

CASE STUDIES FROM LIFE SKILLS EDUCATION TRAINING

{ANTIOCH BIBLE FELLOWSHIP MINISTRIES}

My name is Cecil Tucker and I'm 24 years old. I attended Antioch Bible Fellowship Ministries consistently From June 2001 to the summer of 2003 until I went to college. I attended Antioch off and on as I came back home on weekends and college breaks. While attending Antioch I received Life Skills Training that allowed me to be involved in Ministry and Leadership as a teenager at the age of 16 through participation in Home Fellowship Group meetings and by working as an Usher during formal services. I was involved Antioch by participating in our church choir, working as an Usher, participating in Home Friendship Groups, and involvement in our church youth group.

I received Life Skills Training in the Areas of Dating Enrichment, Healthy Sexuality, Anger Management, Success Strategies for Personal Empowerment, Family Values, Leadership Training, Financial Management, and Healthy Marriage Relationship Training. As a result of this Life Skills Training I believe that I'm better equipped to meet different life challenges that may arise. I don't consider myself a success due to what I do for a living and how much I make doing it. Rather, I consider myself a success based on how I live my life and how I deal and interact with people on a daily basis. I also feel that Life Skills I learned at Antioch has also enabled me to prevent myself from making mistakes that could lead to undesirable life changing situations.

I am currently employed with Progress Energy a Fortune 500 electric utility company headquartered in Raleigh, NC. I work as an entry level electrical systems engineer at the Shearon Harris Nuclear Power Plant. I first started working here as an intern in summer of 2007. I worked the following summer as an intern and was hired on full-time in September of 2008 as an entry level engineer after attending NC State University with a degree focus in Electrical Engineering.

The teachings that I received at Antioch equipped with valuable life tools that I use today and will continue to use. Growing up in a fatherless home I felt at a disadvantage compared to others raised in a stable family household. I didn't have a father figure to look up to show me how to be a man. I believe Antioch provided that for me. I remember many Wednesday nights learning about financial management and responsibility. I filled out my first budget in church based off my income from a part-time job at the mall. Now my wife and I fill out a budget each year with goals to meet. The dating enrichment and pre-marital counseling lessons we received were essential. Dating enrichment classes helped guide us as individuals on how to approach the dating situation with a responsible and healthy attitude. This was in strong contrast to the messages being promoted by classmates, family, and entertainment. I believe that my listening and taking heed to the lessons being taught on dating help me to avoid all too common pitfalls

teenagers and young adults fall into everyday. Before my wife LaTonya and I got married on July 28, 2007, we attended 6 pre-marital counseling sessions with Pastor Blandon to ensure we were prepared for a lifetime commitment and to prepare for common marital situations that may arise.

In summary, the teachings I received at Antioch will benefit me more than I will ever know. There is no telling how applying the life lessons I learned at Antioch will take me. I try doing this wherever I go. Just recently, the Vice President at the plant I work at sent me an email stating that I've been selected to participate in an advertising campaign for company recruitment. Now I have a brief video on our corporate recruitment website describing my thoughts about working for Progress Energy. I'm one out of about 14 employees selected to do videos amongst 11,000 employees across the company. I won't say that my attendance at Antioch was the reason why I was selected for a video, but I will say that the life teachings I received at Antioch gave me a foundation that enabled me to avoid mistakes and to set myself up for success.

