

# CVIT COUNSELOR



Connection



## FALL IS IN THE AIR! THE SCIENCE BEHIND SNUGLING

What's your favorite thing about fall? Mine is snuggling up in bed, watching football (my Dallas Cowboys!), with a big, **heavy**, fuzzy blanket. Did you know there's actual science behind why snuggling with a blanket feels so great?

The theory is called polyvagal theory, and gets its name from the significance of the vagus nerve. The vagus nerve is also known as the "mind-body highway" and is responsible for tons of things, including triggering the fight, flight, or freeze response when our brains sense a threat in our environment.

The vagus nerve naturally reacts to feelings of being held or receiving pressure. This pressure signals to the vagus, and in turn to the brain, that the threat is gone, and we are safe. It is why infants usually react positively to being cradled, and deep pressure massages can often be relaxing, and why it feels so great to snuggle up with a loved one or pet.

However, it is also completely normal, especially to individuals who have had negative experiences with touch, to not want to be hugged or held. In comes the heavy, soft blanket to the rescue! The blanket can give the same sensation of pressure, stimulating the vagus nerve, without creating the uncomfortable "someone is in my personal space" situation.

For more information on the vagus nerve, and how to stimulate it to help with anxiety and stress, check out this article in Psychology Today <https://www.psychologytoday.com/us/basics/vagus-nerve>.

Or, on the other hand, if you do ever need or want a hug, come see me, I love hugs! ~Ms. D

### WHAT'S INSIDE?

**THE SCIENCE BEHIND  
SNUGLING**

**CAREER EXPLORATION  
W/ O\*NET ONLINE**

**STUDENT SPOTLIGHT--  
ROGELIO CONTRERAS**

**MENTAL HEALTH  
MINUTE**

**KEY UPCOMING DATES**

**BE AN UPSTANDER --  
BULLYING PREVENTION**



## LIFE AFTER CVIT--NOW WHAT?

So you're in this awesome CVIT program, right? But you don't want to stop at Nursing Assistant....maybe you want to go on to be a CRNA, or an RN. Or maybe you don't want to stop at Welding Tech, you want to make the big bucks as an Underwater Welder. How do you figure out what your next step after CVIT should be? Well of course you could make an appointment to come see me (Ms. D). I'd be happy to help.

However, there's also a really great tool out there called O\*net Online. It's put out by the U.S. Department of Labor, and can give you information on just about any career out there. It'll tell you what your expected salary might be, what your job outlook is (is the job in demand where you plan to live?), and what kind of education you will need to land that dream job. If you aren't sure exactly what you want to do (that's OK too!), there's surveys you can take to help you figure it out. [Check it out at www.onetonline.org!](http://www.onetonline.org)

## STUDENT SPOTLIGHT!



Student:  
**Rogelio Contreras**

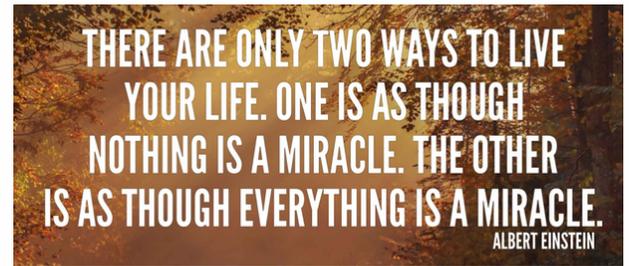
CVIT Program:  
**2nd Year HVAC-R**

Instructor:  
**Mr. George Rocha**

Rogelio was nominated for our Student Spotlight by his instructor who had this to say about Rogelio--*"Rogelio is very dedicated to his work and is always willing to help the other students. He is very polite and respectful to others."*

When asked how he thinks CVIT will help him in the future Rogelio said --*"The CVIT program has motivated me to pursue a career immediately after high school. I feel the CVIT program has given me the confidence I need and the knowledge built to help me get a job after I graduate. My instructor has been one of the biggest inspirations to continue challenging myself and helping me understand how capable I am in pursuing this path. I'm currently certified in the HVAC field; this was made possible because of the CVIT program, and I appreciate the opportunities the program has brought me."*

**THE AVERAGE HVAC-R TECH IN AZ MAKES \$47,590 / YEAR!**  
INFO FROM ONET.ONLINE



## MENTAL HEALTH MINUTE

At 8:45 p.m. every night, my phone alarm goes off and simply reads "Gratitude." I started doing this about two years ago, after I went to a conference and learned about the science of being grateful. (Yes, there are actually scientists that study these things)! Studies actually show that people who make a conscious effort to focus on things that they are grateful for live happier, and in some cases, even longer lives.

When my alarm goes off at night, I open up my "Notes" app, type today's date, and at least ONE THING that happened during the day that I was grateful for. Believe it or not, some of you students are in my gratitude list. I've said that I'm grateful for those of you that have trusted me to help you.

I've listed that I'm grateful for those of you that stepped up to be leaders in HOSA. But sometimes, it's even just that I'm grateful for a beautiful flower I saw. I've noticed that doing this puts me in a more calm and happy mood before I go to sleep, and for that, guess what? I'm grateful! I encourage each of you to try it, and see if it changes your outlook on life. I know it has mine! ~Ms. D

**"FOCUSING ON THE GOOD THINGS CAN BREAK UP DEPRESSION AND INCREASE HAPPINESS"**

**-DR. MARTIN SELIGMAN, PSYCHOLOGIST**

## Fun facts about Rogelio

**Fav Food:** Enchiladas

**Hobby:** Off-roading on quads with his family

**Fav Color:** Green, like his Peridot birthstone

**Plans after high school:** Rogelio plans to use his CVIT skills to start working as an HVAC Tech, continue his education in the field to become a Master HVAC Tech, and then move on to becoming an electrician!

# OCTOBER IS BULLYING PREVENTION MONTH

Bullying is an issue so many people today contend with. It can occur anywhere--at school, at work, even at home. Whether it is in-person or online, bullying has many negative effects on a person's life that can last a lifetime. Everyone deserves to be treated with dignity and respect, regardless of any person's opinion of them.

People may be bullied because of their appearance, abilities, opinions, or values amongst many other things. We can combat bullying by recognizing when it is happening, and learning how to take action when it occurs.

## IS IT REALLY BULLYING?

How can you tell the difference so you know if you need to speak up?

- Joking around**
  - Everyone is having fun
  - No one is getting hurt
  - Everyone is participating equally
- One Time Thing**
  - Someone was hurt
  - Could have been done accidentally (rude) or on-purpose (mean)
  - It happens once and doesn't repeat itself
- Conflict**
  - Two people with a balance of power have a fight, argument, etc.
  - Can be ongoing over time or a one-time issue
- Bullying**
  - Someone is being hurt on purpose
  - There is a power imbalance
  - Behavior is repeated and unwanted



## OK, SO I THINK IT IS BULLYING... WHAT CAN I DO?

**STOP BEING A BYSTANDER AND BECOME AN UPSTANDER**

- ★ DON'T LAUGH
- ★ DON'T ENCOURAGE THE BULLY IN ANY WAY
- ★ STAY AT A SAFE DISTANCE AND HELP THE TARGET GET AWAY
- ★ DON'T BECOME AN "AUDIENCE" FOR THE BULLY
- ★ REACH OUT IN FRIENDSHIP
- ★ HELP THE VICTIM IN ANY WAY YOU CAN
- ★ SUPPORT THE VICTIM IN PRIVATE
- ★ IF YOU NOTICE SOMEONE BEING ISOLATED FROM OTHERS, INVITE THEM TO JOIN YOU
- ★ INCLUDE THE VICTIM IN SOME OF YOUR ACTIVITIES
- ★ TELL AN ADULT



**WHEN YOU SAY "WAIT A MINUTE, THIS IS WRONG," IT HELPS OTHERS DO THE SAME!**

### Important Dates!

**Oct 1st--FAFSA application opens for Seniors!**

*Schedule an appointment w/ Ms. D for help filling it out!*

**Oct 10th--World Mental Health Day**

**Oct 10th--Indigenous Peoples' Day**

**Oct 20th--HOSA meeting @ 3:15**

**Nov 3rd--HOSA meeting @ 3:15**

**Nov 10th--HOSA Fall Leadership Conference**

**Nov 11th--Veteran's Day NO SCHOOL!**

**Spring registration starts soon--stay tuned!**

