



ADULTING 101

Jessica Nguyen, Bluerock Therapeutics
Carissa Van, South Shore Hospital

MIT SPARK 2022

Meet Your Teachers



Jessica Nguyen

Bluerock Therapeutics
Wilmington University
South College



Carissa Van

South Shore Hospital

AGENDA



1

Academic



2

Professional



3

Financial



4

Wellness



ACADEMICS

1. Introductions and Goals
2. Academic Skills
3. Extracurricular Activities
4. Volunteering
5. Mentoring
6. The College Process

LEARNING STYLES

VISUALLY

Learning through presentation, clear understanding of hierarchy of material projected

AUDITORY

Learning through spoken material and process when information is collected aloud

READING

Self-learning through reading and writing materials.
Note-taking heavy

KINESTHETIC

Learning through hands on and engaging all senses- muscle memory



ACTIVE LEARNING

1

Prefacing
reading
material
for the
class

2

Take Notes
while
reading

3

Asking
Questions
in Class

4

Flashcard
and active
recall

EFFECTIVE NOTE TAKING

Notes

- Reading can help with comprehension abilities as well as analytical abilities.
- We can fire up our imagination through stimulating usage of words on a paper, which ultimately strengthens our mental muscles.
- There are several benefits of reading that relate to our mental health such as
 - Stress reduction and increasing our relaxation
 - We can increase our creativity and imagination
 - By reading a lot we can learn new words.
- Various selections of reading material helps us increase our communication skills.

Lecture based note taking

EFFECTIVE NOTE TAKING

CORNELL NOTES



Class: MIT SPARK 2022



Date: 03/12/2022



Topic: LEARNING TECHNIQUES

Essential Question

Why is reading important?

Main Ideas / Key Words

Benefits of Reading

1. Reduces Stress and increase relaxation
2. Increases concentration and productivity
3. Helps increase memory
4. Stimulates imagination

Notes

- Reading can help with comprehension abilities as well as analytical abilities.
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- Various selections of reading material helps us increase our communication skills.

The Cornell Method

It is about short notes that you write down in the right-hand column using recognizable abbreviations and symbols

VOLUNTEERING

HOW DO WE GET INVOLVED?

Volunteering helps gain new skills necessary for the job market such as leadership, communication skills, dependability, time management, & decision making.



Understanding Your Options

Vocational Technical High School

Allied Health
Automotive
Carpentry
Computer Tech
Cosmetology
Electrical
Engineering
HVAC, etc.

Community College

- Certificates
- 2-year Associate Degree
- Limited 4-year Bachelor Degrees

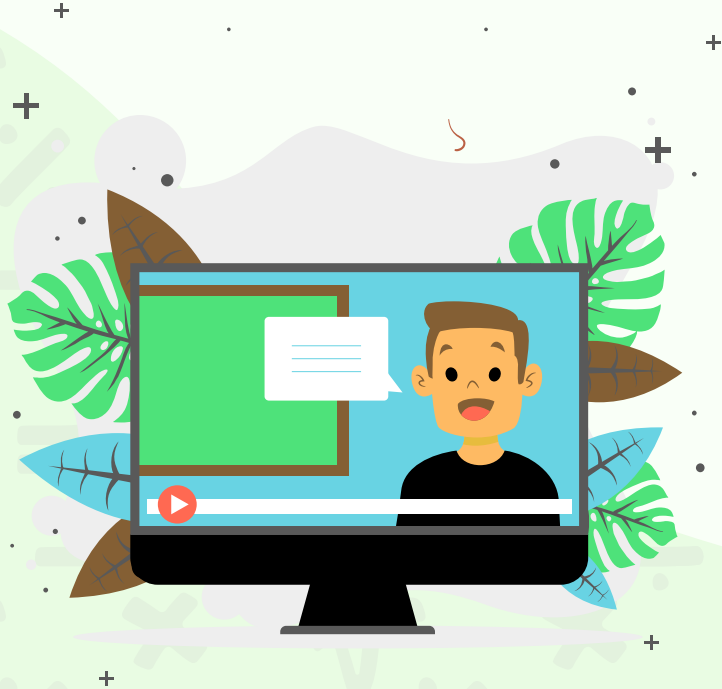
Public College


Government funded


Private College


Student funded


THE COLLEGE PROCESS



 **SCHOOLS & PROGRAMS**
Where do you see yourself going?

APPLICATION, SATS, & LORS
How are the specifics of each school defined? 

 **PERSONAL STATEMENTS**
Why should a college accept you?

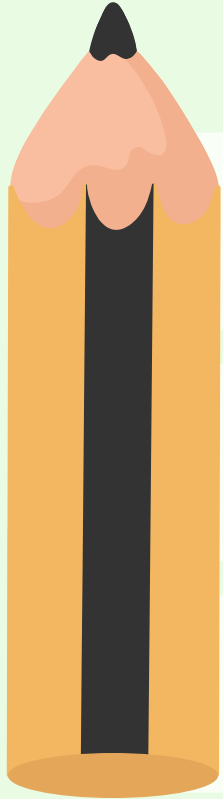
**INTERVIEWS, EARLY APPLICATIONS
& ADVISORS** 



PROFESSIONAL

1. Communication Skills
2. Resumes/Curriculum Vitae
3. Cover Letters
4. Interview Skills
5. Time Management
6. Planning

Study Planning



Syllabus and Due Dates

Outline a list of what important quiz/test/homework dates are



Weekly Planning

Focus on a weekly list to help guide effective homework assignments



Prepare, Review and Question

Read materials before class, review notes and ask questions within 2 weeks of class



Study Planning

	Monday	Tuesday	Wednesday	Thursday	Friday
4 - 5 h	Math Project	Math Project	English Homework	Social Studies Homework	Music
6 - 7 h	Social Studies Homework	Art Project	Social Studies Homework	Art Project	Science
7 - 8 h	Science Homework	Science Homework	Science Homework	Science Homework	Science Homework
8 - 10 PM	Review Notes & Class Questions	Review Notes & Class Questions	Review Notes & Class Questions	Review Notes & Class Questions	Review Notes & Class Questions

COMMUNICATION SKILLS

Active Listening

Listen to what is being discussed and focus on absorbing, rather than responding

Expressing Feelings

Discuss what the topic makes you feel in terms of the conversation



02

Manage Conflict

Respectfully understand different opinions and focus on clearing up misunderstandings

04

Body Language

Focus on how you are presenting yourself and pay attention to nonverbal signs

01

03

Resume/Cover Letters

Chronological Resume Format

Name and contact information

Janet Chobot
Little Rock, Arkansas • (123) 456-7891
agardner@email.com

Summary or objective

Summary
An exceptionally organized and friendly dental assistant with 3+ years of successful experience working with dental offices and clients.

Professional history

Professional History
Smith Family Dentistry, Dental Assistant
July 2017 – Present

- Clean and prepare treatment rooms
- Prepare patient to be seen by for dental treatment
- Answer common patient questions about dental procedures, treatments, and issues

Educational history

E&H Dental, Office Assistant
August 2015 – July 2017

- Organized client schedules
- Received patients upon arrival
- Handled client billing and paperwork
- By end of work experience, took on key dental assistant roles

Skills and abilities

Educational History
Little Road Junior College
August 2012 – June 2014
Certified Dental Assistant Program

Skills
Dental assistant skills include: DANB certification • X-ray certification • Denture Impressions • Calming personality and demeanor • Hygienic • Minor oral surgery experience

Cover Letter Format

Date and contact information

Anne Galindo
(123) 456-7890
anne.smith@email.com

Salutation/greeting

January 23, 20XX

Dear Hiring Manager,

Opening paragraph

I'm excited to be applying for the Web Developer position at [Company Name]. I've been programming websites and using CSS to create user-friendly experiences since I was in middle school, so it's always been a passion of mine. I've also been intrigued by your company since it won Most Innovative at the National Web Development Awards two years ago. I strive to stay on the cutting-edge of web design and development, so when I saw this job posting, I knew I had to apply.

Middle paragraph(s)

During my previous role at [Company Name], I built a website completely from scratch for a recently rebranded business, both ahead of schedule and within budget. I started by gathering requirements from my clients and holding a focus group to perform user research. My favorite part about web design is building a solution that impresses the client and meets the needs of users and customers. My new website was responsive, extremely fast, and included the latest e-commerce features. After launch, I continued to lead optimization efforts. Through A/B testing, I improved the click-through rate by 10% and reduced the bounce rate on the website's landing page by 30%. As your Web Developer, I would bring these skills to develop websites that exceed the expectations of clients and customers, and drive real business results.

Closing paragraph

One of the factors that really attracted me to this role is that [Company Name] values giving back to the community. In my spare time, I run free web-development workshops for at-risk youths. In these workshops, I teach them the basics of HTML/CSS and JavaScript and serve as a mentor. As I grow in my career, applying my skills to help others and make an impact on the world becomes more important—I believe this role would give me that opportunity.

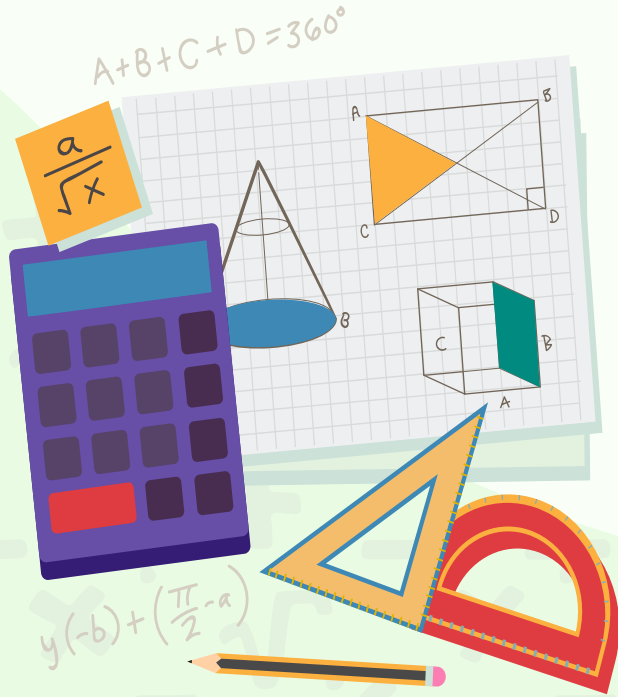
Complimentary close and signature

Thank you for your consideration and time. I'm looking forward to learning more details about the position and company.

Sincerely,
Anne Galindo

PERSONAL FINANCE

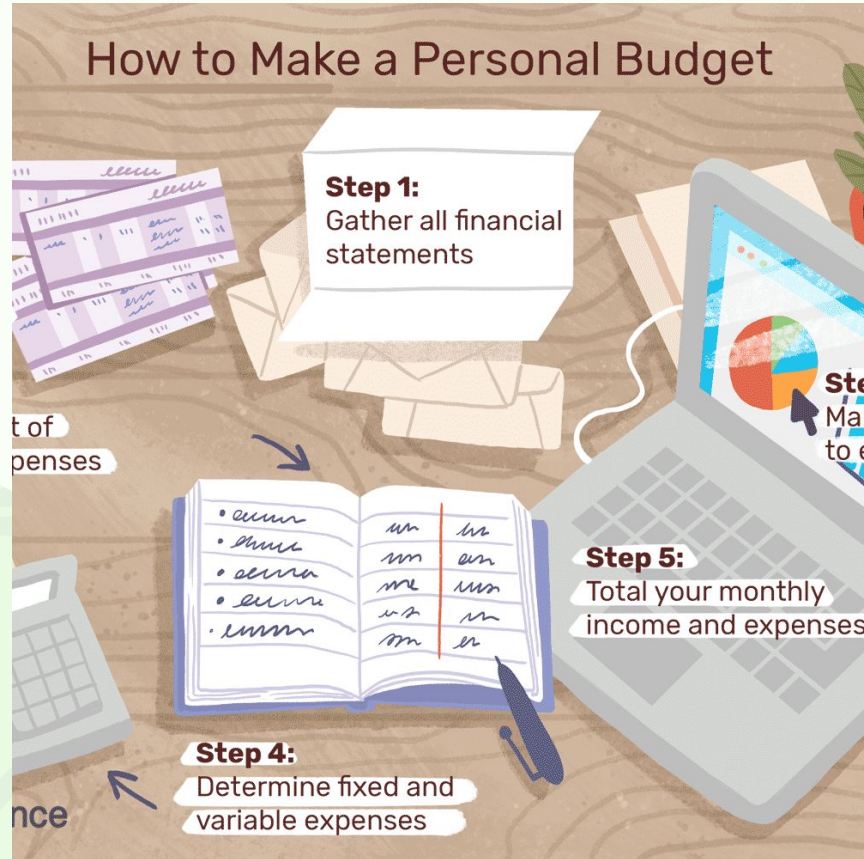
1. Banking Accounts
2. Credit/Debit Cards
3. Budgeting



Bank Accounts



How to Budget



Budgeting Exercise

What are we going to save up for? Trying to Move out

- \$5,000

Things that we need to pay for	Estimate	Actual
Food (\$50/groceries,\$250/friends five times)	$=25+250 = \$300$	\$250
Rent	\$1000	\$1000
Utilities (water, electricity, etc)	\$100	\$50
Car & Gas	\$700	\$900
Maintenance (saving)	\$150	\$100
Furniture	\$500	\$0
Total	\$2,750	\$2500

WELLNESS



Optimize Your Day!

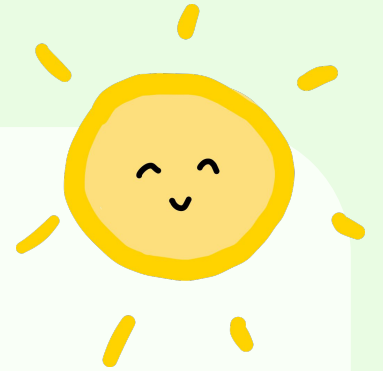
Exercise

>30 minutes



Sunlight

>30 minutes



Stay Hydrated!

6 - 8 cups of water



Sleep

6 - 8 hours





[HOME](#)

[EAT HEALTHY](#)

[LIFE STAGES](#)

[RESOURCES](#)

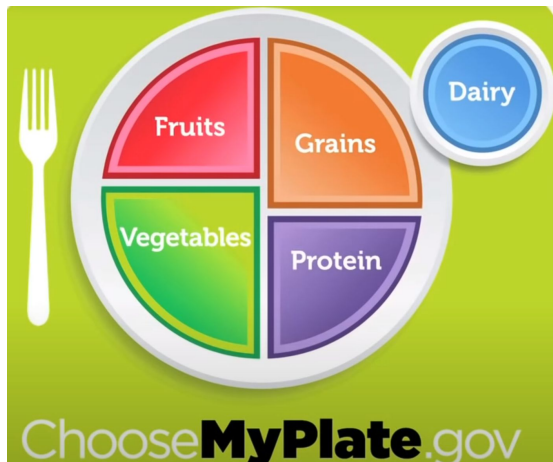
[PROFESSIONALS](#)

[MYPLATE KITCHEN](#) 

🔍

- WHAT IS MYPLATE?**
- [Fruits](#)
 - [Vegetables](#)
 - [Grains](#)
 - [Protein Foods](#)
 - [Dairy](#)
 - [Food Group Gallery](#)
 - [Healthy Eating on a Budget](#)
 - [More Key Topics](#)

50% of your plate should be fruits and vegetables

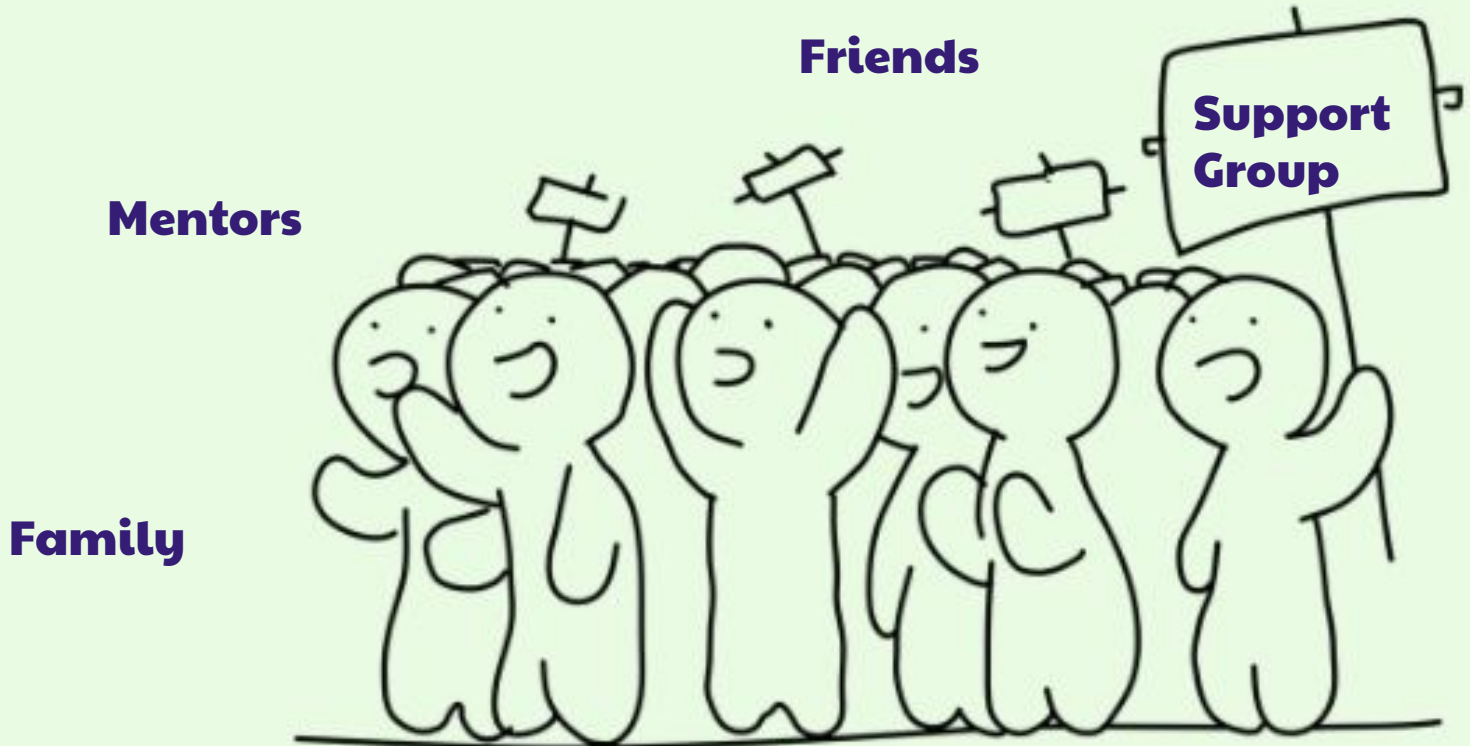


- RESOURCES**
- [Tools](#)
 - [Print Materials](#)
 - [Graphics](#)
 - [Videos](#)

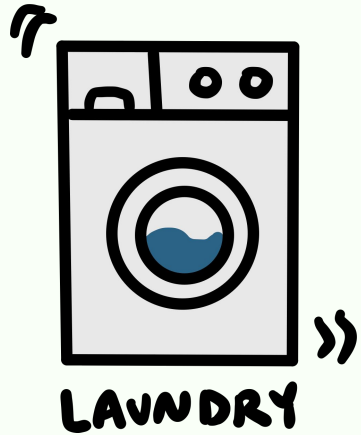
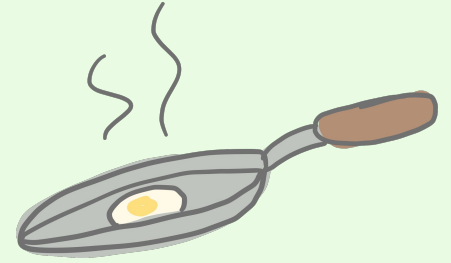
- MYPLATE KITCHEN**
- [Recipes](#)
 - [My Saved Recipes](#)
 - [My Cookbooks](#)
 - [Recipe Videos](#)
 - [Recipe Resources](#)

Relationships

Personal vs. Academic



Home Economics



Learn how to
schedule your own
appointments!!!

Highly Recommended Education

Basic Life Support

American Heart Association

First Aid

Warm Water + Soap

Choking Emergency

5 Back Blows
Heimlich Maneuver

**American Sign
Language**

**Anatomy &
Physiology**

Nutrition

Psychology

Navigating The Healthcare System

medical information &
where to get medical attention

Know Your Medical Information

Allergies

- What medications are you allergic to?
- What symptoms do you experience (hives, swelling, congestion, short of breath, itchiness)?

Medications

- Name
- Dosage
- Pharmacy

Emergency Contacts

- Parent/s
- Guardian/s
- Other Family Member/s
- Friend/s

Be Honest !

- Took more than prescribed medication dosage.
- Drugs
- Alcoholic Beverages

Where Should I Go?

1

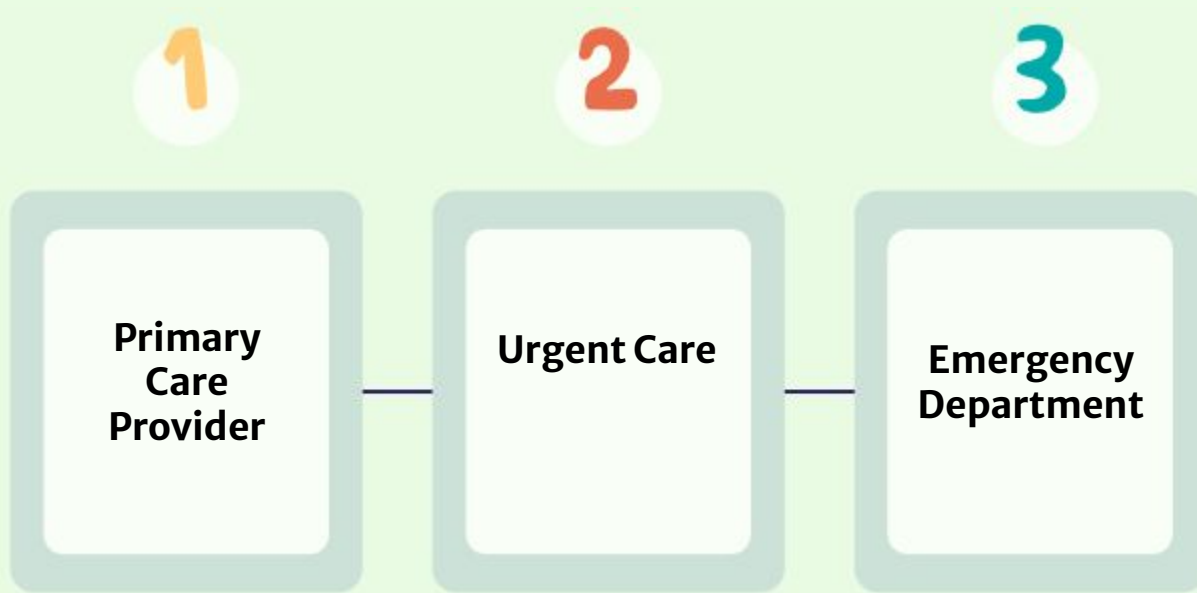
Primary
Care
Provider

2

Urgent Care

3

Emergency
Department



Primary Care Provider

- They know your entire medical history
- Physical Exams
- Vaccinations / Disease Prevention
- Counseling / Education

Complaint/s:

- Cold, flu, or sore throat
- Ear, sinus, or urinary infections
- Headaches and muscle pains
- Stomach pains, nausea, diarrhea, constipation, vomiting.
- Minor scrapes and bruises
- Medication refills



Urgent Care

Requires care within 24 hours.

- Sprains
- Minor animal bites / stings
- Minor cuts or burns
- Dehydration
- Pink Eye
- Rashes or other skin issues

Emergency Department

- Chest pain
- Breathing difficulties
- Allergic reaction
- Fever +100°F (with/out rash)
- Broken bones or dislocated joints
- Head Injury
- Seizures / Fainting
- Eye Injury
- Weakness
- Bleeding that won't stop
- Serious burns, cuts, or lacerations
- Traumatic Injuries caused by: car accidents, falls, sports,
- Don't feel safe by yourself.

Side Notes

See a dentist for any dental issues

EMS Refusal of Treatment Form

Drink more water to decrease chances of kidney stones

Always ask questions

How long do you have to wait at the ER?

ER = Fever +100°F

Hotlines

<https://www.mass.gov/service-details/crisis-hotlines>

National Suicide Prevention Lifeline

1-800-273-8255
1-866-628-9454 (spanish)
1-800-799-4889 (deaf/hard of hearing)
Website Chat Feature

Crisis Text Line

Text “HOME” to 741741

Samaritans Statewide Helpline

Text/Chat Emotional Support
1-877-870-4673

The Trevor Project (LGBTQ)

1-866-488-7386
Website Chat Feature (3P-10P, daily)

MA Emergency Services Program/Mobile Crisis Intervention (ESP/MCI)

Mental health or substance use disorder crisis.
1-877-382-1609 (available 24/7)

Teacher Contact Information



Jessica Nguyen

Email: n.jtnguyen@gmail.com or jnguyen@bluerocktx.com

Linkedin: <https://www.linkedin.com/in/jesstnguyen/>



Carissa Van

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Linkedin: <https://www.linkedin.com/in/carissavan/>