



**CUYAHOGA VALLEY
CAREER CENTER**

Career Development Department

Volume 4, Issue 1
September-December, 2010

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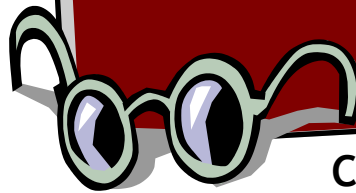
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2011 CVCC Coming Events



SNEAK A PEEK

**Career Development
Events in Your Schools**

Nordonia Hills City School District

**ELEMENTARY SCHOOL STUDENTS
WERE INTRODUCED TO
A VARIETY OF CAREERS**

**Firefighters and a Police Officer
Visited Kindergarteners
at Rushwood Elementary**



Deputy Chief Frank Risko and one of his firefighters from the Northfield Center/ Sagamore Hills Fire Department visited kindergarten students on November 16th.

They told the students about a firefighter's job. The students had many questions for the firefighters about how they learned to do this job, whether it is hard, or dangerous and whether they liked the job.

The Deputy Chief provided students with some safety tips in case of a fire in their homes. He also showed them some of the tools used in a firefighters job, such as his radio, fire clothes, oxygen tank and mask and EKG machine. He told students, "Don't be afraid of a firefighter in gear."

On October 13th, Officer Ken Wolf of the Sagamore Hills Police Department visited students. He told the students some safety tips about strangers and riding a bike. He also showed them some of the tools he uses in his job, such as his radio and handcuffs, and told them how he learned his job and what it entailed.

The class had been learning about Community Workers and how everyone works together to keep the community working and safe.



First Graders Learned About Careers and the Importance of Reading

One day per month, every first grade class is visited by a local professional who reads a story to the students and then describes his or her job. The reader also discusses why reading is important in that job. Students also get to ask readers questions about readers' careers and why they enjoy their jobs. They hear that they should pay attention to subjects that they like, since this can help them in the future when making a career choice.

The students learned how important reading is, no matter what career they choose as an adult. The connection is that learning to read is very important in the first grade, and will help them later in school and life. The children haven't yet found a career where knowing how to read is not an important skill!

Readers in October were Ms. Deanne Dewitt, IT/Technology Consultant and Dr. Bryan Sisk, Cleveland Clinic Medical Student. November reader was Ms. Linda Bloom, RN, Cleveland Clinic. In December, readers were Ms. Julie Terlop, PNC Bank Branch Manager, Ms. Tracey Meilander, Microbial Ecologist at Notre Dame College and Mr. Bill Fetsko, Owner, Little Gym.



Ms. Deanne Dewitt, IT/
Technology Consultant



Dr. Brian Sisk, Cleveland Clinic
Medical student



Ms. Linda Bloom, RN
Cleveland Clinic



Mr. Bill Fetsko
Owner, Little Gym



Ms. Julie Terlop, Branch Manager
PNC Bank



Ms. Tracey Meilander, Microbial Ecologist
Notre Dame College

Second Graders at Ledgeview and Northfield Learned About Community Leaders

On October 19th, Officer Turley of Macedonia Police Department spoke to 2nd graders at Northfield Elementary School about how the local police department works and what it is like to have the job of a police officer. The students had many questions for Officer Turley about what a day on his job entailed, the hours he worked and how he liked his job.

Officer Turley told students about the challenges of his job and why it is important for all citizens to participate and to follow the rules and laws set up by the majority.



Officer Turley explained the challenges of being a police officer

On October 28th, Macedonia Mayor Don Kuchta spoke to 2nd graders at Ledgeview Elementary School about how local government works and what it is like to have the job of mayor. Students questioned the mayor about sidewalks, the rec center, and how he liked his job.



Mayor Kuchta answered students' questions

Both speakers told students about being a leader in the community, how sometimes difficult decisions have to be made by leaders and how leaders must set a good example for all the citizens.

Third Graders at Northfield Visited City Resource Venues

On October 26th and 27th, students in Mrs. Eland's, Mrs. Artl's, Miss Javorsky's and Mrs. Berkley's classes walked to Northfield Center Town Hall. They split into three groups.

One group toured the town hall and got to see where the Trustees meet, another walked to the fire station and toured that facility and the last group got a tour of the Sheriff's offices and a close look at one of the Sheriff's cars.

The groups rotated every 20 minutes, so all students were able to see each department. The visit gave students a first-hand look at the people, resources and jobs that are needed to run a township like Northfield Center.



Students got a close-up look at the Sheriff's car

Third Graders Visited City Resource Venues, Continued

The students also learned how the township gets money from taxes and how much vehicles like a fire truck cost the city.

At the end of their visit on October 26th, the students returned to the town hall and were able to witness Congressman Steven LaTourette present several medals to a local WWII Veteran.



Third graders were able to witness the presentation of medals to a local WWII Veteran



Congressman Steven LaTourette presented medals

Mrs. Arti's class visited the fire station, learned about firefighters' jobs and had a demonstration of how fire hoses work

City Officials Visited Ledgeview and Rushwood Schools



A Government panel including (Photo on left L-R) Macedonia Mayor Don Kuchta, Police Chief Jon Golden, Fire Chief Tim Black and Service Director Jim Crevar visited Ledgeview students on October 27th. On November 18th, officials visited Rushwood students. The panel included (L-R), Sagamore Hills Police Chief David Hayes, Northfield Village Mayor Vince Milani and Deputy Fire Chief Frank Risko. The panels provided an opportunity for students to learn directly from the people in charge at City Hall as to what resources and jobs are needed to operate a local government. The visitors added a real-world aspect to students' lesson plans

Rushwood Third Graders Found Out Rocks are Fun



Students learned about the various instruments and methods that geologists use to discover what is under the earth's surface

Correlating with their study of rocks and minerals, students got a first-hand account of what it is like to study rocks in a career as a geologist.

Frank and Joyce Marsek brought in many samples of various types of rocks and minerals. They talked about how they are formed, where they come from and why it is important for BP and other similar companies to have someone on staff who knows about the earth and what is below the earth's surface.

Frank, a geologist at BP, talked about his job and why geologists play an important role in the company.

Joyce is a science teacher and added many interesting facts. The Marseks visited students on November 4th.

Fourth Graders Traveled Through Time

On October 12th and 19th, a representative from the Summit County Historical Society visited 4th graders at Rushwood and Northfield Schools, complementing their studies about timelines and important events in Ohio history.

She brought photographs and visuals to share with students, including fossils, bones, clothing and tools used in the past. Students were also studying what life was like on the frontier, which Indian tribes lived in the area and how they used resources in our area to survive.

The representative's visit emphasized to students the importance of studying the past. They also learned that people can have jobs in this field – historians, archeologists and even artists who replicate artifacts – and study the past.



The representative showed students how Indians used spears for hunting



Northfield students demonstrated clothing that was worn by area Indians long ago



A representative from the Summit County Historical Society demonstrated a tool used in the past

“Rockin’ at the Run” Showed Students the Effects of Erosion Up Close

In conjunction with their study of rocks, erosion and landforms, 4th graders at Rushwood, Ledgeview and Northfield Elementary Schools climbed and hiked through Cuyahoga Valley National Park. They received a first-hand look at both the rock formations and the job of geologist from CVNP’s geologists and naturalists. They also learned about the history of the area and about the people who settled there.

Students learned how different rock formations are formed by nature and, based on their composition, what they can be used for. They did a water experiment with sandstone and shale. Students learned about the glaciers that were in our area long ago, and how they affected the soil, rocks and even the plant life we know today. They also learned about and saw the path that water will take and the actual landforms it can create. One of the highlights of the trip was going into “Ice Box” cave.

The field trips took place on September 20th and 24th with Northfield students; on October 12th and 13th with Ledgeview students and on October 26th and 29th with Rushwood students.

Fourth graders climbed and hiked in the rocks at Cuyahoga Valley National Park for a close-up view of the rock formations and landforms the glaciers created



Fifth Graders Journeyed Into the Past

Fifth graders at Lee Eaton Elementary School heard presentations by Mr. Bernie Smith, fur trader and pioneer re-enactor, on November 17th.

Mr. Smith brought many replicas, as well as actual artifacts, that pioneers would have used. He also demonstrated how the pioneers would have started a fire using tar cloth and flint, and told students not to try it at home.

The students had been studying about the people who lived in the early 1800s and how they survived. The presentation offered a look at some of the real tools that they had to use, and gave students a new appreciation of their easier physical life today thanks to the invention of machines.



Bernie Smith came dressed in cowhide clothing and brought artifacts used by pioneers in Northeast Ohio

Meteorologist Gary Garnet Spoke to Eighth Graders



On October 20th, 300 8th graders gathered to hear a presentation by Gary Garnet, Meteorologist with the National Weather Service. Mr. Garnet told students that based on NOAA weather information, decisions from taking an umbrella to the most critical and potentially life-saving are made. The National Weather Service provides local and regional forecasts, as well as emergency alerts for storms, floods, extreme heat and cold, fire threats and even solar flairs

HIGH SCHOOL STUDENTS RECEIVED ADVICE AND HANDS-ON EXPERIENCE FROM CAREER PROFESSIONALS

Mock Interviews Prepared Students for Actual Employment Interviews

Students at Nordonnia High School participated in the mock interview program last fall. A mock interview is one of the very best ways to prepare for an actual employment interview.

Students learned what is expected in a real interview and how they can improve the way they present themselves. The interview is as realistic as possible.

Interviews take approximately 15 minutes. The interview coach will provide constructive feedback on all aspects of the process. The program is designed to help students practice interviewing, reduce anxiety and nervousness, create a good first impression, communicate skills clearly and learn how to answer difficult questions.



Prior to the mock interview, students learn how to complete an application, prepare a resume, dress professionally, shake hands confidently and make eye contact. Students also prepare a thank you letter to be sent after their interview.

Mrs. Denise Sumbry congratulated student Navdeep Singh on a successful interview

CAREER SPECIALISTS AT WORK IN YOUR SCHOOLS



Tish O'Dell



Michele West



Jill Larson

Tish O'Dell works with elementary school teachers to include career professional speakers in the classroom who enhance students' lesson plans with real-world experience.

Michele West works with middle school students to prepare them for a future in the working world.

Jill Larson prepares high school students for post-secondary education and future careers with portfolio preparation and hands-on practice in job shadowing and interviewing.



Members of Glass Ceiling Gathered Donations for Women’s Shelter

Members of the Glass Ceiling gathered donations for a battered women’s shelter. They donated, among other things, diapers, baby wipes and formula for the babies and band aids, Neosporin, Kleenex and hair accessories for the moms.

Their thoughtfulness brought a lot of joy to women who have been faced with difficult times and are not as fortunate as others. Thanks for being such a wonderful group!

Pictured at left are seniors Adriana Strickic, Mariel Gerry and Taylor Gillette, three members of the Glass Ceiling group, who participated in the collection of supplies for the women’s shelter

Members of VALOR Group Met Record Producer

Traveling, musicians, stars, The Emmys: those are just a few things that record producer Mr. Dave Love shared with the members of the VALOR group.

Mr. Love talked about his experiences through high school and college, and how he got to the successful business that he runs today. He shared his many travel stories and how his love of music became his passion.

He ended with a bit of advice for the young gentlemen. “Reach for your goals, and begin today. Do everything to the best of your ability and then go one step above. Anything is possible.”



Three members of the VALOR group (L-R) Trevor Hawks, Sal Delguidice and Paul McMichael listened as Mr. Love talked about the experiences that led to his successful business as a record producer

Students Learned the Five Steps Involved in Making an Ethical Decision

“Ethics” is defined as motivation based on ideas of right and wrong. Mr. Brian Boatright joined students for a presentation on ethics. He explained that we are faced with many ethical decisions every day. Students understood that loyalty, respect and fairness are just a few attributes to being ethical. He told them that knowing what is right and wrong may not always be that simple, although most of the time, knowing the right thing to do is easy.

Mr. Boatright also talked with students about the five steps to making an ethical decision. In closing, he explained that a combination of determining right and wrong and being responsible for our actions creates the standards for conscientious ethical behavior.

Pictured below with Mr. Boatright are students Hailey Mannino, Brandon Truett, Caise Gamble and Justin Moore.



The Intricacies of Paychecks Were Explained by Christin Barone

Parent volunteer and credit union employee, Mrs. Christin Barone (pictured at right), talked to students about understanding paychecks. She told students that once they graduated and entered the workforce full time, or began working after college, understanding the various deductions on a paycheck can get confusing.

She explained the various taxes deducted, benefits, 401K, fees and insurance. She also explained the difference between gross and net pay, what direct deposit involves and the dangers of debit cards if not properly used.

The information she relayed was valuable to the students, who will soon be entering the world of work.



EVENTS AT CUYAHOGA VALLEY CAREER CENTER

Hands-on Activities in CVCC's STEM-Related Classes Introduced Girls to IT Career Opportunities

On December 10th, Career Development sponsored its third annual "IT's for Girls" event. The event provides middle school girls with information and incentive to pursue their interest in STEM-related (science, technology, engineering, mathematics) subjects and discover how much fun IT (information technology) can be.

The participants took home free gifts provided by several of the IT professionals who joined the girls for lunch, as well as software that will reinforce their interest and help them define potential career pathways and curricular options as they prepare for high school.

CVCC students and several guests from industry assisted the middle school girls as they learned how technology is used in a variety of different professions. Greg Schalmo, Customer Solutions Engineer from Cisco Systems, Pittsburg, PA, partnered with Lorraine Pruitt, Computer Networking Academy instructor. Jennie Zamberian, Avantia, Inc., teamed with Programming & Software Development instructor, Heidi Grivas.

The entire program was funded by private organizations and grants. Sponsors that provided funding, materials and instructors for the 2010 event were National Girls Collaborative Project, which is funded by the National Science Foundation; Children's Technology Workshop; NEOSA (Northeast Ohio Software Association); the COSE Technology Network and NEOSIM (Northeast Ohio Society for Information Management).



Industry professionals joined the girls for a Bingo game icebreaker that got everyone acquainted and chatting



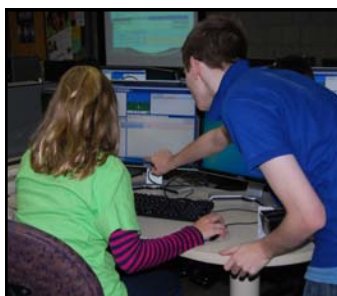
CVCC Computer Aided Design (CAD) students in Mr. Niinisto's class helped visitors design the 3D keys they had pre-produced for the girls



The girls enjoyed sharing lunch, prepared by CVCC Culinary Arts students, with industry professionals to learn about their jobs and career paths



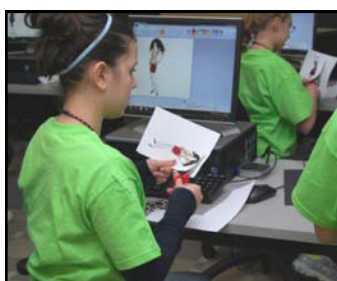
Learning computer binary codes using M&M candies proved to be easy and fun. The session was led by Ms. Nonno, CVCC Math instructor



A student from Mrs. Grivas' Programming & Software Development class helped girls learn basic animation using Alice software



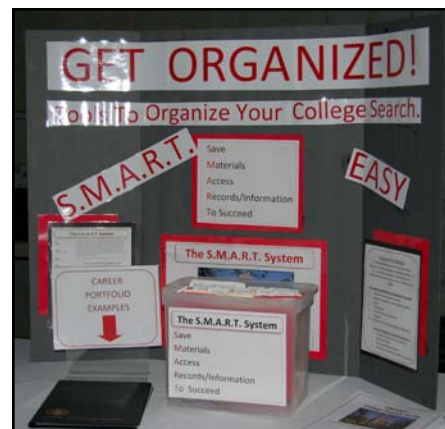
The girls learned how to take their pictures with a flip camera and email video messages home to their parents in Ms. Pruitt's Computer Networking classroom



Cheryl McConnell, Children's Technology Workshop, helped the girls create a variety of fashions from a single model using digital design software — a technique used in the fashion design industry

College & Career Planning Seminar for Parents/Students

Even in the best of times, planning for life after high school is challenging. In these difficult economic times, it is all the more important to ensure that high school students and their parents have the tools and resources to make informed college and career decisions. When students graduate and parents transition from “guardian” to “guide,” many critical decisions that impact students’ career success will already have been made.



Darden Blake introduced her “Smart System” concept as a tried-and-true method of organizing the college search process and tracking progress. Elements of the Smart Box are shown on the right

To help parents (and students) with these important decisions, CVCC sponsors an annual seminar, “College & Career Planning,” held in 2010 on November 10th. This event provided two panels of experts to answer questions and provide tips on how to navigate through the maze of college admissions, financial aid, and career choices. Nearly 200 parents attended the seminar, many of whom brought their sons and daughters with them. In fact, several seniors attended on their own this year!

Attendees were able to hear from a panel of experienced professionals representing an array of educational institutions from high school to two- and four-year colleges. Some of the topics discussed were: Developing a Self-Reliant Student, Creating a Solid Academic Portfolio, Earning College Credit in High School, What To Do in the Last Two Years of High School, Finding the Right-Fit College, and Scholarships and Financial Aid.

The feedback received from those in attendance was very positive and complimentary. In addition to the practical information received, attendees commented that they appreciated all the handouts and information sheets provided to help them in the college search process.

EVENTS AT CVCC ARE GENERATED AND IMPLEMENTED BY CAREER DEVELOPMENT STAFF



Thressa Brown
Trainer



Patricia Coyne
Program Developer



Nanci Coleman
Community Liaison
North Royalton
Revere

Darden Blake
Community Liaison
Brecksville-
Broadview Hts.
Independence



Marie Elias
Community Liaison
Nardon Hills
Twinsburg



Bridget Murphy
Community Liaison
Cuyahoga Hts.
Garfield Hts.



“Soup with the Supe” Hosted Job Seekers December 3rd



Guest speaker Tina Romano-Allen shared information on penetrating the job market

Adult job seekers in the process of career transition shared soup, salad and dessert in CVCC’s Valley Inn Restaurant on December 3rd.

Tina Romano-Allen, SPHR-certified human resources professional with experience in career transition and career path development, provided information on how to penetrate the job market. The luncheon also offered the opportunity to network with other job seekers, meet Roscoe Schlachter, CVCC Superintendent, and discover the wide range of continuing education programs and services available at CVCC.

Job Seekers were also invited to a “Soup with the Supe” luncheon on October 9th for networking and to learn about statewide workforce development plans.

Additional “Soup with the Supe” luncheons were held on November 5th for area realtors and on November 30th for members of the community and area businesses.

Job Seekers Workshops Provided Information and Hands-On Experience to Adults in Career Transition

A panel of local recruiters met with the workshop attendees on September 25th to provide information on what they are looking for when they conduct initial phone interviews and first meet potential candidates.

They also discussed follow-up on networking referrals, how they review online applications and resumes, ask behavior-based interview questions, raise questions about previous jobs and receive an applicant’s follow-up call or email.

The September workshop was the first in the Saturday series, open to adults in career transition. Additional workshops on October 16th and November 13th offered open labs with CVCC Career Specialists on hand to help attendees with their resume development, career assessments, LinkedIn profiles and Internet career searches.

The 2010 series culminated with the “Lunch and Learn” luncheon on December 3rd.

2010 High School Teacher Externs Experienced a Variety of Real World Careers

(Back Row) Todd Goodman, Brecksville-Broadview Hts.; John O’Brien, Nordonia Hills; Jenifer Mackey, Independence; Linda Weigand, Revere
 (Front Row) Cheryl Carano, Garfield Hts.; Donna Houston, Twinsburg; Linda New, Brecksville-Broadview Hts.
 (Not Pictured) Craig Taylor, Twinsburg



See article about “Teachers in the Workplace” Externs on Page 13.

Eight High School Teachers Sharpened Their Skills During Summer Externships in the 'Real World'

The “Teachers in the Workplace,” externship program offers high school or middle school teachers an opportunity during the summer break to spend 40 hours with business hosts related to the subject they teach. In addition to the current technology used by their host, teachers see how critical collaboration, flexibility, research and innovation skills are used in the workplace. They incorporate the development of these skills—all of which are included in Ohio’s “Framework for 21st Century Learning”—in their subsequent teaching plans.

As a part of the program, teachers are required to create two career-based lesson plans to share

with their classes. In some instances, their hosts will visit students for class presentations and assist with implementation of the lesson plans.

Business hosts and district administrators attending the luncheon at CVCC in November were fascinated by the externs’ presentations and amazed at the amount and variety of knowledge they will share with their students as a result of their experiences.

The Teachers in the Workplace program is a win-win situation for both teachers and business hosts, with students being the ultimate benefactors. It provides teachers with real-world answers to students’ eternal question, “Why do I have to learn this?”

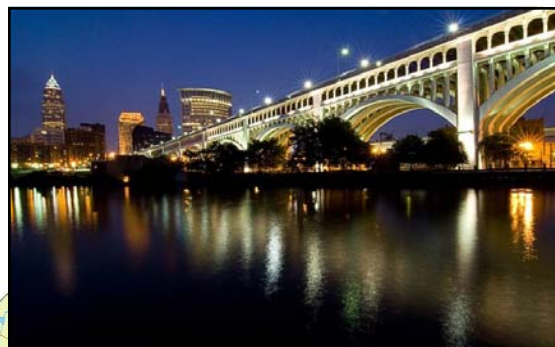
Nordonia Summer Extern Explored Alternative Energy Sources, Bridge and Tunnel Construction



Alternative energy sources are critical to our future and **John O'Brien**, Physics teacher at Nordonia High School, wanted to include information on wind and solar energy in his classes.

He visited with Bold Alternatives, a solar panel producer; and Dr. Majid Rashidi, Mechanical Engineering Department Chair at CSU, who has researched wind power design and optimization. Both are sources for his lesson plans this year.

A day spent with a professional engineer at Wilbur Smith & Associates, a civil engineering firm, inspired a lesson plan related to researching and identifying the design of bridges in Cleveland’s Flats; and a meeting with Robbins Company, a manufacturer of tunnel boring equipment will generate some fascinating class discussion!

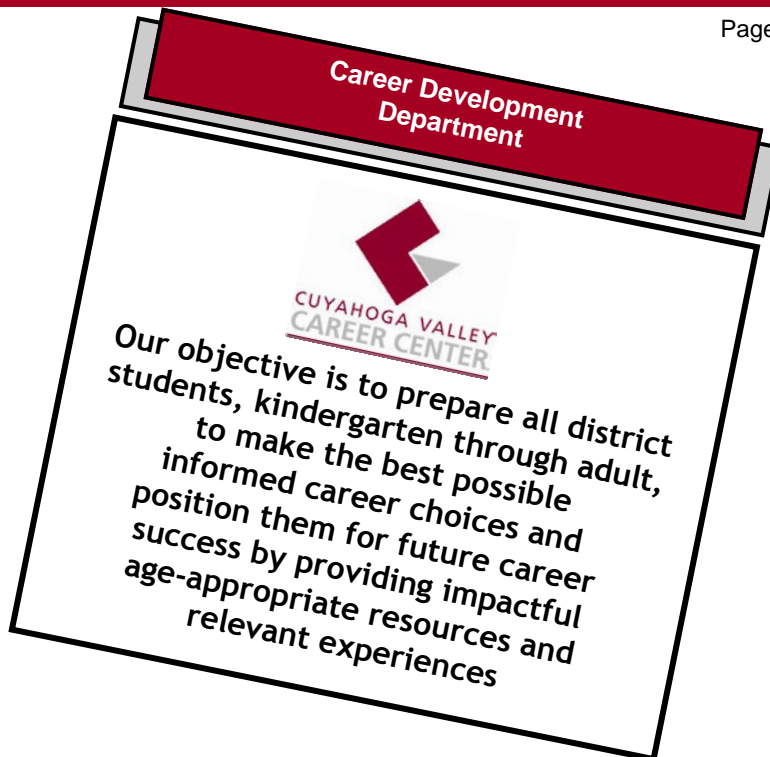


Career Specialists in Your Schools

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Need Skills? Ours Work!

www.cvccworks.com



CVCC 2011 Coming Events

Job Seekers - Saturdays, 9:00-Noon

February 26 and March 19-Open Computer Lab: Resumes, Career Assessments; LinkedIn Profiles
April 16-Job Fair Boot Camp

Parent Seminars

April 27, 7:00-9:00 p.m.-College Survival Skills 101

Student Job Fair

March 10, 3:30-6:00 p.m.

STEM Career Expo

February 5, 9:30-Noon

Health Career Expo

May 4-3:30-6:00: Career and educational opportunities

Soup with the Supe - Fridays, Noon-1:00 p.m.

February 25-Middle School Parents
March 18-Cuyahoga Hts./Independence Residents
April 15-Brecksville/Broadview Hts. Residents
May 6-Nordonia Hills Residents

Summer Career Camps

June 13-17 and June 20-24; Register online beginning February 7

Semi-annual *Sneak-a-Peek* newsletters are published in September and February. Newsletters are edited and produced by Donna F. Hessel, Career Pathways Specialist.

For more information on any of the coming events and to opt in for monthly email updates, please check the CVCC website: www.cvccworks.com