



Transition Newsletter

Volume 19
June 2022



School's out for Summer!

It's officially summer which typically means more time to watch your favorite TV shows and/or playing video games. But did you know that by participating in other summer activities, you can help yourself be a better student when school starts again in the fall? Here are some ideas that you should consider adding to your summer plans...



APP HIGHLIGHT



LIBBY is a free app where you can borrow eBooks and digital audiobooks from your public library. You can stream titles with Wi-Fi, mobile data, or download them for offline use and read anytime, anywhere.

The Libby app is free to install from your device's app store. All you need is a valid library card! There are no subscription costs so connect with your local library learn more!

This is for information only. DHS is neither supporting or endorsing the app. Please determine for yourself if you wish to use it and proceed accordingly.

- Participate in a summer reading program!**
Contact your local library to find out what's available. Even if you don't participate in your library's reading program, make sure you find yourself a good book or two or three to keep up all the progress you made this past school year!
- Plan time to volunteer!**
Volunteering is a great way to stay active while giving back to your home community. Plus it looks great on future applications. If you need help finding a volunteer opportunity, contact me and I'll help you!
- Continue your learning!**
There are some great websites online that can help you maintain all the skills you learned this past school year so you are ready to go once school starts again.

 - ⇒ [KHANACADEMY.ORG](https://www.khanacademy.org) — free online classes that move at your pace on math, science, computer, social studies, reading, and life skills. All you have to do is create a free account and pick a topic!
 - ⇒ [EDU.GCFGLOBAL.ORG/EN/TOPICS](https://www.edu.gcfglobal.org/en/topics) — 200+ free online classes that move at your own pace. Learn more about computer programs like Word, Excel, PowerPoint, or even many life skills courses like Workplace Skills, Job Search, Applying for Jobs, and Career Planning.
 - ⇒ [TRANSITIONTN.ORG/STUDENT](https://www.transitiontn.org/student) — a variety of free activities and resources to help you prepare for life after high school whether you plan to find a job or continue your education at a university or vocational college.
- Get physical!**
Find ways to stay physically active—take a hike and have a picnic, go on a bike ride, go to a pool or beach. Find something to do that gets you away from technology and gets you moving. And don't forget your sunscreen!





Name:

Phone:

Email:

Here's more great ideas for you to consider incorporating into your summer plans!

30-Day Wellness Challenge

1 Facetime a friend	2 Take a walk outside	3 Do at-home Tai Chi	4 Use a reusable shopping bag	5 Do a guided meditation
6 Drink a cup of warm tea	7 Try a new recipe	8 Paint, color, CREATE!	9 Journal for 10 minutes	10 Send a gratitude letter/text/email
11 Complete 1 self-care activity	12 Create a gratitude list	13 Read for 30 minutes	14 Random act of kindness :)	15 Recycle something!
16 Write down your strengths	17 Do at-home yoga	18 Create a morning routine	19 Eat a meal outside	20 Drink more water throughout the day
21 Declutter a space in your home	22 Listen to a podcast	23 Write down 3 short-term goals	24 Take a break from social media	25 Dance to your favorite music
26 Create a night-time routine	27 Bring a plant into your space	28 Eat more fruits & veggies	29 Practice mindful breathing	30 Try something new

dhs.sd.gov/transitionresources.aspx



eTrac[®]

online vocational training

If you've never had a job before or if you have, but things didn't go well, something we should talk about is your employment soft skills. Soft skills are a combination of people skills, social skills, communication skills, character or personality traits, attitudes, career attributes, social intelligence, and emotional intelligence quotients that enable employees to navigate their environment, work well with others, perform well and achieve their goals.

I would love to visit with you about ETRAC where we can meet in-person or virtually to go over the essential soft skills that will better prepare you for your first, or next paid job.

Contact me so I can set up and account for you and begin working through the valuable lessons with you!



Do you still need more tools to set employment goals? Virtual Job Shadow (VJS) can help you to get a clear picture of your road to success!

- Complete a career interest assessment to discover careers of interest.
- Explore the large library of career videos.
- Use the resume and cover letter builder to create your own.

Students working with me can get a free account for VJS so contact me to start exploring!

