

JANUARY 2018 EDITION

PUBLIC HEALTH SOLUTIONS

QUARTERLY NEWS



BECOMING YOUR BEST SELF

How do you set goals and accomplish them to be your best self?



A NOTE FROM PHS

HAPPY NEW YEAR!

Happy 2018 to the PHS family! We hope that you've accomplished all your 2017 goals that you set for yourself. If not, it's never too late! 2018 is a brand new year to improve on you - mentally, physically, academically, spiritually, you name it. There will be setbacks along the way but if it was easy, everyone would do it!

One of our goals this year for Public Health Solutions is to take this program to new heights and to practice resilience throughout. We've accomplished so much within the last 5 years including addition of new tracks of the program. Most importantly, we can't wait to step into new spaces with you all! Check out our latest winter edition of what's new and upcoming!

JQ, SB, CC

CONTACT US

WE MOVED!

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IN THIS ISSUE...

- *Got goals?*
- *PHS Alumni Highlight*
- *Deadlines*
- *Opportunities*

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GOT GOALS?

BY: JQ FAN

Have you ever told yourself "I'm going to achieve how to (fill in the blank)", but never followed through with it? In fact, you told yourself so many times, that you start losing track of how many times you actually said that? Don't fear and most importantly, don't give up! This happens more often than we know it. In the spirit of the new year, here are 5 tips that might help reach your ideal destination no matter where you are in life!

APPRECIATE.

1. Believe it or not, if you made it this far, this is certainly an accomplishment in itself. Why? You're taking the initiative even if progress hasn't revealed itself yet. Take a step back and reflect what you have accomplished. It's common to overlook the details we consider small. However, learn to appreciate the overlooked details and move forward.

MAKE A LIST.

2. You might have great ideas brewing in your head but write it down! Have a set of goals, both short term and long term, that you would like to achieve. Short term = achieve within a day to 2-3 weeks. Long term = more than 3 months.

THINK ABOUT THE "HOW".

3. It may be one or up to 10+ goals but also think about the necessary steps to achieve them. We often forget to think about the "how". How will you achieve your long term goals? What possible short term actions can you take?

GIVE YOURSELF TIME.

4. Don't rush progress! If you've identified what your goals are and put in some work, progress takes time. If you didn't meet your expectations, set new ones with reasonable deadlines. If it was easy, then everyone would do it.

TRUST YOUR PROCESS.

5. Everyone is different and so is your process to success. You may not see results right away but have faith and persevere. Life may seem like you're at odds but the best is yet to come!



PHS ALUMNI HIGHLIGHT

INTERVIEW WITH JENNIFER HAJCAK

Jennifer Hajcak is a current sophomore at University of California, Irvine (UCI) majoring in Public Health.

WHERE DID YOU INTERN?

"I participated in PHS 2015 as an intern at the City of Richmond, City Manager's Office and 2016 at Contra Costa Health Service Teenage Pregnancy Prevention. At the recommendation of PHS, I later joined Health Career Connection in my freshman year at UCI and interned for Public Health Solutions last summer 2017!"

WHAT DO YOU HOPE TO SEE YOURSELF DOING IN 10 YEARS?

"My future goals in the next couple of years is to work in the public health field for a year or two, and then go to school again to get my masters! Not too sure just yet, but I definitely want to get my masters within the next 10 years or so."

WHAT IS A FUN FACT ABOUT YOURSELF?

"I know EVERY High School Musical song."

UPCOMING DEADLINES

REGISTER FOR CLASSES!

Contra Costa College (CCC): Spring semester has officially started as of Monday January 22! You can still register for full-term classes until February 2.

CONCURRENT ENROLLMENT

Are you a high school student interested in getting college credits? You can earn credits at CCC via concurrent enrollment! Check this link out for more information

(<https://www.contracosta.edu/admissions/apply-now/current-high-school-student/>)

CALIFORNIA STATE UNIVERSITY

You can still apply for winter or spring admission by the following filing periods or as a transfer. Check here

(<https://www2.calstate.edu/apply/Pages/application-dates-deadlines.aspx>) to see which schools have their application open.

Filing periods for CSU:

Winter 2019 : June 1, 2018 - June 30, 2018

Spring 2019 : August 1, 2018 - August 31, 2018

UNIVERSITY OF CALIFORNIA

Freshman and transfer applications were due by November 30. If you missed the deadline, here's how to prepare:

<http://admission.universityofcalifornia.edu/transfer/preparing-admission>

Check out what course requirements to complete if you're interested in transferring to a UC through IGETC (Intersegmental General Education Transfer Curriculum) through California Community Colleges

<http://admission.universityofcalifornia.edu/transfer/general-education-igetc/igetc/index.html>

TRANSFERRING COURSES

See if your courses transfer over to your intended school through www.assist.org. This is a great tool for transfers!

APPLY TO BE AN AMERICORP VISTA MEMBER BY JANUARY 31ST, 2018!

The Public Health Institute has just launched the CA Opioid Safety Network Accelerator program and is looking for VISTA (Volunteers in Service to America) volunteers to help reduce opioid deaths. VISTA members will support 23 coalitions covering 33 counties. This is an opportunity to foster emerging leaders in your community. People who have been volunteering in local efforts are possibly excellent candidates for hire through VISTA, or local college graduates looking for a paid service experience to launch their career. This is a full-time benefited paid position which includes: living allowance, choice of education award or end of service stipend, health coverage, relocation allowance, childcare assistance if eligible, and training.

There are TWO full-time Americorp VISTA positions that will be placed in Contra Costa County and working on opioids - one will be working with the Alameda Contra Costa Medical Association focused on health care providers and one will be working with the community coalition called the MEDS Coalition.

Click here for more information

<https://my.americorps.gov/mp/listing/viewListing.do?id=77177&fromSearch=true>

Contact Nick Draper at ndraper@accma.org or by phone at 510-654-5383 or contact Karya Lustig at klustig@healthleadership.org for more information about this opportunity!

ATTEND A COLLEGE IS REAL MENTORING SESSION!

College Is Real holds afterschool Group Mentoring sessions giving student tips for college and career readiness and individualized support at De Anza High School and Richmond High School. For more information, contact your school's college counselor or visit collegeisreal.org to learn more.

OPPORTUNITIES

APPLY FOR YEARUP TECH OPPORTUNITY!

YearUp is looking for young adults between 18-24 years old with a low to moderate income seeking to benefit from a more hands-on approach in order to finish your college degree and pursue a career in tech at a top company in the Bay Area (ie. Tesla, GE Digital, Kaiser, Chevron, Workday).

YearUp's one-year program includes:

6 months professional training in IT, Financial Operations, Sales & Customer Support, Business Operations, or Software Development

6 month corporate internship with a respected company

Coursework eligible for college credit

Weekly educational stipend throughout the program

Guidance and support from a staff advisor and professional mentor

<https://www.yearup.org/future-students/?location=bay-area/>

*Email JNavarra@yearup.org or text 925-204-4889 to book a one-on-one information session appointment

PHS SUMMER INTERSHIPS FOR ALUMNI

PHS Alumni who will be local this summer and are interested in learning about PHS internships (Public Health, EMS Exposure, Clinical Shadowing), please contact us with your contact information to be notified about available opportunities at

publichealthsolutions.info@gmail.com

INTERESTED IN DEVELOPING A PIECE FOR OUR QUARTERLY NEWSLETTER?

Submit in your artwork, poetry, any writing piece and/or if you would like to be featured in our PHS Alumni Highlight column!

Contact us at publichealthsolutions.info@gmail.com

OPPORTUNITIES