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**FRESHMEN MEET THEIR  
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ACADEMY LINK



**GUEST SPEAKERS VISIT  
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CAREER EXPLORATION

# HEALTH & HUMAN SERVICES ACADEMY NEWSLETTER



## HSA Visits USC & CSULA

Written by Vanessa Magaña

On September 29, more than forty HSA Sophomores, Juniors, and Seniors visited USC and CSULA. While touring at USC, students separated into two groups and embarked on a tour of the campus. They asked their tour guide questions about the school and the requirements needed to attend. Later, the whole group reunited to attend an informational presentation by one of the seniors attending USC. There, they received a pamphlet with information about the school and had many of their questions answered, such as what to write about in personal essays/statements when applying to a college. With an hour to spare, the students roamed through the student shop and grabbed something to eat. Later that day, they visited CSULA and got a tour of the campus. During the tour they were informed about scholarship opportunities, financial aid, majors and minors offered, and dorm costs. Students left these two universities with a new range of knowledge and tools that likely prepared them for the future.

## HSA Learns About Leadership

Written by Arianna Reyes

Over summer break, 10 HSA students- four Seniors and six Juniors- attended the Ronald Reagan Student Leadership Program held at the Ronald Reagan Library. This program teaches many leadership skills, including communication and informed decision making. At the program, students designed and planned out a Leadership Action Plan that they are to carry out in their communities after attending the program. Some of the Action Plans include: community clean ups, advertising mental health to teens, and showcasing student talent. The educators at the program taught the students how to make flyers for their plans and also taught them how to make up short campaign speeches, known as elevator campaigns. On the last day of the program, students were able to pitch their elevator campaigns and showcase their flyers to active members of the community and coordinators of the Ronald Reagan Student Leadership Program.

## Guest Speakers Visit HSA Juniors

Written by Raquelín Lemus

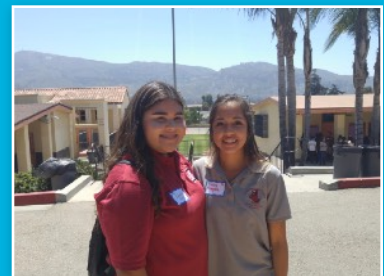
Over the month of August, Juniors in HSA were visited by three guest speakers. The first guest speaker was Christine Mount, who gave the Juniors advice on how to start saving money early and to keep an eye on their BUCKS. B stands for borrowing money for the right reasons, U stands for understanding your APR, which means looking for the lowest annual percentage rate, C stands for creating a repayment strategy, K stands for keeping an eye on your credit, and S stands for saving money to stay out of credit trouble. The second guest speakers the Juniors met was Anna Mason, a registered dietitian, and Perla Macias, who works in public health. Mason shared insight on career opportunities in nutrition that might interest the Juniors, and tips on how to live a healthy lifestyle. The final guest speaker was Angelica Cisneros, who works with the Office of Assembly-member, Monique Limon. Cisneros emphasized the importance of meeting people and maintaining contacts who may later offer them opportunities for growth. Overall, these guest speakers provided the HSA Junior class with valuable information.

## Freshmen Meet Their Junior Links

Written by Lyzette Cornejo

Over the summer, Juniors in the Health & Human Services Academy trained with Link Crew to provide incoming Freshmen with a variety of support structures and guidance that will help them succeed in high school. Students in HSA and Link Crew spent three days preparing for Freshmen Orientation. They also attending trainings to become more positive and supportive role models. At Freshmen Orientation, HSA and Link Crew met the incoming Freshmen and spent the day playing ice breakers and touring the high school campus. On Friday, September 1, HSA, Link Crew, and the Class of 2020 reunited for the annual Tailgate Party. There, everyone enjoyed lunch, played games, and entered a raffle before the school's first football game. Overall, students in the academy enjoyed themselves and have since begun meeting with their Freshmen at various club meeting and sporting events.

Since 2001, the Health & Human Services Academy is designed to help students pursuing careers in Health/ Medicine, Education, or Human Services.



TOP: HSA Juniors & Seniors posing for a picture at the Ronald Reagan Library.

CENTER: HSA students posing for a picture with Tommy Trojan, and their tour guide, at USC.

BOTTOM: Daisy Magaña (11) working alongside Amanda Villa (12) at the Link Crew Tailgate Party.