



DECEMBER

PA-Post

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- Career exploration
- College readiness initiatives
- Procrastination
- Cultural holidays



MEMBER CAREER DEVELOPMENT OPPORTUNITIES

By: Anvita Kallam

While TSA does a great job of preparing its members for their future careers, I'd also like to provide you with some resources to expound on that even further. This past October, I had the pleasure of helping run the Girl's Exploring Tomorrow's Technology (GETT) conference, where companies across the state had booths advertising their work and potential career options. I was able to meet hiring managers from Merck, Ansys, Vanguard, etc., so I highly recommend you all check it out next year!



I also know that many of you are interested in internship and research opportunities, but these can be hard to find as a non-collegiate student. So, I've linked some good opportunities below:

- Princeton Lab Learning Research Program
<https://scienceoutreach.princeton.edu/laboratory-learning-program>
- Teen Research Internship Program (TRIP) <https://www.foxchase.org/research-training/education/research/high-school/trip-initiative>
- NASA x UT Austin (SEES) <https://stemstarts.utexas.edu/program/stem-enhancement-in-earth-science-sees/>
- Lockheed Martin High School Internships <https://www.lockheedmartin.com/en-us/careers/candidates/students-early-careers/high-school.html>
- UPenn Management & Technology Summer Institute (M&TSI)
<https://fisher.wharton.upenn.edu/management-technology-summer-institute/>

COLLEGE CONTACT PANEL

By: McKenna Smith

As you may know, one of my initiatives while running to be your State Treasurer was to bring a College Contact Panel to PATSA. With the help of Harper and Anvita, I am happy to announce that PATSA will be expanding our connections with the help of the alumni network to help current TSA students as they go through the college research and application process. We will also be working to gain sponsorships through our alumni. This program will allow current students to hear honest and helpful advice and opinions from current and former college students. These college students are PATSA alumni with successful careers and college experiences.

Some questions our alumni will answer are:

- What experiences did you have during applications and/or attending college that you feel would be beneficial for membership to hear about?
- Tell us about your major. What is your favorite part about your major? What is your least favorite part of your major? What advice would you give a prospective student in your major?
- Tell us about your school. What is your favorite part of going to your school? What is your least favorite part of going to your school? What advice would you give a prospective student for your school?

The answer to their questions will accompany information about the alumnus such as their college, major, and if applicable, their current career. This resource will be posted on the website for students to access at any point. In the application, the alumni will also be asked if they would be interested in participating in an interview with our College Contact Panel team to answer further questions about their college or career experiences. These interviews will be recorded, and most likely will be posted to the PATSA Instagram or YouTube.

We also hope to bring a new special interest session to the state conference with these alumni. We would like to have a Q&A with trusted alumni and hosted by the state officer team to give students the opportunity to hear about their academic and career journeys.

Please contact Harper House (sot_secretary@patsa.org), McKenna Smith (sot_treasurer@patsa.org), or Anvita Kallam (sot_parliamentarian@patsa.org) for questions

PROCRASTINATION

By: Narayani Sakthinathan



Truth Behind Procrastination

Procrastination, a quite familiar terminology known to almost all TSA students. As the regional conference nears, it is easy to awaken to the consequences procrastination has deemed. However, it is only when we are more knowledgeable on what procrastination truly is that we can identify its effects and how we can avoid it.

What is Procrastination and Why Do We Do It?

Procrastination is the account of telling ourselves to put off a task past its deadline. It often arises from activities and events that cause us much stress. As a result, we feel unmotivated to even begin working on the task at hand.

Ways to Tackle Procrastination

Make Your Tasks Doable

A big goal in front of you can often feel difficult to accomplish. Nevertheless, breaking it up into smaller tasks makes the goals feel more within reach. In fact, when your mind perceives something as doable, your motivation and energy increases.

Adjust Your Environment

Having a favorable work environment is crucial to keeping your mind focused. This may come in the form of adjusting the layout of your desk or simply playing classical music while you work. Whatever it may be, identifying what you enjoy and executing it is important when approaching any task.

Take Care of Yourself

Keeping your mind and body healthy allows you to remain refreshed and active. It is recommended to take brain breaks every 45-60 minutes. This gives you the opportunity to regain focus mentally and relax eye strain and muscle tension.

HOLIDAY FUN!

By: Haley Mosorjak

The Holidays are coming up! I hope you are excited, I know the state officer team is! Have you gone Ice Skating, baked cookies, or even just spent time with family? To get you all in the Holiday spirit here are some fun facts about each holiday! Don't forget to share with the state officer team on how you celebrate your holiday on our discord!

Christmas

1. The song "Jingle Bells" was actually written for Thanksgiving and not Christmas
2. Before the 1930's the Santa colors were blue, white, and green. Then Coca Cola changed them to red.

Hanukkah

1. The word Hanukkah comes from a Hebrew word ḥănukkāh which means dedication.
2. The holiday had been celebrated 600 more years than Christmas

Diwali

1. The holiday was originated in India over 2,500 years ago
2. This holiday could be celebrated with fire works

Lunar New Year

1. Over 2 billion people celebrate this holiday making it one of the most celebrated holidays in the world
2. Children receive red envelopes filled with money from friends and family as a symbol of good luck and wishes for the new year.

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