

Assignments for Monday, September 15, 2014

W01A_Fitness Flyer

You will participate in a challenging class that will help you burn calories and increase your strength. Rock climbing results in an exciting and sometimes strenuous workout. The class will help you relieve stress, and you may notice increased flexibility, improved posture, and better muscle tone.

Register for Rock Climbing 101 on the first night of class. Wear comfortable clothing, and bring a bottle of water. Before enrolling in this or any other exercise class, discuss your plan with your physician.

W01A_Rock_Climber



Copy and paste into the flyer. Resize by clicking on image and dragging handles.

The files you need are listed on page 50. Those files are included above.

- Following the directions in the text on pages 50-65 Create the Flyer and Print. Save the document as listed in the directions. Name file as listed in the directions and include your name in a footer.

As you work through the directions, please ask Dr. Lancaster for assistance, if needed.

Review and follow directions on pages 67—88.

****To demonstrate your understanding of these directions, please complete Project 1C on page 87-88 (print with name on assignment and turn in)**

W02A_Experience

Sales Associate, Computer Products Warehouse, Deerfield, WI July 2008 to September 2010

Demonstrated, recommended, and sold a variety of computer products to customers

Led computer training for other sales associates

Received commendation for sales accomplishments

Salesperson (part-time), Home and Garden Design Center, Madison, WI July 2006 to June 2008

Helped customers in flooring department with selection and measurement of a variety of flooring products

Assisted department manager with product inventory

****Continue reading Chapter 2 in the text. Read pages 105-118 to complete Project 2A.**

- If you are unable to complete Project 2A during class time today, please bring the completed project with you on Wednesday, September 17, 2014.