

Happy
Holidays

Volume 11, Issue 1
December 2024

CareerTEC Chronicle

Partnering to Prepare Students from Dakota, Durand, Freeport, Orangeville, Pearl City, and Pecatonica for Tomorrow's Professions in Career and Technical Education (CTE).



Winter Break

- JAN. 6, 2025: CareerTEC classes resume at St. John UCC, construction trades, and Freeport High School
- JAN. 13: CareerTEC classes resume at Highland College

IMPORTANT DATES

- JAN. 17: CareerTEC tours for Dakota, Durand, and Pecatonica sophomores
- JAN. 20: No CareerTEC classes (MLK Jr. Day)
- JAN. 21: CareerTEC Parent Information Night at Orangeville, 6 p.m.
- JAN. 22: CareerTEC Parent Information Night at Pearl City, 6 p.m.
- JAN. 23: CareerTEC Parent Information Night at Freeport, 6 p.m.
- JAN. 24: CareerTEC tours for Freeport, Orangeville, and Pearl City sophomores
- JAN. 27: CareerTEC Parent Information Night at Pecatonica, 6 p.m.
- FEB. 3: CareerTEC Parent Information Night at Dakota, 6 p.m.
- FEB. 5: CareerTEC Parent Information Night at Durand, 6 p.m.

CareerTEC

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Gifts of CTE



Criminal Justice



Industrial Manufacturing
— Drafting



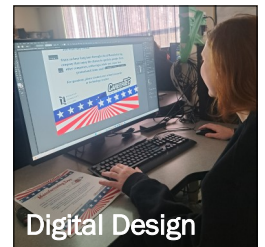
Industrial Manufacturing
— Welding



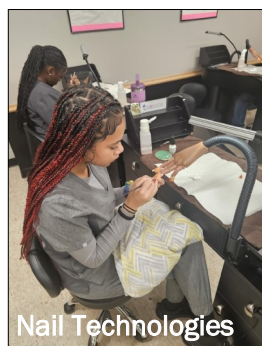
Agricultural Science



Early Childhood
Education



Digital Design



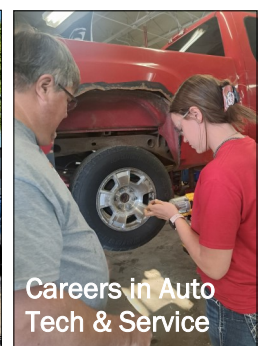
Nail Technologies



Cosmetology



NJROTC



Careers in Auto
Tech & Service

Looking Back at the First Semester ...

HEALTH OCCUPATIONS 1

September

Hi, my name is Mandie Miller, and I am the new Health Occupations Youth Apprenticeship (HOYA) 1 instructor for this year. I have been a nurse for nine years and have a background in substance abuse, mental health, emergency medicine, and forensic nursing.

This first week, we have been getting to know each other, going over some class expectations, and thinking about occupations that the students would like to job shadow or know more information about. In the coming week we will be learning about the healthcare system and exploring the roles and responsibilities of a Certified Nursing Assistant (CNA).

October

The students are settling in nicely. Over the past few weeks, we have learned about the legal aspects of healthcare, how to identify the signs and symptoms for potential abuse, when to report, barriers to communication, and how to overcome them. Skills we have acquired thus far include how to properly wash our hands, oral care, and nail care.

The students had a lot of fun brushing each other's teeth! Over the next few weeks, we will identify proper infection control procedures in order to keep our patients and ourselves safe while caring for others. Skills we will learn next include how to measure and document height and weight, and how to properly put on and take off personal protective equipment.

November

During the past two weeks, the students have been learning how to properly respond to emergency situations and about human needs and development. We have identified what symptoms would warrant immediate attention and how to respond to emergencies, such as bleeding wounds, nose bleeds, choking, seizures, and fainting. Human needs and development included Maslow's Hierarchy of Needs and the stages of human growth



from birth to late adulthood.

In the next two weeks, we will be working in the skills lab going over patient positioning, transfers, and ambulation.

The students did complete their first job shadow on Oct. 16 and will have another job shadow opportunity on Oct. I love being able to hear about their experiences in different healthcare settings.

December

Over the past two weeks, the students have been in the skills lab almost daily! We have learned how to provide and assist residents with a partial bed bath, complete

bed bath, perineal care, shaving, dressing, foot, nail, hair, and oral care.

We also had other exciting opportunities. On Nov. 6, the students watched a live open-heart surgery over Zoom and, on Nov. 13, they attended their third job shadow!

Over the next two weeks, we will learn about each body system, including basic anatomy, primary functions, and how they work together with other body systems.

— Amanda Miller,
Health Occupations I
instructor



CAREERTEC

**Parents, attend an upcoming
Information Night at your school!**

(please see page 1 for schedules)

2025-26 Apps Soon Being Accepted

1. Starting January 6, 2025 ... Go to www.careertec-il.org
2. On bottom of the home page, choose Quick Links, 2025-26 Course Enrollment Catalog for complete information about CareerTEC programs.
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.

Looking Back at the First Semester ...

HEALTH OCCUPATIONS 2

September

HOYA 2 students have been busy discussing their current internships; they were extremely busy over their summer break working and getting some of their required 255 total internship hours. We have a wide variety of internships; hospital, nursing homes, and home health are a few options the students have chosen. They will be building upon the HOYA 1 skills as well as working on their employability skills.

Since we have moved classrooms, the students are helping make the room into "THEIR" classroom with each student choosing a personal motivational poster to add to our walls. I am a huge proponent of "choosing your attitude," which is demonstrated by the "Mindset is Everything" poster that was my personal favorite.

In the coming weeks, HOYA 2 students will embark on an exciting project: planning and constructing their first community bulletin board. This initiative is an essential part of their curriculum, allowing students to creatively express their knowledge and insights while engaging and teaching the community of other CareerTEC students as well as followers of our HOYA Facebook page.

The initial chapter of their studies this year will focus on a review of healthcare's past, present, and future. This exploration will enable students to understand the evolution of healthcare practices, advancements in medical technology, and the emerging trends shaping the future of the industry. The students will be looking into the pros and cons of artificial intelligence in healthcare.

October

HOYA 2 students did a great job with their first community health bulletin board, addressing the important subject of Suicide Prevention Awareness. In addition to the bulletin board, students designed a Google Slide presentation. They will be planning the October monthly community health board soon. The focus of these assignments can be the "community" of CareerTEC students here at St. John's or the entire community.

As teaching is a significant part of any healthcare career, students are busy starting their planning stage of their teaching project where they will go to local schools and teach something healthcare related to children at the fifth grade level or younger. This has been a favorite assignment for past students.

We also have addressed the elephant in our classroom. The only way to eat an elephant is one bite at a time. Our "elephant" is our Medical Terminology curriculum of at least 350 medical terms. So, the medical terms are broken into weekly "bites" of approximately 25 word parts and terms.



As healthcare is ever changing and bioethics and technology advances are at a pace never seen before, the students have completed their bioethical persuasive essay. They presented both pros and cons and then discussed their view. The essays covered AI (artificial intelligence) in healthcare. Should it be welcomed or feared? I have been provided with some thought-provoking information as I am reading through the essays.

In October, students will be working on their second memo on employability skills and academic foundations. We will be looking into out-of-the-ordinary healthcare careers. We are just finishing up with complementary and alternative medicine.

November

Shazam and we are now into November. Students did a great job grabbing everyone's attention as they walk into the building with their second community health bulletin boards which addressed Breast Cancer Awareness Month as well as the important subject of bullying.

Most people know how breast cancer affects our female population, but not everyone realizes how important this subject is even for our younger population (male and female). HOYA 2 encourages everyone to do self breast exams.

Students completed their first case study with creativity as they researched and performed "surgery" on their pumpkin patients. We had three patients with different types of brain cancer, one with testicular cancer, one with gallbladder issues, two with heart disease, one with dementia, one with appendicitis, one with an embolism resulting in a stroke, and one with a cataract.

December

Here comes December. November has been busy. HOYA 2 celebrated Thanksgiving with all the other CareerTEC classes at St. John's. Everyone enjoyed great foods as students and teachers reflected on how blessed we truly are.

Our class has been working on their presentation skills while learning about the four principles of medical ethics. They presented four challenging case studies to



the class: Terri Schiavo, Brittany Maynard, Marlise Muñoz, and Charlie Gard. I am proud of how they discussed these thought-provoking cases after their research.

They also researched colleges they could potentially attend after graduation. They investigated such things as overall costs, payment ability, retention rates, graduation rates, crime statistics as well as two different potential majors.

December promises to be busy. The students will be completing their teaching projects. They are going out to their local schools and teaching fifth grade and younger students a healthcare-related task, such as handwashing or teeth brushing.

The students also will be ringing the Salvation Army bells in December at various locations. Please take a moment out of your busy lives to stop by and enjoy some music and fun as they volunteer their time to such a worthy cause.

We are finishing up with our healthcare delivery course shortly and will be moving on to Medical Terminology.

Please have an amazing December and take time for yourself and maybe do a small random act of kindness because it brings happiness to both giver and receiver.

— Lori Steele,
Health Occupations
Coordinator and
Year 2 instructor



Looking Back at the First Semester ...

CULINARY ARTS 1

September

Culinary Arts is off to a wonderful start! Students are currently learning about food sanitation and knife skills. In the (last) half of September, students will take the Certified Professional Food Manager exam and, if they pass with 70% or more, they will receive their sanitation license.

Also, students will continue developing their knife skills through the preparation of recipes, such as Pico de Gallo and clear vegetable soup.

October

In the last half of September, students took the nationally-recognized food manager exam. Upon passing the exam, students receive their food manager license, making them desirable candidates as employees within the food service industry.

They also began learning about moist heat and dry heat cooking methods. For example, to learn how to steam, students prepared steamed Asian dumplings filled with pork, cabbage, onion, garlic, ginger, and scallions. To learn to poach, students made yam hash consisting of yams, russet



potatoes, carrots, bacon, and garlic, topped with a poached egg.

In the first half of October, students will continue to practice cooking methods by preparing a wide variety of foods. Also, students will learn about vegetable cookery.

November

In the second half of October, students learned how to cook with protein.

To learn about chicken cookery, students prepared dishes such as chicken parmesan, chicken sopas, and chicken pot pie. To



practice pork cookery, students prepared recipes including pork pineapple kebabs, pork fried rice, and biscuits and sausage gravy. To learn about beef cookery, students prepared Mongolian beef, beef enchiladas, and stuffed hamburgers.

In the first half of November, students will further develop their baking skills and learn about cooking starches, such as rice and grains.

December

In the second half of November, Culinary Arts students learned how to prepare starches, including recipes such as risotto,

Moroccan chicken and jasmine, and cheddar bacon corn muffins. The following week, students learned about soup preparation. They cooked chili, potato corn chowder, chicken noodle, and chicken dumpling soups, all from scratch.

In the first half of December, students will learn how to prepare sauces, cook with herbs and spices, and practice the many ways potatoes can be prepared.

— Steve Konefes,
Culinary Arts
instructor



CONSTRUCTION TRADES

October

We started our construction class with an online OSHA certification course. The students who completed all activities and passed the test will receive a card showing that they have successfully completed the course. The course is different certification for the second-year year students, who take the 10-hour Construction course compared to the year one students who enroll in the 10-hour General Industry course. These certifications should have value with future employers.

We have been in the shop doing electrical work the past few weeks. Most of the students like hands-on, electrical work. We completed that unit of the construction course this week. We will be heading out to a job site next week to do some concrete work.

After that we will do another out-of-shop project, weather permitting. Our in-shop work this fall and winter will include framing, roofing, plumbing, HVAC, drywall, and possibly other things, depending on the scope of our out-of-shop projects.



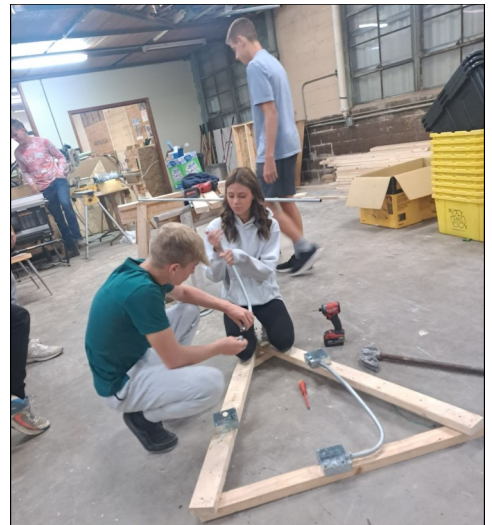
November

Construction Trades students have been working on flooring and ceramic tile. The students are learning about different types of flooring and underlayments and how to install them. In November we will be working on framing and roofing.

December

This month we have been learning how to do framing, applying basic math to our every day tasks, and understanding how to use the formulas on a framing square to find rafter lengths and cuts. We are building two rooms in the shop to simulate what it would entail to add a room to a home.

Thanks again to ABC Supply for supporting us with building materials at no cost. After the



framing is complete, we will continue on the project with roofing, siding, soffit, etc.

— Jim Shaw,
Construction Trades
instructor



Looking Back at the First Semester ...



CAREERS IN BUSINESS 1 & 2 September

Welcome to Careers In Business (CIB), where we learn an obscene amount of information used in the business world and in everyday life!

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 in real-life situations in school, sports, and the workplace.

Students are currently working on creating an agenda, holding their own group meetings where they design and market this year's career gear. After that, students will 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 2 has a massive group of amazing seniors who have an internship at local businesses. Some of the students began their internship this summer to accommodate their busy school schedule while others have just started. It was the student's responsibility to find their own internship.

Below is a list of the year two students:

PECATONICA: Brody Black, Maren Davis, Jaxon Diedrich, Ava Gasparini, Jordan Gassman, Cooper Hoffman,

Brylee Knutti, Liam Swiss, and Samuel Weitzel-Lopez
FREEPORT: Cooper Hathaway and Aurelia Vasquez
PEARL CITY: Sydni Lower and Madison Roach

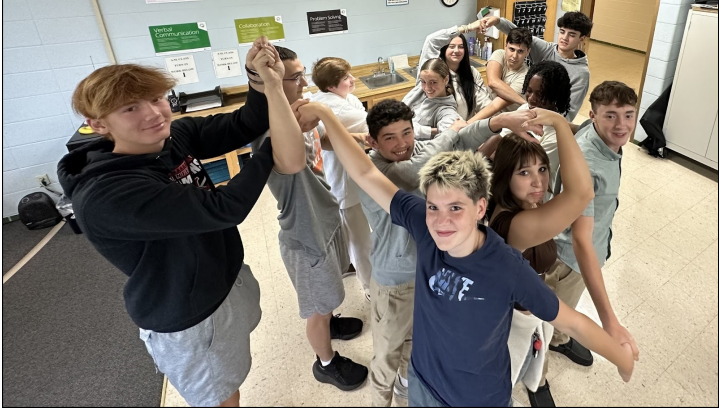
In addition to the internships, we meet weekly where they work on portfolios, college and career papers, volunteering, and presentations to name a few things. This is a group that I adore because they are hardworking and fun; selfishly, I wish we met daily!

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 new CareerTEC shirt. They did a great job and, once the final decision has been made, we will advertise on the CIB and CareerTEC Facebook pages, and on CareerTEC's website.

Another project was to complete a college, trade, or military business proposal. They chose one of the three they wanted to go to upon graduating from high school. Students researched 20 to 25 different metrics about that institution 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 writing different types of business messages such as letters showing appreciation, apologies,



expressing sympathy, creating memos, announcements, and making claims.

Students also will 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.

November

During October, the students completed their college business proposals and learned how to properly write letters and memos. This pairs nicely with the amount of time they have also spent learning Microsoft Word.

In the first half of November, we focus on how to deliver presentations without reading from the PowerPoint slides. We focus on preparation, rehearsal, eye contact, tone, and especially knowing your audience. We also work on dropping the "uhm," "ah," and "like" from their vocabulary, which is perhaps the most challenging part!

During the last half of November, the class pivots to Personal Finance and Business Math. They will tackle banking, checking, savings, credit, debt, and the importance of budgeting to live within your means.

CIB 2 students will continue to work at their internships and add to their portfolios. In particular, documenting the skills they are learning on the job, known as employability

skills. Recognizing these skills is valuable because they can better explain all they've accomplished during college and/or job interviews.

I am so proud of the exceptional feedback from mentors about the year two students. Great job everyone!

December

During November, students learned how to construct and deliver a quality presentation. They each did a great job, and this is a skill we will continue to improve upon during the entire class. We also had a Thanksgiving fun day in which students brought food/drinks, we played games, and chatted with each other.

In December, we discuss wants versus needs, spending habits, and how they factor into their long-term financial goals. For example, their daily drink from Starbucks or Dunkin can cost as much as a vacation. It's all about choices and goals.

We will learn about credit, banking, and Microsoft Excel, followed by a holiday party before our Christmas break. On Dec. 10 and Dec. 19, the CIB students will ring bells for the Salvation Army.

Thank you to all of the parents for the amazing students I have the pleasure of seeing and teaching each day. Please have a Merry Christmas and Happy New Year!

— Elizabeth Hazzard,
Careers in Business instructor



Looking Ahead to the Second Semester ...

This Quick Guide only applies to the following CareerTEC classes: Careers in Business, Construction Trades, Culinary Arts, and Health Occupations. CareerTEC classes at Highland Community College and Freeport 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. 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.

