

CVIT COUNSELOR

Connection



SHINE
YOUR OWN
LIGHT

WHAT'S INSIDE?

**DO YOU KNOW WHAT
YOU WANT TO DO?**

**STUDENT SPOTLIGHT--
JASMINE FLORES**

**FEBRUARY IS
NATIONAL CTE MONTH!**

**MENTAL HEALTH
MOMENT**

UPCOMING EVENTS

**IMPORTANT! APPLY
FOR EAC GRADUATION!**

"SO...WHAT ARE YOU GOING TO DO WITH THE REST OF YOUR LIFE?"

Ok, so maybe they aren't *quite* that blunt...but as you get deeper into high school, you are going to hear some version of this question more and more, especially from the adults in your life. "Where are you going to college?" "What are you going to major in?" "Where are you going to work?"

Especially if you're a senior, you may be freaking out a bit right now, thinking that you have to know RIGHT NOW what to do with the rest of your life. Take a deep breath, and know that first of all, those that are asking don't mean you any harm. They have thought of you as a student for the past 13 years of your life. It's natural for them to want to know what your next steps are. However, here's a couple of things to remember also:

The average American will switch jobs 12 times in their lifetime. TWELVE! And many Americans make major career changes two or three times in their lives, which means going back to school, taking on an internship/apprenticeship, or starting in an entry-level position and working your way back up the ladder.

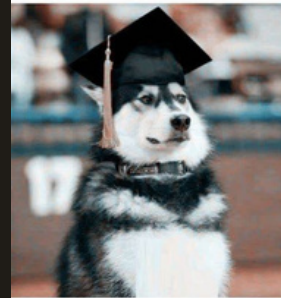
Universities are amazing opportunities to learn and grow and you can be WILDLY successful with a 4-year degree . . . but you also can be WILDLY successful without one. Recent data in Arizona shows that individuals in some skilled positions where a 2- or 4-year degree is **not required** are making just as much money if not MORE than the average individual with that degree. Careers such as those in construction, health care, and utilities are in huge demand, and companies are paying big bucks to individuals that have the skills to fill them.

Career exploration is the key.

I'm not here to bash on universities. I am a proud graduate of the U of A, as well as hold two masters degrees, one of which is required in order to be a certified counselor. However, the US Dept. of Labor says that my job is one of only about 25% of jobs in the US require a 4-year degree or more. While there is a lot of pride to be had by earning that degree, also remember that it does not guarantee you a job when you're finished, nor do you have to have it to be successful. If you aren't sure what career you want, a University can be a very expensive way to do your career exploration!

I'd love to help you figure it out before you go. Let's talk! --Ms. D

Me After Graduation



No idea what to do now

STUDENT SPOTLIGHT: JASMINE FLORES-OROS

PROGRAM:
1ST YEAR COSMETOLOGY

INSTRUCTORS:
SARA BREWER AND
ALISON ZACHE

DREAM JOB:
OWNING HER OWN
BUSINESS



FAVORITE FOOD:
HER MOM'S GREEN CHILE
ENCHILADAS (YOU ALL HAVE
SOME GREAT COOKS FOR
MOMS!)

HOBBIES:
READING AND PLAYING
VOLLEYBALL



PETS:
2 DOGS--MIA AND SKY

FUTURE PLANS:
ATTEND A UNIVERSITY AND
MAJOR IN BUSINESS

Congratulations to our student spotlight for January (yes I'm a little late!) **JASMINE!** You're a rock star!

Jasmine was nominated by her instructor who had this to say about her:

"Jasmine always has a great attitude in class, is willing to help others, and very kind to everyone. She always works hard and takes pride in her work!"

DYK??



Cosmetology is one of the most time demanding programs we offer at CVIT. The State Board of Cosmetology requires students have **1000** hours of class to earn a Hairstyling certification, or **1500** hours of salon time to earn a full Cosmetology certification.

*So Fresh
So Clean*

February is National Career and Technical Education Month!

Celebrate



CELEBRATE **TODAY,**
OWN **TOMORROW!**



CTE programs are unique in that they combine rigorous academic preparation with professional skills and hands-on instruction.

All CVIT programs are CTE programs, and we are proud of our students for rising to the challenge and rigor of our programs every day! Happy #CTE Month!

MENTAL HEALTH MINUTE

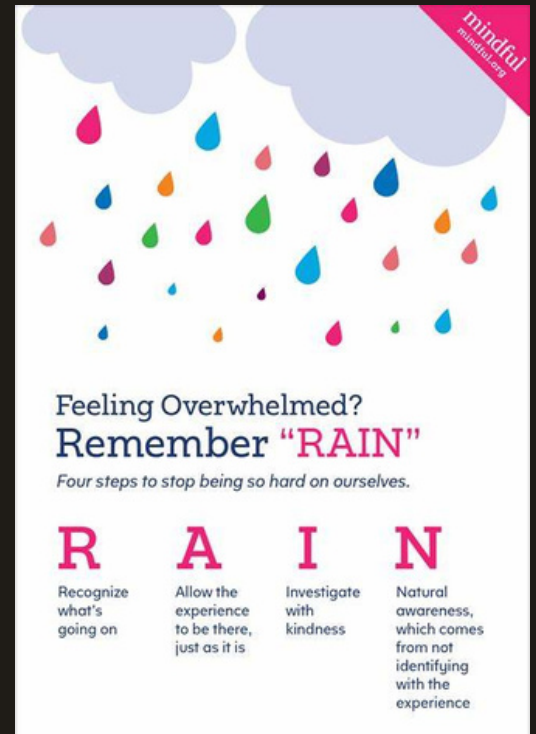
Today's mental health minute is brought to you by one of my favorite authors, Tara Brach. She has taught me a ton about self-care and learning to be okay with not being okay.

This is a technique I've learned to use when I'm overwhelmed. It definitely takes practice, but when you can do it, it can really help with stress.

I'll be honest--the hardest part for me to understand was the "N".

What Tara Brach means by "not identifying with the experience" is to remember that feelings are just feelings. They aren't good or bad, and they do not define who we are. We shouldn't be ashamed of them or get mad at ourselves for having them. Instead, we should remember that feelings come and go, and we should give ourselves a break until we can work through any tough feeling.

If you're interested in learning more coping skills like this one, I'm going to start a **students only** group next week, where I can teach you more about how to cope positively with tough feelings. Click [here](#) and fill out the form if you're interested in joining! -Ms. D



UPCOMING EVENTS

February 17th--Random Acts of Kindness Day

February 20th--Presidents' Day-NO CLASSES

March 1st--Graduation petitions due to EAC (see Super Important Notice info)->

March 2nd--CVIT DAY!

March 13-17th--Spring Break-NO CLASSES

SAVE THE DATE!

May 11th -- CVIT Completion Ceremony/EAC Graduation

Super Important Notice!



If you will be finishing your program this year, you **MUST** apply for your certificate from EAC **BEFORE MARCH 1ST**.

You most likely need to do this if you are in the following programs:

- 2nd Year Welding
- 1st Year Fire Science
- 1st or 2nd Year HVAC
- 2nd Year Cosmetology (done)
- 1st Year Nursing Assistant
- 2nd Year Medical Assistant (done in class)

REMEMBER...
IN CASE YOU HAVEN'T HEARD IT
ENOUGH TODAY, I LOVE YOU! --MS. D



Click [HERE](#) for step by step instructions, or set up an appointment with Ms. D for help.