreational drugs. Studies have shown



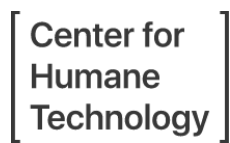
Modern Day Prison by Banksy

that the constant stream of retweets, likes, and shares from these sites have affected the brain's reward area to trigger the same kind of chemical reaction as drugs.

Addictive social media use will look much like that of any other substance use disorder, including mood modification (i.e., engagement in social media leads to a favorable change in emotional states), salience (i.e., behavioral, cognitive, and emotional preoccupation with social media), tolerance (i.e., ever increasing use of social media over time), withdrawal symptoms (i.e., experiencing unpleasant physical and emotional symptoms when social media use is restricted or stopped), conflict (i.e., interpersonal problems ensue because of social media usage), and relapse (i.e., addicted individuals quickly revert back to their excessive social media usage after an abstinence period).

“I used to think communication was the key until I realized comprehension is.”
- Banksy

Here are a few organizations that want to help you use social media in a healthy way!



The Center for Humane Technology

<https://www.humanetech.com/>

As long as social media companies profit from addiction, depression, and division, our society will continue to be at risk

Ledger of Harms that tech companies have no desire to address: (edited by sk)

- Misinformation, conspiracy theories, and fake news make it difficult to make sense of the world.
- Loss of crucial abilities including memory and focus making it harder to think and to pay attention.
- Stress, loneliness, feelings of addiction can lead to physical and mental health problems.
- Less empathy, more confusion and misinterpretation puts a strain on relationships.
- Propaganda, distorted dialogue & a disrupted democratic process impacts elections.
- Broadcast amplification of -isms reinforces an appeal to authority for regulation.
- Children face physical, mental and social challenges from developmental delays to suicide.
- Tech limitations can be difficult to adopt; gizmo 'house rules' are critical

THEIR PODCAST: Your Undivided Attention - <https://www.humanetech.com/podcast>

TAKE CONTROL! Got in too deep? Here are important steps to increase well-being and regain control.
<https://www.humanetech.com/take-control>

Look Up <https://lookup.live/>

Helping young people thrive in the digital world.



Youth leaders taking action to challenge the digital ecosystem and our unrealistic social norms so we can level the playing field and improve the mental health and well-being of young people. They also offer a Community Hub: a platform where youth can collaborate with others around the world. (Adults can learn a lot from the youth who have lived their entire lives in the digital world!)

Addiction Center

<https://www.addictioncenter.com/drugs/social-media-addiction/>

Research has shown that there is an undeniable link between social media use, negative mental health, and low self-esteem.



Some apps that help us think better:

Pocket Biases <https://pocket-biases.glideapp.io/> It will help you recognize the excuse biases to strengthen your HONEST BIAS. The app. lists a different bias each day...and you can search through biases. **“A bias a day keeps our hubris away.”** - Buster Benson, app creator and author of the Cognitive Biases Cheat Sheet (featured in this packet) and the book Why Are We Yelling?

Mind Games: www.mindgames.com Full of tests to help improve mental agility, no matter how old the user is, including critical thinking skills.. Most games can be completed in less than 5 min.; just enough time for a brain workout. The app is free, or \$5 for the ad-free version.

READING RECOMMENDATION: The Age of Surveillance Capitalism: The Fight for a Human Future at the New Frontier of Power BY Shoshana Zuboff 2019 Public Affairs.

Clothing - Interview and Career Clothing

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

<https://dressforsuccess.org/affiliate-list/>

Computers and Technology - Equipment Internet and Training

Everyone On helps unlock social and economic opportunity by connecting low-income people to affordable internet service and computers, and delivering digital skills trainings. Find Low-Cost Internet Service, Computers and Free Training in Your Area!

<https://www.everyoneon.org/find-offers>