January is “National Mentoring Month”

National Mentoring Month was created in 2002 to focus attention on how each of us can work together to increase the number of positive mentors for youth.

Find out more about this initiative and how it came about, and explore mentoring programs in Virginia. Download the Growth Mindset Mentoring Toolkit here.


January 12th: National Pharmacist Day

Pharmacists are healthcare professionals who focus on safe and effective medication use. The first pharmacy school was established in 1821 in Philadelphia, PA. Pharmacy became a profession separate from medicine on June 30, 1852. Check out this video and interactive game from Kids Work to learn more about a pharmacist’s job. Read or listen about What Medicines Are and What They Do from Kids Health. Related Careers: Pharmacist, Pharmacy Aides, Pharmacy Technicians.

January 20th: Dr. Martin Luther King, Jr. Day

This day remembers and celebrates the work of Civil Rights activist Dr. Martin Luther King, Jr. who gave the “I Have a Dream” speech during the March on Washington on August 28, 1963. He believed in equality for all people and preached nonviolence. Check out pictures and information about Dr. King and his work from National Geographic Kids. Watch an illustrated video from BrainPOP about Martin Luther King Jr.’s life and contributions. Teachers and parents visit Scholastic’s MLK Day page for lesson plans and resources. Take a look at Virginia Career VIEW’s special section on Dr. Martin Luther King, Jr. here. Related Careers: Clergy, Equal Opportunity Representatives and Officers, Lawyers.

January 31st: Inspire your Heart with ART Day

Celebrate art and the effect it can have on your heart. Learn more about your heart here Infuse Art into Career Development with this new VIEW publication. Related Careers: Art, Drama, and Music Teachers, Art Directors, Fine Artists, Including Painters, Sculptors, and Illustrators, Poets, Lyricists and Creative Writers.