

CareerTEC Chronicle

Partnering to Prepare Students from Dakota, Durand, Freeport, Orangeville, Pearl City, Pecatonica and Aquin for Tomorrow's Careers

IMPORTANT DATES

- NOV. 21: Freeport Expo; No AM 2 CareerTEC classes
- NOV. 22: No classes at St. John UCC, Freeport High School, Construction, and Highland College except Industrial Tech is in session (no busing provided)
- NOV. 23-24: Thanksgiving observed, no classes.
- DEC. 7 (1:30 p.m.): CareerTEC Board meeting
- DEC. 11-15: Final exams for CareerTEC students at Highland College; End of Highland Fall term
- DEC. 15: CareerTEC tours for Freeport sophomores
- DEC. 25-JAN. 7: CareerTEC closed for Winter Break/Christmas
- JAN. 8: CareerTEC classes resume at St. John, construction & Freeport High School
- JAN. 16: CareerTEC classes resume at Highland College
- JAN. 19: CareerTEC tours for Dakota, Durand, Orangeville, Pearl City, Pecatonica, and Aquin sophomores

CareerTEC

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See us at:
www.careertec-il.org

A Great Start!



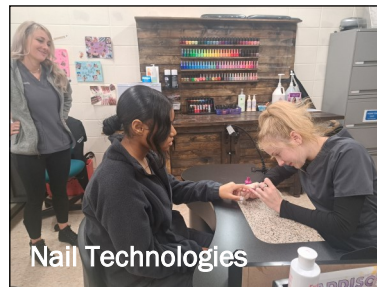
Early Childhood Education



Industrial Technologies
— Welding



Cosmetology



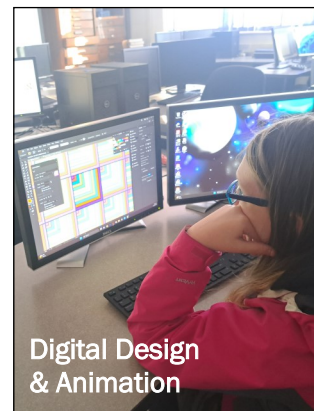
Nail Technologies



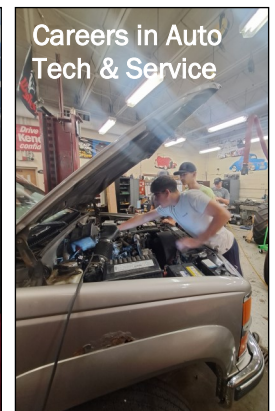
Industrial Technologies
— Drafting



NJROTC



Digital Design
& Animation



Careers in Auto
Tech & Service

Looking Back at the First Quarter ...

CRIMINAL JUSTICE

Year 1

This semester, students in the first year of the program are learning foundational content encompassing the courts, corrections, and law enforcement.

In the program, we explore current events that impact the criminal justice system and society. In addition, we examine the causes of violence in communities and explore ways to lower incidences. Students are also learning foundational concepts in information systems, which advances them to next semester's course on cyber security.

This semester we were able to take our field trip to the County Coroner's Office and tour the Stephenson County Jail. Finally, students were able to complete some hands-on learning tasks, discuss current events, and utilized the Use of Force Simulator.

Next semester, we will be exploring the American correctional system and cyber security.



Year 2

Dual credit students in the second year of Criminal Justice are examining criminology, the subfield of sociology that focuses upon crime, law, and social control within the context of social organization and culture. Students study legal definitions of wrongful acts and explore sociological analysis beyond the social context which gives rise to law/deviance. This course explores some of the reasons why people engage or do not engage



in illegal behavior.

Students have been exploring and applying criminological theories to cases of street crime, violent crime, serial killers, hate crimes, organized crimes, illicit substance use, and terrorism.

Additionally, students in the second year of the program were able to go on field trips to the Coroner's Office and Stephenson County Jail. Second-year students were able to listen to guest

speakers from various law enforcement and correctional agencies, participate in hands-on activities, utilize the Use of Force Simulator, and discuss current events.

Next semester, students will explore first aid, physical fitness, and juvenile delinquency.

— Jennifer Roser,
Criminal Justice instructor

COMPUTER INFORMATION SYSTEMS (CIS)

September

This year we have started working in groups where each group has a team lead. Throughout the year, everyone will be in the team lead position.

CIS 1 has started putting together PC's and learning about safety and different types of electricity. They have also put together a set of expectations to be followed throughout the year.

CIS 2 has started working on the Cisco Network Academy Packet Tracer. They have also replaced a faulty Meraki MR-36 Wireless Access Point due to its firmware refusing to upgrade. In addition, CIS 2 is helping out St John's by working on all of their IP dome cameras. They have also set up tech laptops with the Ubuntu OS that they will be using

for troubleshooting and technical projects this year.

Next week we will have our first test and start planning for our field trip and job shadow visits.

We are off to a great start!

October

I am very excited to say that CIS 2 completed the St John United Church of Christ IP Camera Project. All nine cameras are now up and recording. In addition they did software installation of MS Office for the Business and Nursing programs.

CIS 1 has been working on protecting data while in storage with RAID. They have also started learning the components of inkjet printers so that they can disassemble, reassemble, and troubleshoot. Both CIS1 and CIS2 are working as cohesive teams in groups with rotating leadership.

In the coming month, CIS 1 and CIS 2 will be working with Tri-County Christian Schools fourth-

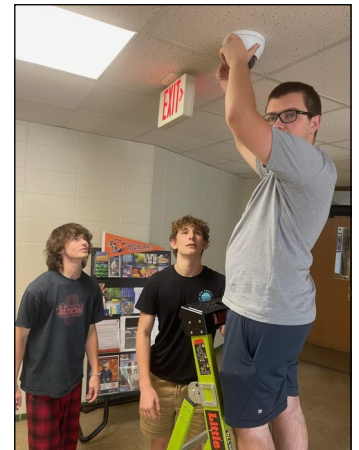
grade class helping them to build robots and starting their job shadowing.

November

For STEM month, we went over to Tri-County Christian School and did our Annual Robotics Build with the fourth-graders. This year we built a Solar Space Dog. The event turned out to be a good bridging between grade schoolers, high schoolers, and parents. It was a big success and was good to see our own Doug Smith on the WREX Evening News talking about the positive effect high schoolers can have on grade schoolers.

CIS 1 students have successfully disassembled and reassembled a couple different desktop computers. We are currently working on troubleshooting in our CIS 1 class and will be spending a significant amount of time in this venue.

CIS 2 is currently learning about



Spanning-Tree Protocol and switches. We will be spending more time with this and moving into Routers at Layer 2 of the OSI model.

— Doug Meyers,
Computer Information Systems
instructor



Looking Back at the First Quarter ...

CAREERS IN BUSINESS (CIB)

September

We are so blessed to have two classes this year due to the increase in enrollment numbers. Personally, I'm very excited and thankful to teach so many students and am enjoying the first week with them. ☺

The first several days of class students spent time getting to know one another through different games, ice breakers, and conversation. We are focusing on communication skills as they are the most important skill set in any career. It takes skill to have conversations with people you don't know or that you may disagree with. We discuss what we've learned about real life situations in school, sports, and the workplace.

Their first test is Tuesday, September 5th! After that, students will quickly dive into writing college business proposals, different types of business letters, and memos. They will also begin using Microsoft Word to help them accomplish their writing.

CIB II has another group of wonderful seniors who have an internship at local businesses. Some of the students began in the beginning of June to accommodate their busy school schedule and have been working all summer long while others have just started. It was the student's responsibility to find their own internship.

Each one has done a fantastic job and I'm so proud of them! Below is a list of the students, their home school, and their placements.

- ◆ Daneli Ayala, Pearl City; Brown's Shoe Fit
- ◆ Ethan Baker, Pecatonica; German American Bank
- ◆ Benjamin Briggs, Orangeville; Matzke Diesel & Equipment Service
- ◆ Jordan DoBran, Pecatonica; Clear Perspective Advisors

In addition to their internships, year-two students will be working on portfolios, college and career papers, volunteering, and



presentations just to name a few things.

I'm looking forward to seeing how much they grow in their respective fields during the school year.

October

Students have been working on their communication skills during September and into October.

Their first project was using team and conversation skills to design and plan the order of a new CareerTEC shirt. They did a great job!

Another project was a to complete a college business proposal. They chose a college they wanted to go to upon graduating high school and researched 20 to 25 different metrics about that school to educate themselves. Then, they created a business proposal and provided this information to their parents for review.

It's a great way to utilize new communication skills with real-

world applications.

They are also writing different types of business messages such as letters showing appreciation, apologies, expressing sympathy, creating memos, announcements, and making claims to name a few.

Students will also learn to plan and deliver different types of business presentations. One project will be to envision where they want to be in 10 years. They will present about their career, where they would like to live, financial situation, housing, vacations, and everything in between.

Again, communication skills that are relevant to them and about them.

The latter part of October we begin business math and personal finance, which is typically a class favorite.

CIB II students have been working hard at their internships as well as balancing extracurricular activities and

school. Students wrote a career paper and abstract in hopes of learning more about their chosen career field. Our purpose is that students solidify their career choice or realize it's not what they want to do; therefore, saving themselves and parents time and money in the long run. During October they will continue to work on employability skills, personal statements, and college applications, all of which will help them when applying to college or for a job.

November

During October, the students completed their college business proposals, learned how to properly write letters and memos, and how to deliver presentations without reading directly from the PowerPoint slides. We focused on preparation, rehearsal, eye contact, tone, and especially reading the audience. They did a fantastic job and worked on overcoming their fear of public speaking!

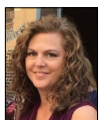
In November, the class pivots to Personal Finance and Business Math. In addition to learning Excel, they will tackle banking, checking, savings, credit, debt and the importance of budgeting to live within your means. All of these are life skills to help them become financially independent and stable.

At the end of November, we will volunteer for the Salvation Army ringing bells, which is a class favorite year-after-year and a wonderful way to give back to our community.

CIB II students will continue to work and add to their portfolios; in particular, documenting the skills they are learning on the job. All of these will help with college admissions and acquiring employment, too.

I'm proud to say the feedback from mentors about the year two students has been very good. Way to go Daneli, Ben, Ethan, and Jordan!

— Elizabeth
Hazzard,
Careers in
Business instructor



Looking Back at the First Quarter ...

CULINARY ARTS 1

September

Culinary Arts began the year by learning about food sanitation to prepare students for the industry-recognized sanitation certification. We will be taking the exam in about two weeks, and the students must score a 70% or higher to receive their sanitation license.

In September, in addition to learning about sanitation procedures, students will be learning about cooking methods. These include sautéing, roasting, braising, grilling, deep frying, pan frying, baking, steaming, boiling, poaching, and simmering. For instance, to practice sautéing, students will prepare garlic herb potatoes, brown sugar glazed carrots, and chicken sofrito.

October

In the month of September, students learned about sanitation practices in order to prepare for the Certified Professional Food Manager (CPFM) exam. The exam was administered and many students



received their Food Manager certification, which is a great addition to any resume. Ultimately, 26 of 31 Culinary Arts I students (84%) passed the Food Manager exam on their first or second tries.

Students also learned how to cook with a variety of cooking methods. They learned how to steam by preparing steamed Asian dumplings, how to sauté by preparing chicken sofrito, and how to deep fry by preparing deep fried Oreos.

In October, students will learn about vegetable cookery, as well as how to prepare chicken, beef,



and pork in a variety of ways.

November

In October, students learned how to cook three types of protein: chicken, beef, and pork. A variety of recipes were prepared highlighting these recipes, including chicken parmesan, chicken pot pie, beef enchiladas, stuffed burgers, pork fried rice, and chorizo skillet.

In November, students are advancing their baking skills by preparing foods such as carrot cake and frosted clove cookies. Additionally, students will learn



how to cook with starches and prepare soups and sauces.

— Steve Konefes,
Culinary Arts
instructor



CONSTRUCTION TRADES

September

We will be finishing up our OSHA safety training during the first week of September, then transitioning to the FHS workshop. We will be remodeling our toolroom and organizing our workspace to get started.

Once set up, we will begin our lessons, starting with basic framing. We have a variety of possible projects to do, including the construction of sheds or booths. Through the course of the year, we will be covering several different trades in the construction of the sheds/booths.

Before the hands-on lessons start, we will be doing some introductory testing in framing and other trades to see our knowledge base and measure our progress.

Looking forward to getting into the shop and getting started with 15 new and five returning students.



October

We are working on framing in the shop. We have spent some time learning how to use a framing square to calculate rafter length. Our roof framing projects are almost complete. A representative from Owens Corning was in class this week to give us information about roofing products. We will be installing those products on our roofing projects this coming week.

ABC Supply again donated the framing and roofing materials for our in shop projects. We are looking forward to starting an out-of-shop project this month. Hope to get started on a pool deck if the weather permits.

November

The roofing and framing projects that we were working on in the shop are completed. They have now been taken apart and the usable material saved for



future projects. We have started the pool deck, and will be working on that this fall and winter, as weather permits. When it is too cold to be outside, we will have plumbing and electrical projects to work on in the shop.

— Jim Shaw,
Construction Trades
instructor



Looking Back at the First Quarter ...

HEALTH OCCUPATIONS I September

HOYA 1 students have been doing activities to get to know each other. They have already completed a group project in which they learned about the medical advancements from ancient times to the present. Their journals were started with what motivates them and they listed as many health occupations as they could think of in another group activity.

In the first textbook chapters we covered the different healthcare settings and the different healthcare roles. Upcoming topics will include empathy, with an eye-opening activity, ethics, and communication. They have completed the reading assessment at Highland College and will be fitted for scrubs soon.

October

The HOYA 1 students received their scrubs and name badges last week in preparation for job shadows that start in mid-October. The past couple of weeks they have learned about making observations and communication skills through a colored marshmallow- and toothpick-building activity.

The students are now currently learning about infection control by looking up



various infectious diseases and creating informational posters on the assigned diseases. They have tracked down "patient zero," starting learning proper hand-washing, and will learn about personal protective equipment (PPE) with a chocolate syrup activity.

A representative from RAMP and a nursing informatics specialist will be guest speakers in the near future.

November

Over the past two weeks, the students have been in the skills lab learning how to apply gait belts, ambulate residents with canes and walkers, move and turn residents in the bed, and transferring residents.

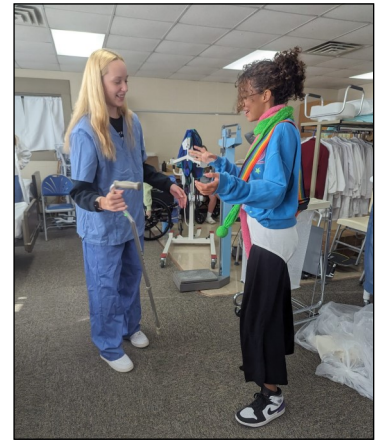
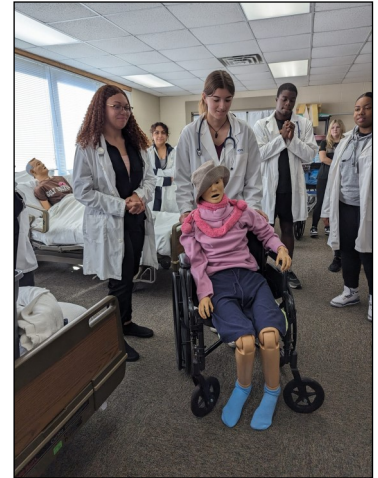
They voted for students of the month for September and

October. September was for positive attitude and those selected were Kaitlyn Christensen, Janelly Hartman, Jada Veer, and Myah Mathews. October was for teamwork and those selected were Bryce McDanel, Addison Hamilton, Kamaria Rhyne-Rucker, and Aliyah Goodman.

The students watched an open-heart surgery in real time through "Live from the Heart" program, which is sponsored by the Chicago Museum of Science and Industry.

The students will be in the skills lab even more until the end of the year, as we prepare to start clinicals in February.

The blood drive is planned for January 30 and the students will be bell ringers at various



locations for the Salvation Army in December.

— Renee Boshela-Siegner, Health Occupations I instructor



EARLY CHILDHOOD EDUCATION

The Early Childhood Education (ECE) program partnered with the YWCA of Northwest Illinois Nov. 9 at the Children's Hands-On Museum located at Lincoln Mall in Freeport.

After the craziness we experienced last April when we had the event, we decided that we desperately needed volunteers this time. Therefore, I made a deal with both CareerTEC classes. I decided that this event would serve as a service project for our ECE community for our students. Ten out of 12 of our CareerTEC students (pictured) volunteered, and they stayed the



entire time, plus extra in helping with set up and tear down.

Their help was absolutely invaluable, as it allowed us to focus on so many additional responsibilities that we have during these

types of events.

The Highland Early Childhood Program is a member of the Early Childhood Access Consortium for Equity (ECACE) and a Gateways to Opportunity Entitled Institution. The ECE program has designed a stackable pathway to help support students' professional growth. With the passage of the Early Childhood Access Consortium for Equity (ECACE) Act in July 2021, students who earn an Early Childhood Education – Associate of Applied Science degree are now able to transfer the entire degree as a package to 4-year institutions that are a part of ECACE.

— Melissa Johnson, Early Childhood Education instructor

Looking Back at the First Quarter ...

HEALTH OCCUPATIONS II

September

HOYA II is off to a great start. Students passed their state CNA exam over the summer and most are looking forward to building upon their foundation and skills they gained in HOYA 1 to use during their internships this year.

Students were encouraged to have fun while maintaining their very full plates during this final year of high school. We will be discussing how stress affects our health and ways to help relieve some of the stress they will definitely be feeling this year.

Each student will be choosing an employability skill each month that they can work on at their internship site. They will write a short memo discussing why the skill is important in healthcare and what they specifically did that month to make improvements.

We learned that health insurance is an important part of our lives, but that it also has many challenges for the customer. We discussed several types of insurance, the difference between Medicare and Medicare Advantage plans as well as the importance of having secondary insurance. We discussed how many times physicians may have to change plans of care and/or medications because insurance companies have preferred medications as well as expected timelines for patient care.

HOYA 2 students have shared their thoughts on what they wish they would have known during those scary, challenging first days and months of their HOYA 1 journey via their first bulletin board project. They are hoping this can help calm some of the new students' fears and apprehension, especially during these first few weeks of the "boring" stuff.

October

Students did a fantastic job with their first Community Health bulletin board: "If I Only Knew" for the HOYA 1 students. October's bulletin board will be highlighting Breast Cancer



Awareness, and I look forward to sharing the students' information with everyone.

We have been studying the collection of principles that should be guiding doctors, nurses, and all healthcare clinicians in providing medical care also known as healthcare ethics. Because healthcare deals with moral dilemmas regarding life and death, it requires a strong ethical code to provide guidance in making decisions.

Unfortunately, this is not always the case.

Thus, students were assigned the task of discussing a few real malpractice cases. They were given the task of "deciding" if three cases were truly malpractice and, if they were, what monetary compensation they would provide the plaintiff. They soon learned that anyone can sue for anything, whether you win or lose is not always

something we agree on.

One of the true cases involved a patient who had a CT scan with IV contrast. The patient then sued because she lost her psychic ability. The jury did find that this person should be compensated for her loss of psychic abilities. Most students disagreed with the verdict.

One of the other cases involved a wrongful death lawsuit where there were differing stories from nurses regarding who was caring for and responsible for a patient prior to passing away. Students agreed on the verdict, but disagreed on the amount that was awarded in the case.

As healthcare is ever-changing and bioethics and technology advances are at a pace never seen before, the students have just completed their bioethical persuasive essay. They presented both pros and cons and then discussed their view.

Essays covered two subjects:

1. AI (artificial intelligence) in Healthcare: Should it be welcomed or feared?
2. Designer Babies: Should parents be allowed to genetically engineer their offspring?

I have been provided with some thought-provoking information as I am reading through the essays.

In October, students will be working on employability skills and academic foundations. They will be doing an in-depth, research project on the college of their choice, covering everything from chosen majors, costs, payment ability, crime rates, and retention rates.

November

Shazam and we are now into November.

(HOYA II continued on page 7)

Looking Back at the First Quarter ...

CareerTEC: Small but Mighty



SCARY GOOD! From left, CareerTEC instructors Renee Boshela-Siegner (HOYA I), Elizabeth Hazzard (Careers in Business), and Lori Steele (HOYA II) took the opportunity – like some CareerTEC students – to dress up for class on Oct. 31 at St. John in Freeport.

9: That's the number of in-house employees we

have at CareerTEC. Our core. Each of our nine are caring, dedicated workers who place the students' best interests above all.

Our Career and Technical Education (CTE) teachers are unique in the education world. None of them started as teachers nor did any of them receive formal teaching training at a college or university.

And, they're truly great teachers striving to be better.

We have two non-teachers who are equally great but unsung. They are the glue and the foundation of our organization. Without



Brian Greene,
CareerTEC
Director

bookkeeper Jody Ackerman and administrative assistant Colleen Mills, CareerTEC would be lost. They do so much to make sure everything "clicks" around here.

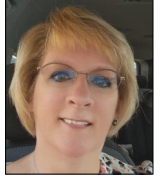
Of course, we are so dependent on the wonderful cooperation we receive from several others.

Pastor Hank Fairman and St. John United Church of Christ have been tremendous hosts for CareerTEC's in-house programs since 2003.

We receive fantastic support from our schools and their staffs: Dakota, Durand, Freeport, Orangeville, Pearl



Jody Ackerman



Colleen Mills

City, Pecatonica and Freeport Aquin. The Regional Office of Education is supportive, too.

Highland Community College and Freeport High School have been superb partners in offering regional CTE classes in conjunction with CareerTEC.

While we may be a small group, our education network is extensive and allows us the opportunity to touch the lives of hundreds of students each year. Thanks to all!

(HOYA II continued from page 6)

We began November with the awesome opportunity for both HOYA 1 and HOYA 2 to watch a live open-heart surgery (pictured on page 6). It was amazing to watch the students' facial responses to seeing someone's actual heart beating after the surgeon opened the chest. Unfortunately, time constraints didn't allow us to see the entire quadruple coronary bypass grafting procedure.

In October, we reviewed some foundations of their HOYA 1 education. They "auscultated" both heart sounds and lung sounds. One of the students also allowed everyone to listen for her cardiac murmur; a unique experience.

One other thing we covered was pulse deficits. Students practiced comparing apical pulses (heart rate) with radial pulses (pulse in wrist). Normally the apical pulse is in

synchronization with the radial pulse. A pulse deficit is when the heart beats faster than the radial pulse.

The second community health bulletin board addressed Breast Cancer Awareness month in this year's promotion of "Check your Pumpkins for Lumpkins."

November's Health Awareness board will address Lung Cancer. Pictures to be posted on our HOYA Facebook page soon.

Before we know it, we will be on Christmas break, the second quarter will end and then shortly after the first semester will end. How can that be?

Between now and then students will participate in the Salvation Army Bell ringing, visiting and caroling at local healthcare facilities, as well as enjoying our annual student team-building exercises between the different CareerTEC programs (of course, food will be involved ... they are teenagers).

Students continue to gain experience and build upon their employability skills at their individual internship sites. They will also be working on a Community Health survey. They will also assist in setting up our HOYA lab with a "what's wrong with this picture" by creating improper scenarios that our first-year students may encounter during clinicals and real life.

Please remember the importance of proper handwashing and proper nutrition, especially over the next several months. We hope everyone enjoyed our early fall weather and that everyone is becoming prepared for the winter weather that Mother Nature just previewed for us.

— Lori Steele,
Health Occupations
Coordinator and
Year 2 instructor



New Regional Program in 2024-25!

Agricultural Science and Industry Capstone at Highland Community College!

2024-25 Apps Soon Being Accepted

1. In January 2024 ... Go to www.careertec-il.org
2. On bottom of the home page, choose Quick Links, 2024-25 Course Offerings for complete information about each CareerTEC program.
3. Please talk to your school counselor about your interest in a program.
4. When ready to apply, either in Course Offerings or in the Student Application at the top of the home page, select the application link.
5. Applications should be done with a parent/guardian in order for proper consents and information to be received.

This Quick Guide only applies to the following CareerTEC classes: Careers in Business, Computer Information Systems, Construction Trades, Culinary Arts, and Health Occupations. CareerTEC classes at Highland Community College and Freepport High School will not follow this plan and, instead, will follow the policies and plans set forth by its Boards of Control and administrators.



E-Learning Quick Guide

In the event of inclement weather, some CareerTEC students and teachers will engage in E-Learning days this year. Instead of canceling classes for a "snow day," teachers will meet with students remotely for synchronous (live) and/or asynchronous learning. Activities will be aligned to the expected curriculum.

Expectations/Information for Students

- ⊗ Please check for communication from your teacher (email, Remind app, and/or text) no later than 7:30 a.m. that E-Learning day to learn of the class plan and acquire a Google Meet link if synchronous learning is utilized.
- ⊗ Attendance is expected and will be recorded normally for synchronous learning; tardies also will be recorded. If asynchronous learning is utilized, you need to acknowledge receipt of assigned activities from your teacher by replying to the email/text/Remind app or logging into a teacher's Google Form by 1 p.m. to be marked "present."
- ⊗ Synchronous or asynchronous learning activities must be at least 45 minutes and no more than 90 minutes in length per class period. If needed, you may need to work past normal school hours to complete any asynchronous activities.
- ⊗ A product is not required for evidence of learning to occur, nor for attendance purposes. If a product is assigned, it is at the teacher's discretion when it is due and if it will be graded.
- ⊗ If you have any questions or concerns, contact your instructor between 7:15 a.m. and 2:45 p.m. on your E-Learning day.
- ⊗ Contact your home school's technology department if you are having issues with your Chromebook or laptop.
- ⊗ E-Learning days are instructional days and are not required to be made up.

For more information, please see the CareerTEC E-Learning Plan at www.careertec-il.org. For further questions, please email CareerTEC director Brian Greene at brian.greene@fsd145.org.

