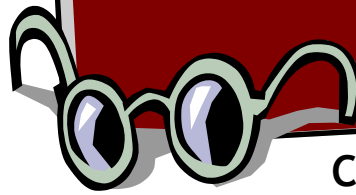




**CUYAHOGA VALLEY  
CAREER CENTER**

Career Development Department

Volume 4, Issue 1  
September-December, 2010



**SNEAK A PEEK**

**Career Development  
Events in Your Schools**

**North Royalton City School District**

**KINDERGARTEN STUDENTS  
LEARNED ABOUT FIRE SAFETY**

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2011 CVCC Coming Events

Firefighters Kris Vajda and Bill Kolodgy met with kindergarten students to discuss the importance of fire safety. Firefighter Kolodgy dressed in full gear to demonstrate how a child might be approached during an emergency. He stressed the importance of not being afraid or hiding from the firefighter who is there to help. Firefighter Vajda spoke about the need for each family to have a safe meeting spot outside and in front of the house.



**MAYOR ALAI TOLD STUDENTS  
ABOUT BEING MAYOR**



Broadview Heights Mayor, Sam Alai, spoke to the kindergarten students at the Early Childhood Center located on the Broadview Heights City Hall campus.

He explained the duties and responsibilities of being Mayor. He also encouraged the students to do well in school because with education anything is possible.

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## NATURALIST HELPED STUDENTS UNDERSTAND WHAT LIFE WAS LIKE IN THE PAST

Garfield Heights Nature Center Naturalist, Stacey Allen, spoke to kindergarten students to help them understand what life was like in the past.

Students were surprised to learn that there were no stores for clothing or food. Stacey also demonstrated the use of a spinning wheel that would have been used to make thread for clothes.



## SECOND GRADERS LEARNED ABOUT ANIMAL ADAPTATION

Kelly McGinnis, Brecksville Nature Center Naturalist, talked with 2nd grade students at Albion and Valley Vista in conjunction with a recently studied science unit.

Her lesson on animal adaptations encouraged students to think about the ways animals need to adapt for the cold winter weather. Students were able to apply the information they had studied in class.



## ROSE RUVOLO DEMONSTRATED SIGN LANGUAGE

Rose Ruvolo, Sign Language Teacher, demonstrated to 3rd grade students some techniques and words used in sign language. This presentation correlated to students' language arts unit on Helen Keller. It also coincided with Valley Vista's Disability Awareness Week, which included resources provided by Cuyahoga Valley Career Center.

## METEOROLOGIST EXPLAINED HOW WEATHER IS PREDICTED



Meteorologist Gary Garnet of the National Weather Center conducted his annual presentations to the students at Royal View and Valley Vista in conjunction with their Weather Units.

His interactive Power Point and hands-on demonstration of the tools needed for weather prediction correlated directly to the 2nd and 4th grade standards and science units.



## ANNE LYNCH SHARED AMERICAN INDIAN LEGENDS

Anne Lynch, Librarian with Cuyahoga County Library North Royalton Branch, visited 3rd grade students at Albion Elementary. She entertained them with her knowledge and lively narration of Native American legends.

Her visit enhanced students' lessons from their social studies and language arts units. Her presentation included authentic Native



American music, information on the significance of the circle to their culture and a demonstration of the actual size of a teepee.

Students were then encouraged to visit the library and "check out" the many books available on the topic of Native American Indians.

## K9 OFFICER SHOWED HOW POLICE DOGS ARE TRAINED

K9 Officer Phil Adams and his trusty companion, Wiley, of the Broadview Heights Police Department, demonstrated the ways in which dogs can be used to assist police officers.



Officer Adams showed students some of the training involved for dogs to become police dogs. The presentation enhanced the students' language arts unit, during which they read the story of "Officer Buckle and Gloria."

## THIRD GRADERS HAD AN OUTDOOR ADVENTURE

Brecksville Nature Center Naturalists, Jenny McClain and Kelly McGinnis, took the 3rd grade students on an outdoor adventure to explore the Valley Vista Nature Center area, coinciding with their unit on Eco-systems.



### CAREER SPECIALISTS AT WORK IN YOUR SCHOOLS



Julie Regula



Kathy Richards



Debbie Monaco

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

**Kathy Richards** works with middle school students to prepare them for a future in the working world.

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

## FIFTH GRADERS TRAVELED BACK IN TIME

Rocky River Nature Center Naturalist, Chris Larsen-McKenzie, invited student to travel back in time with her to an era in Ohio before stores and modern conveniences existed. Through her interactive, hands-on presentation, she gave students a new awareness of and appreciation for the trials and ingenuity of Ohio's original inhabitants, the Woodland Indians. Her visit reinforced concepts taught in the students' social studies unit.



## ASTRONOMER SHOWED SATELLITE PHOTOS OF SPACE

Jay Reynolds, Astronomer at the Lake Erie Nature and Science Center, spoke to 5th grade students on Mr. Fischer's team for their Solar System unit.

Using satellite photos of space and a high tech computer program, Mr. Reynolds was able to show the students our Milky Way, as well as other galaxies. He humorously remarked that, contrary to students' opinion, the earth does not revolve around them, and they are not the center of the universe!



## LESSONS LEARNED ABOUT PROTECTING OUR ENVIRONMENT

Environmentalist Nancy Zikmanis of the EPA spoke to 5th grade classes at North Royalton Middle School on the importance of protecting our environment. Using student volunteers, she demonstrated the type of protective gear needed when cleaning up a facility.



## NORTH ROYALTON STUDENTS VISITED CVCC FOR "IT'S FOR GIRLS"

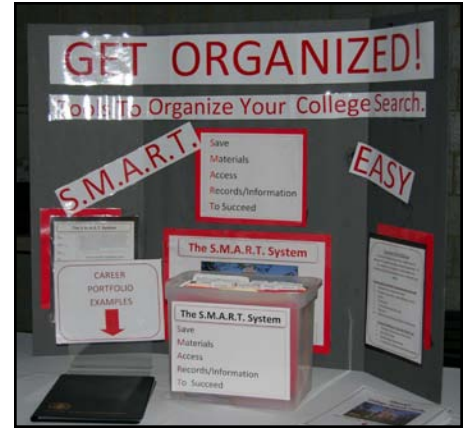


Article on IT's for Girls activities at CVCC continued on Page 6

# EVENTS AT CUYAHOGA VALLEY CAREER CENTER

## 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.



## 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, partnered with Lorraine Pruitt, Computer Networking Academy instructor. Jennie Zamberlan, 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.

North Royalton girls participating in IT's for Girls are pictured on Page 4.

## “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, Nardon Hills; Jennifer Mackey, Independence; Linda Weigand, Revere (Front Row) Cheryl Carano, Garfield Hts.; Donna Houston, Twinsburg; Linda New, Brecksville-Broadview Hts. (Not Pictured) Craig Taylor, Twinsburg



## 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 21<sup>st</sup> 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 beneficiaries. It provides teachers with real-world answers to students’ eternal question, “Why do I have to learn this?”

## SENIORS INTERVIEWED BY LOCAL PROFESSIONALS ON SENIOR EXIT INTERVIEW DAY



Seniors at North Royalton High School had an opportunity to “dress for success” on Wednesday, October 13th, as they were interviewed by local business people and teachers in the school’s annual Senior Exit Interview day.

This year, the school included many of their business/school partners in the program to enhance the “real world” experience for the students.

The purpose of the interview day is to allow the seniors an opportunity to showcase their high school accomplishments in a real interview setting. During the interviews, students explained the various components of their portfolio and answered questions from interviewers. The questions pertained to their plans and goals following graduation, their growth as a student over the years and a reflection on their high school experiences.

Interviewers included Michael Maierson, Leimkuehler, Inc.; Christine Coniglio, Sports Rehab Consultants; MaryKay Manning, Owner, MaryKay Dance Studios; Tom Jordan, North Royalton City Economic Director; Bob Stout, Owner, Fuerst Automotive; Sharon Carpenter, Patient Coordinator, Dr. Papandreas, DDS.

Pat Jones, HR Director, City of North Royalton; Zach Meixner, Owner, Beef O’Bradys; Bill Novak, Cuyahoga Valley Career Center; Shauna Rasponi, Manager, Key Bank; Sharon Caroscio, Key Bank; MaryBeth Murphy, Owner, KnowledgePoints Tutoring; Michelle Thomas, Techskills; and Dr. Kathleen Payne, Berea Children’s Home were also interviewers.

“I was very impressed with many of the seniors I interviewed,” said MaryBeth Murphy, President, KnowledgePoints Tutoring and North Royalton City School District Business/School Partner. “They were poised, articulate and well prepared. A very positive experience overall!”



**Career Specialists in Your Schools**

**Elementary**

Julie Regula-jregula@cvccworks.com

**Middle School**

Kathy Richards-krichards@cvccworks.com

**High School**

Debbie Monaco-dmonaco@cvccworks.com

**Career Development Supervisor**

Bill Novak-bnovak@cvccworks.com

*Need Skills? Ours Work!*

[www.cvccworks.com](http://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-9:00-11:00 a.m.

**Parent Seminars**

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

**Student Job Fair**

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

**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](http://www.cvccworks.com)**