

NATIVE YOUTH PROGRAM NEWSLETTER

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Meaningful Conversations

This year, we have had the wonderful opportunity to be guest presenters at Lava Ridge Intermediate's Native American group meetings. This allows us to connect with students who may miss out on our monthly activities. We meet once a month and talk about meaningful topics. Past and upcoming topics include:

- **November:** Identity: "Who am I?"
- **December:** Perseverance
- **January:** The Power of Music
- **February:** Movement
- **March:** Sharing Cultures

At the first meeting, students were asked to create a design for a T-shirt to show who they are. We asked them to do it again at the February meeting. We are excited to see how they envision themselves after the presentations. Students also learned about current Natives who are striving though sharing their cultures in mainstream media, and they learned how cultural music and dances are ways to care for their overall well-being.

If you have any questions, please reach out to Mahala Nguyen at Msutherland@pitu.gov.

Upcoming Events

Monthly Theme:
Sewing

- **March 05:** Washington Title VI, 6-8pm, Coral Cliffs
- **March 05:** Sevier Title VI, 6-7pm, Sevier County School District Building
- **March 20:** Lava Ridge Intermediate School Visit
- **April 01:** Iron County College Fair, 11am to 2pm, PITU Gym, Cedar City
- **April 02:** Washington County College Fair, 10:30am to 1:30pm, Professional Learning Center, St. George

**See full calendar of
events at
[PITU.gov/Native-Youth/](https://pitu.gov/Native-Youth/)**

Washington and Iron County College Fairs

The Paiute Indian Tribe of Utah Puow'wan Program is excited to host this year's college fairs on April 1 in Iron County and April 2 in Washington County! This is a fantastic opportunity for students to explore educational and career pathways with representatives from colleges, universities, technical and vocational schools, and the U.S. Armed Forces. Attendees will have the chance to connect with schools and organizations that can help shape their future and gain valuable insights and resources to support their journey.

Transportation is being provided by the Title VI programs of Iron and Washington counties, and lunch will be provided by the Utah Division of Indian Affairs. Don't miss out on this exciting opportunity. For questions or additional information please reach out to:

- Roger Clark - rclark@pitu.gov
- Everson Nakai - enakai@pitu.gov



Tips for Student Success

1. **Work on time management:** List tasks from most to least important, then determine how much time is needed to complete each task. Go through your list one by one until each task is complete. Breaks are important; look into the Pomodoro timer technique.
2. **Set small goals to help you accomplish large goals:** Smaller SMART goals can help work toward large goals. Think about the goals created for the youth SMART goal activity.
3. **Take care of your physical and mental health:** Practice positive thinking. Those that have a positive outlook on life tend to do better in school and cope with stress better. Children ages 6-17 should be getting at least 60 minutes of physical activity every day.
4. **Discover how you learn:** Some people learn differently. Some people are visual learners (learn by seeing), auditory learners (learn by listening), hands on (learn by doing the skill), social (learning in a group setting), or solitary (learning alone rather than in a group). Identifying how you learn can lead to a more effective learning process.

Registration

Please ensure that all Native youth are registered, as it is required for participation in the activities. To register, visit our website at <https://PITU.gov/Native-Youth> or use the QR code below.

