

CVIT COUNSELOR

Connection



HOW TO HAVE AN AWESOME SUMMER

Can you all believe that it's May, and summer is here? Whether you are going to be a Junior or Senior next year, or are graduating and ready to start adulthood, the summer can go by quickly if you let it. While it's tempting to sleep all day every day, and eat junk food, there are lots of ways to make sure you are making the best of your summer, and staying healthy and happy in the process.

WHAT'S INSIDE?

HAVE AN AWESOME SUMMER!

**STUDENT SPOTLIGHT--
SERENITY GOAD**

**MAY IS MENTAL
HEALTH MONTH**

**HOW DO I REGISTER,
MS D?!**

**CONGRATS TO OUR TSA
PASSING STUDENTS!**

UPCOMING EVENTS

**STUDENTS SHARE
THEIR NATURAL HIGH**

1. Find a summer job, or volunteer for an organization that is meaningful to you. These are both great ways to enhance your skills for your future job. You can check in with local non-profits like the [High Desert Humane Society](#) or [Arizona Youth Partnership](#). You can also find opportunities to help from home through programs like [Volunteer Match](#).
2. Get outside. Especially in AZ, we all love our a/c and coolers, but remember that Vitamin D, which your body gets directly from sunlight is important in supporting your physical and mental health. Taking walks, gardening, or playing with your pets outside in the early mornings or evenings can help you beat the heat.
3. Stay active. Remember, physical activity can promote and improve our mental health, prevent or fight obesity, and improve our sleep quality. Also, being active is thought to reduce the risk of several cancers, heart problems, and even some skin conditions.
4. Get artsy. Summer is a great time to check out a concert, museum, or festival that you might not get to do during the school year. Live Nation starts their [\\$25 ticket sale](#) on 5/11 but don't be afraid to check out one of the talented local artists or theater productions, right in your hometown! We have some pretty talented people in the Copper Corridor.

No matter what you decide to do though, be sure to spend some time with people you love, (including yourself!), refresh, relax, and enjoy your well deserved time off!



me in the summer waiting for my students to come back

REMINDER--I WORK ALL SUMMER, SO PLEASE DON'T BE AFRAID TO REACH OUT IF YOU NEED SOMETHING. I GET KINDA LONELY WITHOUT YA'LL! ~MS. D

STUDENT SPOTLIGHT: SERENITY GOAD

This month we are proud to highlight Serenity Goad! Serenity was nominated by her instructor Jen Carlson, who says, "Serenity is such a dedicated student, and a joy to have in class...She has a goal to become a pediatric nurse, and I can't wait to watch her achieve that! Aside from how hard she works in school, she is a very kind and caring person. All of the kids she goes on to take care of will be lucky to have her!"



Fun Facts About Serenity

- she plays varsity softball
- she has a dog named Apollo
- her fav food is chicken tenders
- her fav color is blue

She says, "I am grateful to be in a program that gets me started to my future career . . . I appreciate being in the program because the instructors and everyone are so welcoming!"

And WE are grateful you're here, Serenity!!



STUDENT SPOTLIGHT: SERENITY GOAD

PROGRAM:
**1ST YEAR MEDICAL
ASSISTANT**

INSTRUCTORS:
**JEN CARLSON AND
DR. T**

DREAM JOB:
PEDIATRIC NURSE



Spoiler alert--it's not... but I *promise* I'll get them done ASAP!

MS D...WHAT ABOUT MY SCHEDULE FOR NEXT YEAR?!

If you're coming back to CVIT next year, don't stress about your schedule. If I haven't talked to you about it yet, I will reach out to you over the summer. You will definitely have a spot with us! No need to stress--relax and enjoy your summer!

just relax



MENTAL HEALTH MOMENT

You all know how passionate I am about mental health...that's why May is one of my favorite months of the year! May is Mental Health month, and even though it's something we should think about all year, May gives us an opportunity to think specifically about ways we can break the stigma against mental health concerns.

Would you shame someone that had a broken leg? Would you tell someone that has cancer to "just suck it up and get over it?" Of course not. So why do so many people feel shame about dealing with their mental health concerns?

You can be part of the solution. Check out some ideas for breaking the stigma or share your own, and Ms. D can share them in a future newsletter, to help others!



- DON'T BE AFRAID TO TALK OPENLY ABOUT MENTAL HEALTH, ESPECIALLY IF YOU OR SOMEONE YOU LOVE IS FIGHTING A MENTAL ILLNESS
- EDUCATE YOURSELF AND OTHERS ABOUT MYTHS VS. FACTS OF MENTAL ILLNESS
- BE CONSCIOUS OF THE LANGUAGE YOU USE...CALLING PEOPLE "CRAZY," "INSANE," OR "SCHIZO" IS NOT OK, AND CAN INCREASE STIGMA
- BE HONEST ABOUT TREATMENT OPTIONS. REMIND OTHERS THAT SEEING A THERAPIST OR COUNSELOR IS JUST AS "NORMAL" AS SEEING A FAMILY DOCTOR

DO YOU HAVE OTHER IDEAS? SHARE THEM WITH MS. D!

CONGRATULATIONS TO ALL OF OUR STUDENTS WHO PASSED THEIR TECHNICAL SKILLS ASSESSMENT!

Cosmetology

Cali Jo Dalton

Fire Science

Andrew Gonzales

Dental Assisting

William Hickey

Abby Quam

Medical Assistant

Mariana Angeles

Elexa Barajas

Aliyah Cheney

Jayden Lofgreen

Rylee Long

Estella Maes

Isabel Mull

Sonia Pichardo

Kaydance Tober

Nursing Assistant

Sativa Carrasco

Kendra Corso

Yancy Chavez Mezquita

Jazmine De Los Reyes

Andrea Elgo

Brilyne Fansler

Emma Nordin

Sofia Lopez

Contessa Webb

Welding

Douglas Ashby

Angelo Gatewood

Samuel Hogan

Roman Sandoval

*Note: There is no
TSA for HVAC-R*

WHAT IS THE TECHNICAL SKILLS ASSESSMENT ANYWAY?

"The Technical Skills Assessment (TSA) is a comprehensive, end-of-program assessment that certifies and documents student attainment of industry-validated technical knowledge and skills."

TSA's are taken at the end of your program, and make sure CVIT is teaching you what you need to know to be successful in your career!

These students will all receive a graduation cord at our completion ceremony on May 11th!



Congrats to Tessa, Sofia, Brilyne, Andrea, and Yancy for passing their TSA!

100% of the students in the Nursing Assistant program passed! WOW!

WOW



In last month's newsletter,
we asked you...

HOW DO YOU GET YOUR NATURAL HIGH?

Working out
or going
for a run

Walking my dog

I'll text my boyfriend or
go back out and mess
around with my little
brother to cheer me up

I know it's weird
but I actually
like to read!

Playing volleyball

**MY NATURAL HIGH IS SPENDING
TIME WITH PEOPLE I LOVE...AND
THAT INCLUDES ALL OF YOU!**

♥ ~MS. D

UPCOMING EVENTS

May 11--CVIT
Completion Ceremony/
EAC Commencement

May 15--CVIT Summer
Break begins

May 18/19--Nursing
Asst. State Boards

THE YEAR IN PICS!



BE
yourself



Why FIT IN
when you
were born to
STAND OUT?

