

CVIT COUNSELOR



Connection



JANUARY IS MENTAL WELLNESS MONTH

Even though we're closing in on the end of January, it's never too late to celebrate Mental Wellness Month! Today, I thought I'd share a little about "talk therapy." What is it, and how can it help?

Talk therapy is a type of therapy where a counselor or therapist uses specific techniques to help you work through concerns, upsetting feelings, and/or anxiety. There are different types of talk therapy. You can learn more about some of the more popular ones in this [Very Well Health article](#). However the one that I usually use is called "Strengths Based" therapy, which means, I try to help you focus on things such as:

- **Your strengths**--have you overcome something like this before? How can you use the skills and strengths you already have to tackle the what you're going through right now?
- **Gratitude**--focusing on things that are going well instead of things that are going bad
- **Your locus of control**--some difficult things in life you don't have control over and that is really hard...what parts of this situation DO you have control over?

WE WOULD NEVER TELL SOMEONE WITH A BROKEN LEG THAT THEY SHOULD STOP WALLOWING AND GET IT TOGETHER. WE DON'T CONSIDER TAKING MEDICATION FOR AN EAR INFECTION SOMETHING TO BE ASHAMED OF. WE SHOULDN'T TREAT MENTAL HEALTH CONDITIONS ANY DIFFERENTLY.

— MICHELLE OBAMA

Maybe you've been down, and someone has told you, "your life isn't that bad, just get over it," or "you shouldn't talk to people outside the family -- that's nobody's business." While it's always important to respect the wishes of your family and friends with regards to privacy, remember, counselors and therapists will generally not disclose anything you tell them UNLESS they are worried for the safety of you or someone else, or you give them permission to share.

WHAT MENTAL HEALTH NEEDS IS MORE SUNLIGHT, MORE CANDOR, AND MORE UNASHAMED CONVERSATION.

— GLENN CLOSE

Remember, I am always available, by text, call, or of course in-person to chat about what you have going on. I want you to be as mentally healthy as you possibly can be!

WHAT'S INSIDE?

WHAT IS TALK THERAPY?

ROAD TRIP!

STUDENT SPOTLIGHT-- SKYLYNN KENTON

IT'S FAFSA, NOT FASFA

UPCOMING EVENTS

HOSA HAPPENINGS

NATIONAL SCHOOL COUNSELING WEEK

THIS YEAR WE'LL BE TAKING CVIT DAY ON THE ROAD. STAY TUNED FOR MORE INFO!

We're proud to recognize outstanding CVIT student Skylynn Kenton this month. Here's what one of her instructors had to say about her!

"Sky... is so dedicated and puts in such great effort. I've been honored to get to watch her grow throughout the last semester, and I can't wait to continue to witness her growth throughout her programs." (yes, Sky plans on doing two programs!) "She has a bright future ahead of her. The 'sky's' the limit -- pun intended --" - Jen

FUN FACTS ABOUT SKY

- **Fav Food:** Her Mom's enchiladas and Spanish rice
- **Fav part of CVIT:** the flexibility she has with the program and the amazing instructors (*I agree they're pretty awesome, Sky!*)
- **Pets:** a Lionhead Rabbit with a sassy attitude :)
- **Hobbies:** writing, going on walks, listening to music and spending time w/ friends and family

STUDENT SPOTLIGHT-- SKYLYNN KENTON

PROGRAM:

1ST YR

NURSING ASST

INSTRUCTORS:

JEN CARLSON &

ANJANETTE

BOLINGER

DREAM JOB:

AN RN OR NURSE

PRACTITIONER



THE NEW AND IMPROVED FAFSA

You have probably already heard a lot about the new FAFSA application, especially if you're a senior! And yes it's FAFSA, not FASFA, in my best Hermoine voice...FAFSA stands for the Free Application for Federal Student Aid. While there have been quite a few changes, for the most part, when helping students fill it out, I haven't seen too many issues, at least not ones that we aren't able to figure out together!

The biggest change seems to have been that parents/guardians will have their OWN portion of the FAFSA to complete. You will assign them "contributor" status in your application, and then they will log in and fill out their piece separately. You also generally don't need to drag your parents' tax information out in order to apply. The IRS will automatically send their tax information right into the form, so it's much easier! It also asks specific questions to help you determine if you are considered a dependent or an independent student.

If you would like help filling out your FAFSA, please don't hesitate to reach out to me! There are several FAFSA events going on locally (check them out in "Upcoming Events"), but I'm always happy to help you one-on-one as well!

DYK?

According to the National College Attainment Network, 90% of Arizona seniors who complete a FAFSA attend college *directly* after high school, compared to just 55% of non-FAFSA completers.



UPCOMING EVENTS



- **January 31-FAFSA Workshop at Ray HS @ 6:00 p.m.**
- **February-National Career and Tech Ed (CTE) Month**
- **February 4-9-National School Counseling Week!**
- **February 8-CPR Refresher Course**
- **February 9-HOSA Regionals @ EVIT**
- **February 13-FAFSA Workshop at Globe HS**
- **March 11-15-Virtual "Futures" week @ CVIT *NEW***
- **March 18-22- Spring Break**

WHAT'S NEXT?

HOSA HAPPENINGS: THE ROAD TO STATE!

We are geared up and excited for Spring HOSA Competitions! There are 3 different ways to earn a trip to state competition in April and we are taking advantage of them all.

First, members that scored the highest in our local competition round were given an invitation to regionals. We are really proud of everyone's efforts, and send a huge congrats to our winners below!

Then, January 16-18th, members took to their computers for their State Qualifying computer tests. They tested on all kinds of different topics, including Behavioral Health, First Aid & CPR, CERT, Nursing

Assistant, Phlebotomy, Veterinary Science, and more! Those that have top scores will be invited to compete at state!

Lastly, there are lots of opportunities for students to earn individual awards with HOSA that DO NOT include competition. Doing community service and activities such as career exploration and learning about the history of our awesome organization can lead to awards that also allow students to be recognized at the state conference. Any student who completes one of these activities will be invited to state also!

Stay tuned for our future announcements on who qualifies!

Well Done!

December HOSA Local Competition Winners!

HEALTH CAREER DISPLAY

Cai Cooper and Alexis Sandoval*
Skylynn Kenton and Tameron Reede*

HEALTH EDUCATION

Kaylie Caldera, Mattie Guerrero,
Jaslynn Mancha, and Helena Young*

MENTAL HEALTH PROMOTION

Sophia Hollis and Bella Pickard
Alliyah Curiel, Brilyne Fansler, and
Sofia Lopez

FAMILY MEDICINE PHYSICIAN

Ria Das*

HEALTH CAREER PHOTOGRAPHY

Kayla Muniz*

JOB SEEKING SKILLS

Kassidy Ballejos*
Nevaeh Guerrero*

PUBLIC SERVICE ANNOUNCEMENT

Sierra Boni, Ariana Juan, and Ryan Moya*

*These students/teams have committed to Regional competition on February 9th! Good Luck!



LOVE
MY STUDENTS

DYK?

The first, full week of
February is always
National School Counseling
Week!

I like to celebrate by advocating
for every student to have access
to a school counselor!

Help me out by going to
<https://forms.gle/kpmfCcdiLNzp>
GSFS7 and answering two
questions to help me celebrate!

-Ms. D