

CareerTEC Chronicle

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

CTE Strong

IMPORTANT DATES

- MARCH 18-22: ***Spring break for students who take classes at Highland Community College
- MARCH 22: End of CareerTEC's 3rd Quarter
- MARCH 31: ISBE deadline for schools to submit LNA
- MARCH 25-APRIL 1: ***Spring break for students who take classes at Freeport High School, St. John UCC, and Construction
- APRIL 2: CareerTEC "guaranteed seat" registration deadline for 2024-25 school year
- APRIL 5: CTE Teachers' Workshop at Highland Community College, 9 a.m.-2:30 p.m.; no AM2 classes at St. John and Construction
- APRIL 25: Principals and Counselors Breakfast Meeting at St. John, 8 a.m.
- APRIL 26: 4th Quarter Midterms due

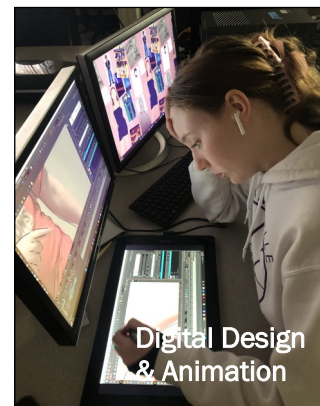
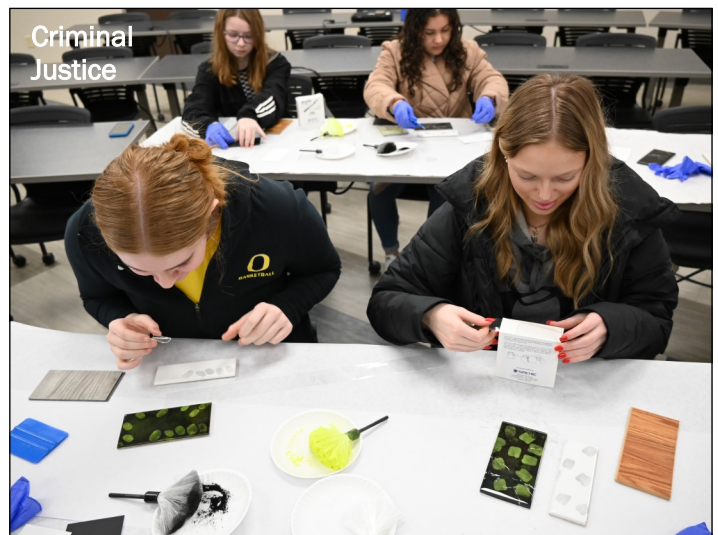
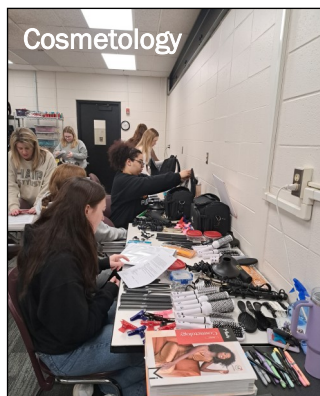
*** — Students are expected to attend their CareerTEC class if it's in session during their school's spring break

CareerTEC

Administrative Office
2037 W. Galena Ave.
Freeport, IL 61032

Phone: (815) 232-0709
Fax: (815) 235-8050

See us at:
www.careertec-il.org



Looking Back at the Winter Months ...

COMPUTER INFORMATION SYSTEMS (CIS) 1 & 2

December

CIS 1 finished troubleshooting PC hardware and has begun the journey into Local Area Network (LAN) hardware that includes the different networking and cabling types. They have learned about the different wireless networking types.

This month they will be learning about how to configure network addresses and internet connections.

CIS 2 has been continuing the OSI model and has learned about the Data Link Layer and Ethernet Switching. They then went on to Networking Layer followed by Address Resolution and dipping their feet into IPV6.

This month we will be moving into basic router configuration.

This month CIS 2 also started



another project. They have set up a type 1 hypervisor (VMWare Esxi). They have then created a virtual environment running Ubuntu Server that will be setup as a File Server.

January/February

CIS 1 students have now built at least five different types of PC's from motherboard up. They have spent the last couple weeks troubleshooting the issues involved in this. This includes looking up motherboard manuals

that are legacy and not easily attainable. Because of this they have started to get a deeper understanding of the components. They are also learning about the operating system troubleshooting tools that come with Windows.

They will be installing operating systems and learning how to troubleshoot the software soon.

CIS 2 had made Pastor Hank Fairman happy with their IP camera installation. They are currently in the process of adding 14 more cameras for St. John Church. Part of this process includes recommendations for upgrading infrastructure. These new cameras double the throughput and switch requirements of the security system.

CIS 2 will be recommending the new hardware for the project. They have also started learning about routers and the

OSPF protocol.

March

CIS 1 students are fully capable of building PCs and are now creating their own virtual machines and installing operating systems. They are currently learning the tools to troubleshoot and keep the operating systems secure.

CIS 2 continues on with the IP camera overhaul for the church. They are now waiting on a new switch and some fiber line for the backbone. They are also getting ready to cover a chapter in their text on the Application layer 7 of the OSI model, which is the last of seven they have been going through.

— Doug Meyers,
Computer Information Systems instructor



CULINARY ARTS 1

December

In the month of November, Culinary Arts 1 students learned how to prepare sauces, soups, and starch dishes. In December, students will learn how to cook with spices, herbs, and potatoes, as well as how to bake with yeast.

Spice recipes include Indian curry, tacos with homemade tortillas, and Chinese five spice. Herb recipes include chimichurri, tomato basil bisque, and Italian flatbread. Potato recipes include twice baked potatoes, gnocchi, and pierogies. Yeast recipes include cinnamon rolls, homemade pizza, and khachapuri.

In the beginning of December, students held an appetizer cooking competition. The students performed very well and the judges were able to enjoy many delicious dishes! The winners from each class were ...

AM1: Natalie Lotz

AM2: Aytien Schneider

PM: Coen Stewart

January/February

In the second half of January, students learned a variety of new



cooking techniques to begin the second semester. They practiced potato cookery, including recipes such as gnocchi and picadillo. They also learned how to bake with yeast, including cinnamon rolls and homemade pizza.

In February, students learned how to prepare homemade pasta dishes, such as carbonara, ravioli, and lasagna. Next, students practiced advanced baking, including recipes such as macaroons and palmiers. Also, students attended a field trip to Blackhawk Technical College (pictured above right).



March

In the last two weeks of February, Culinary Arts 1 students continued to develop their cooking skills and hone their techniques. They practiced preparing advanced baked items, such as cream puffs, pastry cream, and caramel sauce. They also learned about seafood cookery, including recipes such as coconut crusted tilapia, sushi, and shrimp risotto.

In the first half of March, students will be focusing on

international cuisine. Each student chooses a country, presents to the class about that country's cuisine, and picks a recipe for the entire class to prepare. During this unit, students are able to try a wide variety of foods (which they often have never tried before), broadening their culinary horizons.

— Steve Konefes,
Culinary Arts instructor



Looking Back at the Winter Months ...

CAREERS IN BUSINESS (CIB) 1 & 2

December

During November, students have been learning about income and expense statements, balance sheets, budgeting, and credit. We have also discussed how important it is to differentiate between wants and needs, and how spending money now factors into their long-term financial goals. They have much better idea just how much that daily drink from Starbuck truly costs.

On Dec. 1 and Dec. 21, from 8 a.m.-9 a.m. and 1 p.m.-2 p.m., the CIB students will ring bells for the Salvation Army at several Freeport locations. Please stop in and say hello!

On Dec. 15, some CIB students will speak to 200+ Freeport High School sophomores about CareerTEC and the CIB program, in particular. I'm grateful for their help and am excited to see them put their communication skills to work.

We will round out December by finishing credit, banking, and Excel, followed by a holiday party before our Christmas break. Thank you to all of the parents for the pleasure of seeing and teaching each day. I love what I do in large part because of the wonderful students. Merry Christmas and Happy New Year!

January/February

The business students have been tackling taxes: different types of taxes, some tax law, how to determine adjusted gross income, taxable income, tax liability, and tax credits.



Additionally, they know how to file a tax return, and that taxes are an integral part of a person's money management strategy and long term planning; for example, how to use deferment strategies and investments to minimize taxes paid. They've worked hard and done well with challenging concepts.

In February, we will delve into types of insurance: health, auto, and renters/homeowners. We begin with health insurance: HMO vs PPO, coverage amounts, deductibles, co-pays, and coinsurance are included.

Lastly, the Stock Market Game will begin and it gets quite competitive! Students work in teams of two to three people and are able to get "fired" if they are not contributing to the team; therefore, mimicking being in the workforce. This is both a regional and national competition and will continue through May.

March

In February, we finished taxes and Excel and began learning about multiple types of insurance, how to obtain it, variables that affect the cost of each, and how to determine out-of-pocket costs for health and homeowners claims. The students have done a fantastic job with insurance so far!

We also began learning how to



invest for the purpose of playing the Stock Market Game, which ends May 10. We explored types of companies, stocks, reading a stock quote, risk, and what metrics to use when doing stock analysis. The teams are doing well with a couple of teams in the top 50. Sometimes the students are thrilled and other times they are completely exasperated with their portfolio's performance. It's a fun and worthwhile learning lesson for all of them.

Both year one classes volunteered at the Mall of Life (above), helping 6th- and 7th-grade area students navigate check writing, balancing their checkbook registers, and making life choices in general based on circumstances and financial constraints. It was a great time and the CIB students were wonderful, as usual.

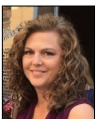
Most of the CIB II students have completed their internship hours and are continuing to work while putting the finishing touches on their portfolio. Additionally, they will work on the PowerPoint presentation they will be giving to



their respective mentor and the CIB I students at the end of April. It's a great chance for the CIB I juniors who are taking the class next year to learn what options and opportunities they have to look forward to.

Lastly, a huge shout out to the Pecatonica boys' basketball team who are playing on March 1 for a sectional championship title. It would be the first in the school's history. Good luck Brody, Cooper, Jaxon, and Jordan; you've got this!!

— Elizabeth Hazzard, Careers in Business instructor



New Regional Program in 2024-25!

Agricultural Science and Industry Capstone at Highland Community College! All class fees are paid by a grant for the upcoming year!!

2024-25 Apps Being Accepted

1. 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.

Looking Back at the Winter Months ...

HEALTH OCCUPATIONS YOUTH APPRENTICESHIP 1

December

HOYA 1 students spent a lot of time in the skills lab learning how to feed residents, trying pureed food and thickened liquids. Students also learned nail care, including painting nails, as well as weight and height measurements, shaving each other, making beds, and giving a full bed bath.

The next skills to be learned will be taking vitals, including measuring blood pressure, and learning about proper nutrition.

January/February

The students finished up their body system presentations when we returned from Christmas break. They continue with job shadows and attended more in January, weather permitting. There are five job shadow opportunities left for the school year.

The blood drive was a huge success with 29 first-time donors and saving 81 lives. The students started signing up for their



clinical rotations, which start Feb. 20. CPR training will be Feb. 26-28.

January students of the month were Natalie Greene, Anna Dampman, Bre McCabe, and Cora Ingram.

March

The students started clinicals two weeks ago in local long-term care facilities and in Freeport Health Network this weekend. FHN is a new clinical site this year. There are three job shadow dates left, with a local dentist



being added to the rotation.

The students also just received CPR certification in healthcare provider BLS through the American Heart Association (above right).

February students of the month for problem-solving are Elizabeth Dinderman, Taytum Mullen, Michael Tillman, and Jaidon Hastings.

Our guest speakers have included FHN emergency

preparedness coordinator Doug Toepfer to discuss emergency services, EMT, and paramedic roles. FHN pastoral care Sean Huguenin spoke on death and dying. Our next units will cover end of life, Alzheimer's and dementia, and provider self care.

— Renee Boshela-Siegner,
Health Occupations
I instructor



CONSTRUCTION TRADES 1 & 2

December

We have been working on our deck project when the weather permits. It's a challenging project as it surrounds a round pool, has angled corners, and has two levels. Much of our time has been spent digging holes, setting posts and bracing everything so we can continue to build this winter.

Our shop time has been spent learning about plumbing. We learned how to diagnose issues and complete repairs on toilets. We've done some copper pipe sweating and flaring, steel pipe threading for water and gas supply lines.

We will be working with PVC drain lines and PEX water lines when the weather forces us back into the shop.

January/February

This month we have been in the shop. We revisited basic framing and constructed some walls for our drywall session. We learned how to install and finish drywall. For the second year students, we added a little creative carpentry with the heart-shaped opening in one of our walls. We also completed some plumbing so we have a working sink in our



shop area without walking to the other end of the building.

March

We are starting to put the composite decking on our deck project. This is tedious and challenging for the students. Very expensive products, so a lot of planning and time is invested by everyone involved.

During inclement weather we have been returning to the shop to work on basic residential house wiring. The students seem to enjoy the change of pace and opportunity to learn something new and useful. I think it's easy for all of them to see the practical application of some basic electrical knowledge.

We will be continuing to work on the deck



whenever weather permits. The goal is to be completed by the end of the school year.

— Jim Shaw,
Construction Trades instructor



Looking Back at the Winter Months ...

HEALTH OCCUPATIONS YOUTH APPRENTICESHIP 2

December

Here comes December.

We had an extremely busy November but did not forget about being grateful for things in our lives. All students, first and second year, designed their gratitude diagrams. We then placed them on our wall for everyone to view. It was great to see how, if we reflect upon our lives, we can find things to be grateful for.

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

Students were given the assignment of choosing a disease that they are personally interested in and visually creating a pumpkin into a person with the hallmark signs/symptoms of the specific disease process. They did not share their disease with their classmates and, after the "patients" were completed, then everyone attempted to "diagnose" the pumpkin patients with provided case studies and the visual "patient."

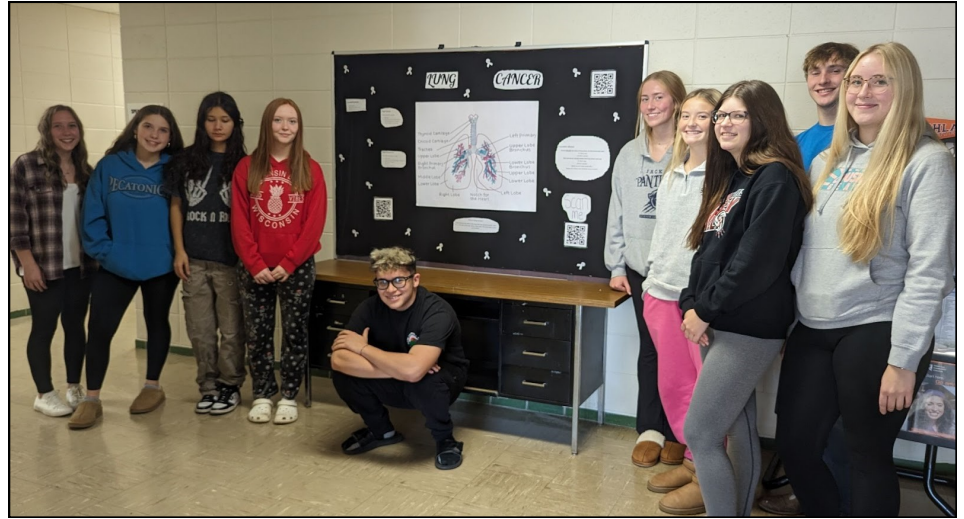
In December, not only will we begin Medical Terminology prior to Christmas break but we will also be volunteering by ringing bells for The Salvation Army. Students will also receive their Community Health Surveys.

January/February

This past month the HOYA II students began delving deeply into our Medical Terminology section of our curriculum. They have launched into the dissecting of medical terms; learning about prefixes, suffixes, word roots, and combining forms. Memorizing these vital word parts will assist them in their careers as they will be able to define words that they may have not encountered previously by knowing how to analyze the different parts of those unfamiliar words.

Several students assisted in our sophomore tours in January with some students from HOYA 1; giving students from our surrounding schools a look into how HOYA can be the foundation of a potential healthcare career.

February will be another exciting month. We will be spending time assisting at our annual Mall of Life activity at Highland Community College. Students have also received their Leadership/Teaching assignments. They will be working with an elementary teacher and educating students in the fifth grade or lower on a healthcare subject. Historically, we have had students cover such things as appropriate handwashing, toothbrushing, healthy snacks, as well as how physical activity affects heart rate and respiration. I look forward to



receiving their "lesson plans."

As teaching others is extremely important in any healthcare provider's profession, our students will also begin working on team teaching projects to encompass the Medical Terminology of body systems this semester. These lessons will include the pathology of specific disease processes, medical specialties and diagnostic tools that deal with those processes, as well as looking into some rare diseases they may encounter.

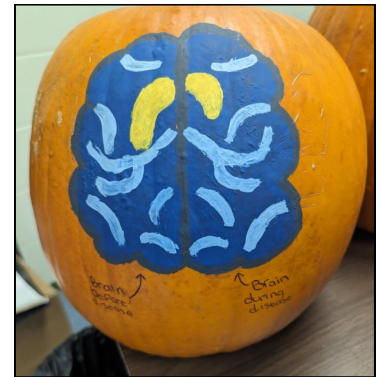
HOYA II students recently presented two additional important teen health discussions, smoking/vaping as well as our current subject. The students are believers of approaching topics that are significant for others their age, instead of sweeping these sometimes difficult discussions under the rug.

HOYA II utilized the bulletin board to inform other students of a frequently hidden concern in teenagers. The bulletin board and new video covered Teen Dating Violence Awareness. They have also begun their research for the newest health discussion for this month as well. These bulletin boards will assist the HOYA II students as they progress in their healthcare careers in having those difficult conversations with their patients.

March

Oh my goodness! How are there only 26 class days left for this amazing group of young students? This entire year has flown by. Hard to believe that graduation is just around the corner.

February was a normal busy, exciting month. Students are having fun learning their medical terminology words. We have played Medical Terminology Jeopardy and Bingo. We have used word search and crossword puzzles to become familiar with all these challenging words. Students also are becoming more familiar with the on-line



version of our workbook.

Students taught us about the muscular, skeletal, and cardiovascular systems. We have taken advantage of at least one of the warm days by working on blood flow of the heart worksheets outside and then students drew and labeled the heart on the sidewalk.

We also dissected chicken feet as we studied the muscular and skeletal system. Chicken feet are full of tendons and adipose tissues as well as bone marrow.

In March, students will continue to teach each other about additional body systems as well as completing a teaching project where they contact an elementary teacher and initiate a health education subject to fifth grade students or younger. So far, two groups have gone to local schools. One group taught proper teeth brushing and the other group taught how the cardiovascular system works and how physical activity affects the pulse rate. Students have had positive feedback from the classes they have taught.

— Lori Steele,
Health Occupations
Coordinator and
Year 2 instructor



Looking Back at the Winter Months ...

CareerTEC helps to check boxes

What's next? During this time of year in which many are registering for their 2024-25 classes, local students are considering to take a second year of their CareerTEC program. Others are trying a different CareerTEC class to explore a new pathway.

(If taking a CareerTEC class, please go to our website and apply by April 2!)

If you are one of the above students, thanks for taking a CareerTEC class! We are here to "Create Futures" for our students.

Other students are not taking a CareerTEC class at all. While we would love to see everyone back in the fall, we also understand that students may not return for a



Brian Greene,
CareerTEC
Director

variety of reasons.

If you are not returning because the class and program was not what you thought it might be, please do not be discouraged.

Over the years, I have spoken to teenagers who initially look at the year as a disappointment.

"I didn't find my future career."

True, but you may have saved yourself and your parents/guardians a lot of college tuition dollars. You also saved yourself countless hours of time.

Personally, I would rather a student find out now that something may not be a good fit than spend a lot of money and time only to find out you

don't like it on the job.

Also please try to keep an open mind. If you were sure this was the perfect program for you and you didn't enjoy it or find it interesting, don't be afraid to try a second year of CareerTEC or another future class. Don't give up!

In our 2022-23 Senior Survey, 89.5% of those seniors responding thought their CareerTEC program helped them to make a decision about their post-high school and career plans. Another 7% percent said it "maybe" helped.

My point: Not everyone has the "aha" moment during or at the end of the CareerTEC first year. Sometimes it takes time.

At CareerTEC, we have three primary tasks in respect to presenting careers: 1. Career

Awareness (e.g. career fair, guest speaker),
2. Career Exploration (e.g. worksite tour, job shadow, mentorship), and
3. Workplace Experiences (e.g. internship, SAE).

Career awareness is presented at several stages in your academic career. While we want it to start in the elementary or middle schools, we know students also become more aware of careers in high school (and beyond).

One of CareerTEC's top goals is career exploration; it's the reason why most of our programs offer job shadows and/or field trips. Often career awareness and career exploration go hand in hand, as it does at CareerTEC.

While it requires the highest level of employer engagement, workplace

experiences provide the most first-person, real-life learning. Many of CareerTEC's year two students move into a workplace experience.

As you move through high school and figure out "What's next?" you are unknowingly checking (or unchecking) boxes along the way. You're learning more about a career, seeing the career in action, and, hopefully, learning on the job.

On your list of career interests, CareerTEC and your local career and technical education courses are also giving you a chance to check or uncheck boxes. Whether you are choosing a school, job, and/or career, it can be overwhelming.

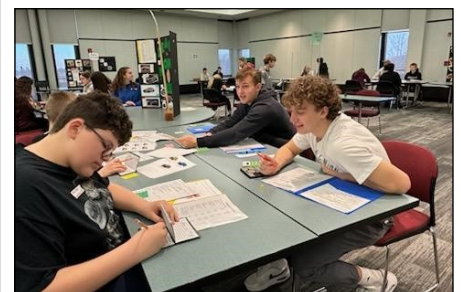
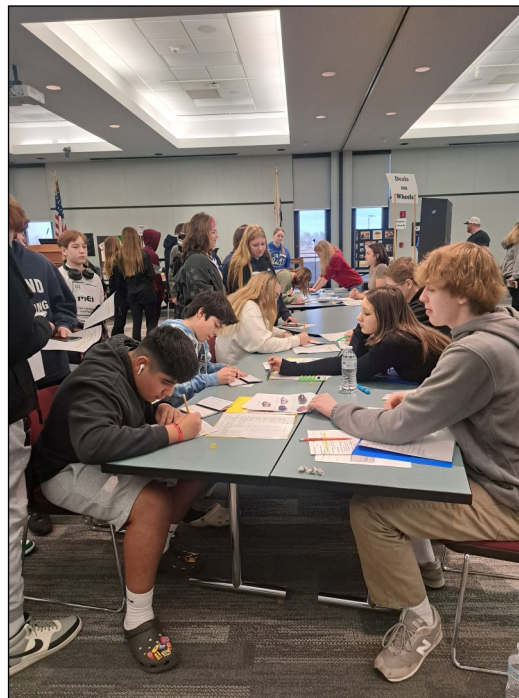
What's next? Follow your heart and let CareerTEC help guide the way!

2024 Mall of Life

The CareerTEC Mall of Life is a life-skill simulation event focusing on financial literacy in which sixth- and seventh-grade students take part in making adult decisions. The event instills skills such as decision-making, financial responsibility, problem-solving, goal setting, and communication, which prepares students for making real-world decisions. The Mall of Life offers a glimpse into the realities of a career, salaries, and life's daily obligations.

Between Feb. 21-23, 2024, CareerTEC hosted approximately 450 middle school students from Pearl City, Aquin, home-schoolers, Freeport, Orangeville, Tri-County, Durand, and Dakota.

There are 14 "stores" (booths) with each showing the life choices the students have to make and what they must "pay for" while keeping track of their spending. To put more of a career spin on the Mall, CareerTEC handed out Illinois State Board of Education Career Guides as students departed Highland Community College.



Thanks to our student and community helpers, Citizen's State Bank for the student checkbooks, and CareerTEC's Colleen Mills for organizing and leading the event.