

THE CARDINAL CHRONICLE

A weekly college & career newsletter - N°3

LETTER FROM THE EDITOR:



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Monday: 9am-3pm
Wednesday: 9am-3pm

A Note About This Letter:

The Cardinal Chronicle is a bi-weekly letter that will highlight different majors, schools, job tips, funding opportunities, and many other things. This is a resource for you and will be archived so that you can easily find information. Please feel free to reach out me at amercado3@sandi.net if you have any questions on the content provided.

RESOURCE SPOTLIGHT:

Mending Matters:

ARE YOU FEELING STRESSED OR OVERWHELMED?

You are not alone. Join Mending Matters' relaxation group to connect with other Hoover students and learn relaxation techniques.

Meetings are held Mondays from 2-3pm starting Oct. 5th and are facilitated by a Mending Matters therapist.

If you're interested in joining us, please contact your school counselor:

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VIRTUAL RELAXATION GROUP

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MAJOR SPOTLIGHT:

Public Health

What is Public Health?

-Public health promotes and protects the health of people and the communities where they live, learn, work and play. Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems.

What do you learn as a Public Health major?

- According to [CollegeBoard](#), you'll learn how government actions; access (and lack of access) to health care; communication and education; and funding all factor into the spread, treatment, and prevention of disease. Your course work will cover epidemiology (the science concerned with the spread and control of disease), preventive medicine, health economics, and health ethics.

What careers can I find as a Public Health major?

- [Health educators](#)
- [Social workers](#)
- [Epidemiologists](#)
- [Public policymakers](#)

Similar majors:

- [Nutrition](#)
- [Biostatistics](#)
- [Public Policy](#)



COLLEGE OF THE WEEK:

Menlo College

On November 3rd, 2020 at 1:30 pm, Hoover High will be hosting Menlo College via Zoom! This a great opportunity to learn about one of the many private schools in California, and their admissions process.

Please join us via Zoom using this link:

<https://zoom.us/j/6505433943>

Established: 1927

Type: Private - Business School

Location: Atherton in San Mateo County, California

Enrollment: As of Fall 2019, Menlo's enrollment is 894.

Popular Majors: Business and Business related majors.

Acceptance Rate: 45%

Learn more at: <https://www.menlo.edu/>



MONEY MATTERS:

What is a Cal Grant?

A Cal Grant is money for college you don't have to pay back. To qualify, you must apply for the Free Application for Federal Student Aid (FAFSA) or California Dream Act Application (CADAA) by the deadline and meet the eligibility and financial requirements as well as any minimum GPA requirements. Cal Grants can be used at any University of California, California State University or California Community College, as well as qualifying independent and career colleges or technical schools in California.

There are three kinds of Cal Grants – A, B and C – but you don't have to figure out which one to apply for. Your eligibility will be based on your FAFSA or CADAA responses, your verified Cal Grant GPA, the type of California colleges you list on your FAFSA and whether you're a recent high school graduate.



	Cal Grant A	Cal Grant B	Cal Grant C
GPA	3.00	2.00	N/A
Financial Need	Cost of Attendance – Expected Family contribution = <i>Unmet Need</i>		
Income & Asset Ceiling	<i>Income:</i> Maximum amount depends on family size <i>Assets:</i> The maximum amount a family can have in assets that are not exempt		
Program Enrollment	· Associates · Bachelors	· Associates · Bachelors · Certificate	· Vocational Courses only · Associates · Certificate

VOCATIONAL OPPORTUNITIES:

Health Occupation Center - Crossmont HUSD: Phlebotomy

Learn about the human body, patient records, medical procedures, and how to draw blood!

Enrolling in the Phlebotomy program can help you start your career in a the medical field and help you land a job in one of the largest industries.

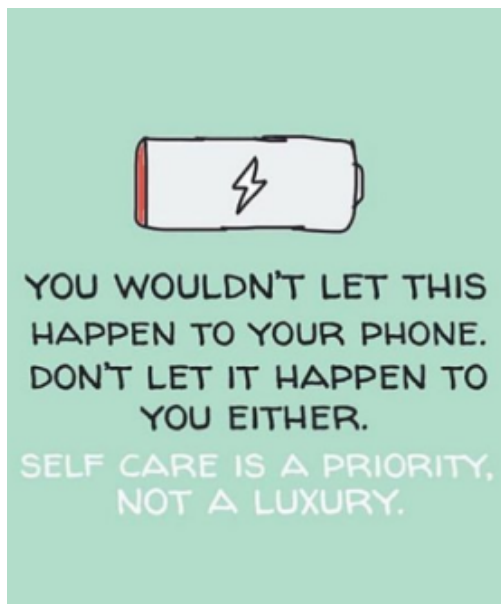
The program takes about 1 semester to a year to complete.

If you are interested in pursuing a career as a phlebotomy technician, please visit the [Health Occupation Center page](#) and click on Phlebotomy.



SELF-CARE:

Self-Care During COVID-19



We get so wrapped up in our day to day lives that sometimes we forget to take care of our own needs but this can end up being harmful and lead to stress and burnout. It is time we start prioritizing self-care and make sure we are taking care of ourselves daily.

Here are three tips to help you prioritize self care:

- Dedicate 15 minutes a day to you - This won't take away from your productivity - it will increase it. Take time to connect with yourself and pay attention to what you need. Is it writing in a journal? Walking through the park? Meditating? Whatever it is - incorporate it as a key part of your day (ideally not 15 minutes before bed).
- Be kind to yourself - Acknowledge that you are doing your best. As we know, comparison is the thief of joy. So run your own race, and be kind to yourself when you begin spiraling down the comparison trap.
- Be realistic - If your to-do list (whether work or personal life) is out of control - each evening, identify the top three things you want to achieve the next day. Breaking it down into small, achievable steps will ensure you see progress and feel a sense of achievement

UPCOMING EVENTS:

Come Learn About Different Universities, Talk to Admission Representatives, Ask Questions and Learn About Different College Options.

October 2020

- 10/26 at 1:30pm: UC Berkeley - <https://apply.berkeley.edu/register/?id=bff7cd40-b743-4163-8229-5edaa9c6c356>
- 10/28 at 4:00pm: CAL SOAP College Fair - <https://hopin.to/events/cal-soap-virtual-college-fair>

November 2020

- 11/3 at 1:30pm: Menlo University - <https://zoom.us/j/6505433943>
- 11/3 at 12:00pm: BCU Virtual College Fair - <https://www.eventbrite.com/e/hbcu-virtual-college-fair-san-diego-unified-school-district-tickets-121007936997?aff=cbdssbonlinesearch>
- 11/5 at 3:00pm: La Verne University - <https://ulv-edu.zoom.us/my/kcazares>
- 11/12 at 11:00am: National Hispanic Virtual College Fair - https://gotocollegefairs.swoogo.com/CC.NHCF_San_Diego