

H-TECH Newsletter

November 2021 ISSUE #3

Happy Veteran's Day

Veterans Day, observed annually on November 11, is a tribute to military veterans who have served in the U.S. Armed Forces. Not to be confused with [Memorial Day](#), which honors those who died while in service, Veterans Day honors all military veterans, including those still with us.

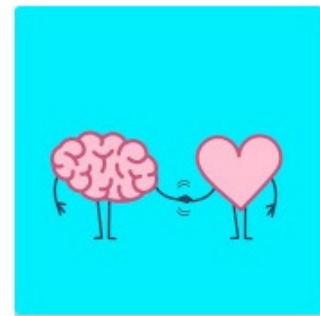


SEL

SEL (Social and Emotional Learning)

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

People with strong social-emotional skills are better able to cope with everyday challenges and benefit academically, professionally, and socially. From effective problem-solving to self-discipline, from impulse control to emotion management and more, SEL provides a foundation for positive, long-term effects on kids, adults, and communities.



SEL Activities

1) Mindfulness

The term "mindfulness" is often associated with calm or total peace. But that's not what it's about. Mindfulness is a practice – meaning, something to be returned to again and again – that involves focusing on the present moment and accepting whatever is showing up. Doing this each day can help foster a feeling of centeredness, which in turn can result in reduced stress and more regulated emotions.

2) Goal-Setting

Even when the future feels unpredictable, setting goals is a powerful way for students to motivate themselves. Goal-setting aligns with self-management, and it helps set a strong foundation for a growth mindset – a key capacity that allows students to adjust and adapt when things blow off course. Setting goals, no matter how big or small they may seem, is easy and effective.

Take this [10 minute survey](#). This survey will give you insight on your personality strengths and increase

Finishing the Semester Strong

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10 Tips for Finishing the Semester Strong

Ways to push to the finish successfully, despite COVID burnout



Ways to push to the finish line successfully, despite COVID burnout

It's that time of year again when the semester is coming to a close, and it seems like the projects, tests and assignments are endless. Just when you think it's time to relax from school, you're reminded of the finals you have to prepare for and assignments you have to finish. This time of the semester is hard during a normal year, but the weight of college mixed with COVID burnout is proving to be tricky. Here are 10 tips on how to finish the last few months of the semester strong while pushing through the burnout from the pandemic.

1. Make a schedule or routine

In the last few months of the semester, it may seem like there are more and more assignments and finals coming your way. Among the sport you might play, organization you may lead or job you may work, it's important to add "working on X assignment" into that schedule.

2. Take care of yourself, not just your homework

Within that schedule you're making, don't forget to add in personal health time. This can help the feeling of burnout, especially when you schedule in a fun physical activity, a new meal to try or even just a nap. Put these into your schedule so everyone, including yourself, know that's what you're doing at that time!

3. Don't skip classes

While it may be easy to skip a class to work on homework for another, or even work on that homework during virtual class, this will just cause you to fall behind! You might skip another class to work on the homework for the previously mentioned class, and you'll find yourself in a vicious cycle.

4. Think twice about stimulants

Keeping track of all your schoolwork, being conscious of your hygiene and health and looking at Zoom for eight hours a day can be exhausting. It may seem easy to stock up on energy drinks while you're trying to balance everything, but what your body needs is sleep and a break. Energy drinks will only give you a quick burst of energy, leaving you feeling tired quickly after the effects have worn off.

5. Make clear, specific goals, but don't be afraid to be flexible!

Instead of making your end goal "finish all assignments," make them smaller and more attainable so you feel like you're making progress along the way. Try "finish IN250 paper by April 30". If you don't get goals done by the date you've set, look to see everything else you've accomplished! Maybe you ate dinner every night this week and were in bed by 10 p.m. Go easy on yourself.

6. Make your workplace a comfortable space that makes you feel good

In a time before COVID you were able to keep your workspace separate from your leisure spaces. Now, you may not have that luxury. Make your space comfortable and productive, whatever that means to you, to make it easier to want to spend time there. Chances are, you'll be more productive if you're in a good mood.

7. Prioritize

There's so much to do in the next few months that it may be hard to figure out what's the most important. However, this is an essential step to making sure you get everything done on time. The paper that's due in May might come after the assignment that's due tomorrow, but that paper that is worth more percentage or your grade probably takes precedent over rewriting your notes for the third time.

8. Use your campus resources

Never feel ashamed to use your campus resources like the Center for Academic and Professional Performance (CAPP) or Student Mental and Behavioral Health Services (SMBH), among others. These staff members are here to help you through all the stresses and crises that may arise.

9. Set boundaries with your social media intake

Temporarily turning off your notifications or even deleting social media apps all together can help with your productivity in schoolwork, and with the stress and anxiety that COVID may bring. It's good to stay informed on news in your area and life, but too much of it can be a bad thing.

10. Reward yourself

After it is all said and done, be sure reward yourself. You've worked hard all semester and have come out on top, despite the challenges. Remember to reward yourself with something fun you wouldn't always have or do, not basic needs. "Going to bed on time" is a basic need, not a reward. You deserve that ice cream or new pair of shoes after everything you've accomplished!

HOW TO MAKE YOUR SECOND SEMESTER MORE SUCCESSFUL

Use these ideas to help you prepare for the second semester

USE A PLANNER

Whether you prefer using an app or a paper planner, keeping a calendar can ensure that you don't forget to complete assignments and will give you a head's up when you need to start studying for an exam. Just having all of your responsibilities laid out in front of you builds your confidence and lowers stress.



ATTEND CLASS – DON'T SKIP

Even when you don't want to. This is one of the biggest downfalls of the average student. There is no substitute for participating in the class discussions or hearing the examples the professor gives during lecture. Many universities and professors have limitations on how many classes you can miss before your grade begins to suffer, not to mention the possible participation points you will lose out on just by avoiding class. Skipping class is just throwing points away, so make it a priority to attend every class.

BUILD A STUDY SCHEDULE

so that you have a plan in place before the semester really heats up. Most students need to start studying earlier than they do to really learn the material well enough to recall it on an exam. This is also true for college essays-if you didn't do well on your papers last semester, you probably didn't allow enough time to revise so that you could submit your best work. Plan out chunks of time in your weekly schedule so that you can study and write over a few days for maximum benefit.

CREATE A MASTER PLAN

The first week of class, so that all assignment and exam dates are in your calendar or planner. This makes it easier to see all required work in relation to all the work due in all of your classes. If you have a paper due the same day as a big exam, you will recognize that ahead of time and be able to schedule study time earlier so as to get prepared.

NOTE TAKING AND STUDY STRATEGY

Most likely, if you didn't make the grades you wanted to last semester, you could benefit from a second look at the way you take notes and study. Many students who didn't need to take many notes or study in high school are totally surprised that college is not like that. Try different note-taking and study apps to find the ones that work with your learning style. You may even find that taking a study skills class is a good way to learn better techniques and habits.

TAKE CARE OF YOURSELF

Even when you get busy. The accumulation of stress, junk food and sleep deprivation keeps your brains from functioning at full capacity. It is just plain hard to focus when you aren't giving your body what it needs to serve you. Staying active, drinking plenty of water and [getting enough sleep](#) also keeps your immune system working for you so that you are less apt to get sick when you most need to be healthy.



Teacher Spotlight of the Month

Mr. Navarro

Jaime Navarro born and raised in Chicago Ill, oldest of three children. Attended Benito Juarez High School graduated in 1990. Joined the Illinois Army National Guard in 1989, went active duty in 1991.

Participated in Operation Desert Storm with a Patriot Missile Battalion, two tours in Operation Iraqi Freedom.

Duty stations included Germany, Korea, Panama, Fort Hood, Fort Sam Houston, Joint Base Lewis-McChord, and Tripler Army Medical Center. Deployments include Humanitarian missions to Cuba, and El Salvador. Foreign schools include Bolivian "Ranger" Course, Chilean Mountain Warfare Course, and Colombian "Lancero" school. Trained as an Emergency Medical Technician, Basic Trauma Life Support (Adult, and Pediatric), Pre-Hospital Trauma Life support, Master Driver, Hazardous Materials Transport, Preventive Medicine Technician, Equal Opportunity Advisor. Retired in from Army in 2017. Taught at the College of Health Care Professions, training Medical Assistants, from 2017 until 2021. Served as externship coordinator, CPR instructor, supplies coordinator, and skills proctor for senior students.

Married to wife of 25 years, Edilma Nunez Navarro. No children, one Dachshund named Bella.

✉ jnavarro10@saisd.net

Dual Credit Fall Exam Schedule

DC History

T/TR Class

Dec 2nd - Part #1 of the exam

Dec 7th-Part #2 of the exam

M/W Class

Dec 6th-Part #1 of the exam

Dec 8th-#2 of the exam

DC Speech

Week of December 6th-Final Presentations

DC Spanish

Dec 6th- 8:30-11:00

DC Art

Dec 6th- must be completed by December 12th.



TSI-Information

The TSI Test is taken by all 9th and 10th graders enrolled in H-TECH. Please review the information on TSI by clicking on the button.

Register for H-TECH for the 2022-2023

We are currently taking application for the 2022-2023 school year. If you know of an 8th grader who is interested in pursuing a career in the medical field, encourage them to apply today.





Mark your Calendar & Click Here to Sign Up For Our Annual Blood Drive

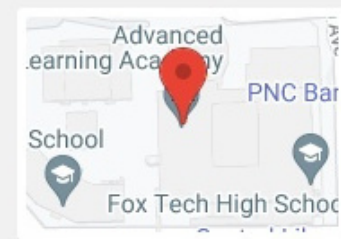
Blood Drive

When

Friday, Dec. 17th, 10pm

Where

637 North Main Avenue San Antonio, TX



[Get Directions](#)

More information

10 AM to 4 PM. We encourage to sign-up for a scheduled time. Click the link below for more information and to sign-up.

[South Texas Blood - Donor Portal](#)

For further information, please contact

Mark Vargas at (210) 738-9730