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Student Speaker Prep Assignment

#1: Student Healthcare Pathway Assignment (Using Health Careers Entry Diagram Handout on website)

1. Choose one certificate or license profession that looks interesting to you.
2. Decide one thing you can do to explore that career while in high school. (It may be to complete a low-entry certificate course such as CNA or EMT. Or attend Mi Futuro healthcare symposium, Jan 10th.)
3. When your CTE Speaker visits your class, be prepared to share one interesting health career that currently stands out to you and one idea to explore that career.

Healthcare Pathway Example: Santana completes an Emergency Medical Technician (EMT) course (**low-entry**) while in high school...works as an EMT while in college...as an undergrad college student, he completes a Paramedic training & license...after Bachelors Degree, Santana attends Med School to become an Emergency Room Physician (**advanced-practice**).

#2. Mental Health Wellness Assignment (Using Mental Health Wellness Handout on website)

Mental Health Wellness handout lists common behavior patterns under stress.

1. Choose one behavior pattern listed that you see in yourself when you experience feelings of overwhelm.
2. Remember a scenario of stress when you showed your identified behavior pattern.
3. When your CTE Speaker visits your class, be prepared to share your stress behavior pattern (only one!) and an example scenario.

Mental Health Awareness Assignment Example...

- One behavior pattern listed above is "Avoidance". Gaby has a habit to "avoid" when feeling overwhelmed.
- Example scenario: Gaby's Math exam will affect her final class grade. The final grade will affect a possible scholarship opportunity. Just thinking about the need for a good Math grade, *stresses* Gaby out and she can't think...so Gaby *avoids* studying until the night before the exam.

Everyone has stress that can become overwhelming. All of us have behavior patterns that show up in our actions when overwhelm begins. Each person has periods of mental health wellness and mental health decline.

Identifying your behavior patterns when overwhelm begins is key to maintaining Mental Health wellness during periods of stress. Behavior recognition is an invitation to manage stress in a way that renews...not depletes...you.