

Career Talk

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Career and Technology Center

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<https://edu.fcps.org/ctc/home>



**Frederick County
Career & Tech Center**



**@FrederickCTC
@CTCPrincipal**

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MESSAGE FROM THE PRINCIPAL

Years ago, the phrase “family involvement” meant school volunteering. In today’s fast-paced society where often both parents hold jobs outside the home, that definition has changed. Parent participation in even one of the following facets can improve student achievement:

- Communicate with the teacher about your child’s progress and school work.
- Understand child development stages and ways to support learning at each grade level and age.
- Help children with learning at home through homework, goal setting and other school-related activities.
- Volunteer in your child’s class or school.
- Participate on school committees and councils to help with school decisions.


Children thrive when families are engaged in their educational life. Research accumulated over more than three decades irrefutably demonstrates that children whose families are involved in their child’s education tend to have higher test scores, better grades, a higher rate of high school completion and a more positive school experience. As we continue to work hard during term 2, we remind parents to help ensure academic success by staying aware of their child’s assignments and grades--- via Schoology.

Thank you for a wonderful and well attended CTC Open House on October 26th. FCPS students and parents were able to visit the 24 career programs we offer at CTC; serving FCPS students in 10th, 11th, and 12th grade from all ten county high schools. Students and staff members were on-hand to provide information about their respective program and to answer questions. In addition, business representatives and post-secondary institutions were also available to provide additional information about career and post-secondary opportunities.

Our annual Open House is a great way for us to kick-off the CTC Shadowing process which runs now through February 29. Students interested in applying to a CTC program must first schedule a shadow experience for the program(s) they would like to apply. Shadowing is mandatory for applying to any program offered at CTC. Students may shadow and apply for up to two programs and are encouraged to select programs to shadow by talking with their high school counselor or by checking out the programs on our CTC web site.

As always, we welcome your questions, comments and suggestions. Please feel free to call or email me or any staff member any time, and keep the lines of communication open so that we can, together, support and challenge “our” students.

Sincerely,


Michael Concepcion - Principal

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Good To Know



THE CTC SHEAR IMPRESSIONS SALON IS OPEN!!!

Come see our newly renovated salon, we've had a make-over.

Fridays

Hours: 8:00 AM – 1:30 PM

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All services are provided by the senior cosmetology students and overseen by a licensed senior cosmetologist/instructor.

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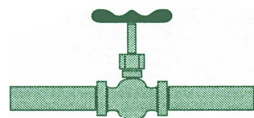
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REQUESTING A LETTER OF RECOMMENDATION: PRO TIPS!

Applying to colleges? Interviewing for a job? A good letter of recommendation can help! Check out the information below for pro tips when requesting a letter of recommendation! Who you ask and how you ask makes a difference!

1. Choose who you want to write your letter.
 - a. The most effective letter will come from someone who knows you well and can speak to your character on a personal level.
 - b. Choose someone who knows who you are now – and not someone who knew you years ago.
2. Prepare a resume or brag sheet.
 - a. Use the Senior Brag Sheet in Naviance or create your own.
 - b. Highlight your accomplishments and personal strengths that the recommender may not know.
 - c. Include any additional information that may be unique to you.
3. ASK IN PERSON
 - a. Before you send an official request, speak with each individual in person.
 - b. Explain what it is you are applying for and why you are asking this person to recommend you.
4. Send an official request
 - a. After you have confirmed your request in person, send a formal written request (can be an email).
 - b. Be sure to include –
 - i. Information on what you are applying for
 - ii. Details about how and when the letter should be submitted
 - iii. An up-to-date resume or brag sheet
 - iv. Any special instructions that would be helpful to the recommender
 - c. IMPORTANT – Be sure to give at least 2 weeks between when you ask for the recommendation and when it is due. Ask early to give plenty of time.
 - d. Note – do not request a letter or recommendation through Naviance until you have confirmed with the teacher that they will write the letter.
5. Follow up before the due date
 - a. A polite reminder is okay and often helpful. This is also a good opportunity to thank them for writing the letter.
6. Say a final thank you
 - a. Once the letter has been submitted it is common courtesy to send a short thank you note to each person who wrote a recommendation.
 - b. An email is okay, but a hand written note is better.
 - c. Be sure to also follow up with your recommenders with good news once you are accepted.



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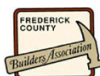
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Good To Know 3

WERNER H. KIRSTEN (WHK) STUDENT APPLICATION

The Werner H. Kirsten (WHK) Student Application will close on Friday, January 12, 2024. Applications received after the January 12 deadline will not be considered. Prior to applying, applicants and parents/guardians must review the [2024-2025 Werner H. Kirsten \(WHK\) Program & Application Guidance](#) in its entirety.



WERNER H. KIRSTEN PROGRAM (WHK)



HANDS-ON RESEARCH

Work in scientific areas of study such as:

- bioinformatics
- biochemistry
- molecular biology
- microscopic imaging
- immunology
- and many more areas of interest

Or consider scientific support areas such as:

- programming
- information technology
- graphics and media
- scientific writing
- analytics



ONE-YEAR COMMITMENT

- Starts in June, prior to senior year.
- Summer: eight 40-hour weeks
- School year: 3 hours/day
- Transportation required

Can't commit for the whole school year? Consider the NIH High School Summer Internship Program (SIP).



ELIGIBILITY

- High School Junior
- 17 years old by June 2024
- Minimum 3.0 GPA
- Three years of Science & Math courses
- U.S. Citizen or Permanent Resident
- Valid Health Insurance
- Parent/Guardian consent

BENEFITS:

- Summer Stipend
- Credits toward Graduation
- Hands on Science Research Experience
- Networking

WANT MORE INFORMATION?



Visit our website!
https://ncifrederick.cancer.gov/careers/student_programs/internships/SIP/Default.aspx





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Resources & Support

Helpful Resources

The [CTC Career Exploration & Job Prep Guide](#) provides helpful tips and resources!

The [Peterson's Test and Career Prep](#) provides resources that will help improve your test scores, explore colleges, universities and scholarships, explore careers, and prep for vocational tests. You will need to take a minute to complete the "New User Signup" if you are new to this database. Once you do that you are good to go.

The [Ferguson's Career Guidance Center](#) offers a wealth of resources for students to assess their career goals and interests, plan their education, learn workplace skills, find apprenticeships and internships, conduct a job search, and much more.

Click the links provided above to check out these great resources! You can also find these resources and many more on the [CTC Media Center](#) page.

Please see Ms. Leatherman in the CTC media center if you have any questions or need assistance.

THE MENTAL HEALTH ASSOCIATION HAS OPENED THEIR NEW LOCATION

340 Montevue Lane, Frederick MD 21702

Walk-In Crisis Care Center: Available 24/7 without an appointment and at no cost to you!

Immediate, face-to-face support for anyone experiencing an emotional, mental health, family or relationship crisis in a safe, welcoming space.

For more information check out the contact information and links below...

Dial 211 Maryland

301-662-2255 Frederick County Hotline

988 Suicide and Crisis Lifeline

[Mental Health Association](#)

[Walk-In Flyer \(English\)](#)

[Walk-In Flyer \(Spanish\)](#)



ATTENTION PLEASE

**REMINDER
PLEASE REMEMBER
TO BRING YOUR
CHROMEBOOK AND
CHARGER
TO CTC EVERYDAY.
IF YOUR CHROMEBOOK IS
NOT WORKING PROPERLY
SEE MS. ESHELMAN IN
THE FRONT OFFICE.
THANK YOU!**

TutorMe

Tutor Me is an online tutoring program that will connect any FCPS middle or high school student to a live tutor, 24 hours a day in over 300 subjects. Log on day or night and in under 30 seconds you will be connected to one of over 10,000 verified tutors from the nation's top universities who are all experts in their field(s). Once matched, you'll enter a lesson space that features audio and video chat, screen sharing, virtual white boards and much more. The program can be used from home or school. Tutors can provide homework help, understanding concepts, writing support, and SAT prep. There are also options for students that speak Spanish, French, and many other languages.

Students are able to [log into "Tutor Me"](#) using the single sign-in Clever tool found on their Chromebooks. Students can even access past tutoring sessions later on if needed. Teachers have added a link via their individual Schoology Course Page to the One-Pager. If your student needs help finding it, please have them reach out to their teacher for assistance.

Here is an Introductory Video: [Tutor Me Overview](#). Additionally, the following [support documentation and videos](#) will help students successfully navigate and use the TutorMe platform.



Congratulations

SKILLSUSA FALL LEADERSHIP CONFERENCE

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On November 2nd and 3rd, 22 students from CTC attended the SkillsUSA Maryland 2023 Fall Leadership Conference held at the Carousel Hotel in Ocean City, Maryland. This year's conference was centered around the national SkillsUSA theme "SkillsUSA: No Limits." The conference was attended by almost 400 students from around the state of Maryland.

SkillsUSA is America's proud champion of the skilled trades and is a student-led partnership of education and industry that's building the future skilled workforce our nation depends on with graduates who are career ready, day one.

SkillsUSA's mission is accomplished through the SkillsUSA Framework of Personal Skills, Workplace Skills and Technical Skills Grounded in Academics. The Framework is the blueprint for career-readiness. It's a common language for students to explain to their peers, employers, school administrators and parents what they gain from SkillsUSA. A total of 17 "Essential Elements" are divided among the Framework's three components.

During the two-day leadership conference students were able to learn more about the SkillsUSA Framework and Essential Elements. In recognition of their learning, the following students earned their Statesmen Award: Natalie Allen, Sophia Bernitt, David Cadenas, Angelina Crowder, Noah Delcid, Nia James, Haylie Keegan, Eryn Kelly, Michael Miller, Michelle Osae Addo, Isaac Padilla, Cassandra Rivera, Antonio Rodriguez, Avery Smith, Abeeha Sohail, Sahraiya Taylor, Sarah Vendemia, Alivia Wachtel, and Hayden Williams.

Students who earned their Statemen Award at last year's conference were able to earn their Advanced Statement Award this year. The following students earned their Advanced Statesmen Award: Jen Jeon, Neydy Paz, and Jaden Stokes.

Congratulations to all of our students who participated in the SkillsUSA Maryland Fall Leadership Conference. Special thanks to Melvin Baker, Katheryn Herfurth, Jenny Maher, and Jack Newkirk who chaperoned the students.

All CTC students are SkillsUSA members. Students will next be competing in local skills competitions in December. For more information about SkillsUSA, please contact our chapter advisor, Katheryn Herfurth (Katheryn.Herfurth@fcps.org).

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Congratulations

SEPTEMBER STUDENTS OF THE MONTH



Trina Cheng
TV/Multimedia



Ashley Delcid Gonzales
Digital Design/Printing Methods



Angelyn Huang
Academy of Health Professions



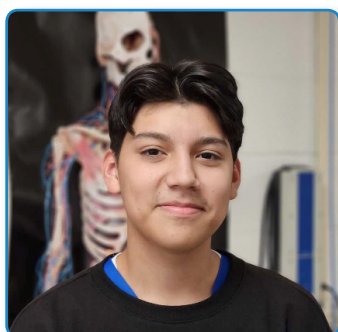
Kevin Pacheco Martinez
Teacher Academy



Kellen Parchey
Explorers



Nicholas Pusey
Automotive Service Technology



Angel Segovia
Academy of Health Professions



Alivia Wachtel
Academy of Health Professions

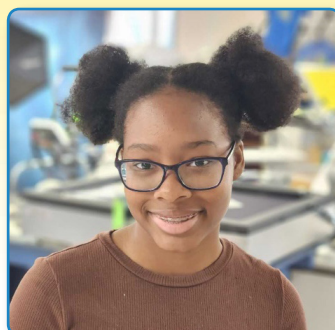
OCTOBER STUDENTS OF THE MONTH



Ariana Constant
Teacher Academy



Cameron Higgins
Auto Body/Collision Repair



Brittney Holmes
Digital Design/Printing Methods



Nia James
TV/Multimedia



Brady Kolpack
Automotive Service Technology



Alex Cadillo Lemus
Academy of Health Professions



Vidal Amaya Melendez
Automotive Service Technology



Trinity Swire
Cosmetology I

Congratulations

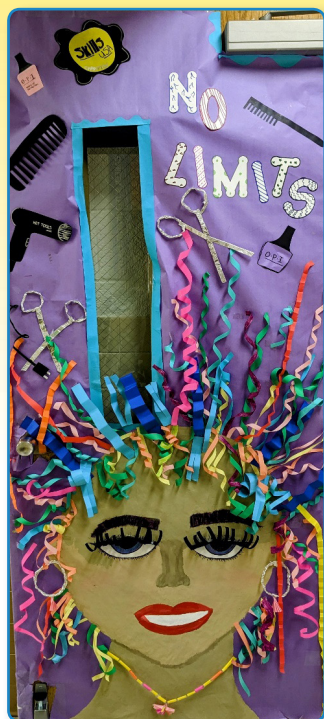
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SKILLSUSA FALL DOOR DECORATING CONTEST 1ST PLACE WINNERS

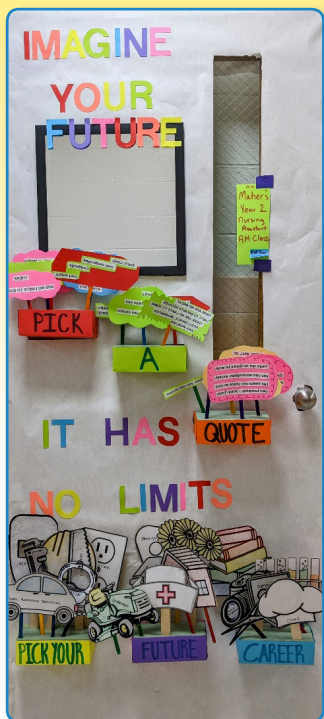
Best Representation of
a Technical Program

Best Representation of
the *No Limits* Theme

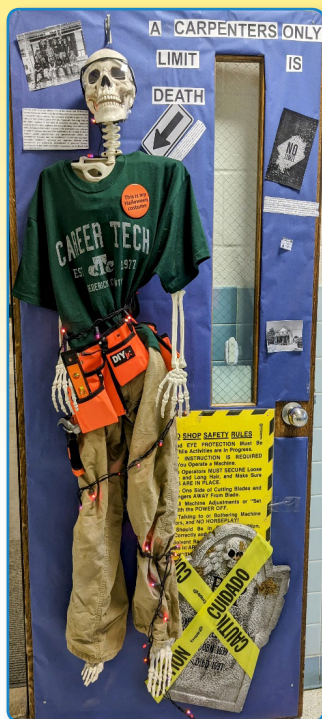
Most
Humorous



Mrs. Reeder's
Cosmetology II Program



Mrs. Maher's AM Nurse
Assisting II Program



Mr. Thuman's Carpentry
Program

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Student News



VETERAN'S DAY CEREMONY

The CTC Criminal Justice and Homeland Security program and Frederick Community College collaborated on Thursday, November 9th to conduct a beautiful ceremony in honor of Veteran's Day. Thank you to those who have served, are currently serving, and have fallen for this country.



MS. PIETERSE'S AOHP STUDENTS HAVE GUTS!

While the students of AoHP I were studying the Gastrointestinal system, they completed a GI apron outlining all of the organs in the system.



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Student News

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72
FILM
FEST

Over the past 18 years, TV/Multimedia students have been participating in the local 72 Hour Film Festival. This year 2 groups competed in the annual event. The Film Busters (Zoe Cole, Jennifer Porter, Garrett Motherhead, Grace Philips, Trina Cheng, and Hanna Koonze) and Keynote Productions (Ethan Putman, Liam Houheusle, Zach Koehler, Ryan McNee, and Raymond Thach) competed against over 40 teams that ranged from students to professionals. This year's theme was flowers, each group got 2 flowers (and their meanings), and had to create a film within 72 hours. Zoe Cole said, "If I am being honest, it was very challenging but also exciting. Using the smallest ideas and turning them into an entire story was difficult but once you had one idea, we were able to just keep going." Teams worked hard and both teams were able to finish the project on time. The festival concluded with a showing of all films at the Weinberg Center in Frederick, MD. "The festival was great. What a feeling it is to see your film on the big screen," said Cole. Students had a chance to discuss films in class the following week. With the feedback, many students are ready to return next year to compete again.

STUDENT INTERVIEW: JENNA LAKIN

Jenna Lakin is a Senior at CTC and her home school is Middletown High. You may recognize her as one of the Stacking Cup Challenge winners at the SkillsUSA kickoff in September. This is Jenna's third year at CTC, and she is currently taking Medical Assisting, after becoming a Certified Nursing Assistant last school year at CTC. We asked Jenna what made her choose CTC and why she would recommend CTC to other students.



Q: If a student in your home school asked you why you chose to attend CTC, what would you tell them?

A: I would tell them that the reason I attend CTC is because of the opportunities. CTC offers many opportunities that open many doors for my future. On top of that, CTC offers college-level learning experience to prepare you for your career. It allows you to try out your career and see if it truly interests you. If it does, then you get so much experience and you will be ahead of your class in college.

Q: If someone asked you if attending CTC was worth it, what would you say?

A: 100% CTC is worth it. CTC has allowed me to advance not only as a student, but also professionally. The skills I have learned at CTC and the certifications I have obtained are something I will have forever, and I am grateful for that. I would not be the student I am today without CTC.

Q: What skills have you learned at CTC that will help you in a healthcare career?

A: CTC has helped me learn many skills that I can use in a variety of healthcare careers. Proper communication, professionalism, leadership, and accountability are just a few of the skills I've learned, in addition to my clinical skills.

Q: Do you have a job outside of school?

A: Yes, I work as a CNA at Frederick Health Hospital. I really do enjoy this job, as it allows me to use the skills I learned here at CTC while learning more skills daily. My ultimate career goal is to become a paramedic.

Q: What is your favorite thing about being a CTC student?

A: My favorite thing about CTC is the friendships you make from it. You might already think you have amazing friends at your home school, but they will not compare to the friends you will make here at CTC. They have the same if not similar goals as you and will be there to support you. These are friends you not only have fun with, but also learn with, study with, and even grow professionally with. These friendships will last a lifetime.

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10 CTC News

COMMUNITY CARE DAY



CTC has partnered with the local LandCare branch. Together, they helped each other beautify the front of the Frederick County Career and Technology Center (CTC). LandCare is a Program Advisory Committee member for the Landscape Program. LandCare Community Care is "LandCare's people-driven, company-wide initiative." Since 2016, LandCare has had \$147,118 in contributions. They had over 700 volunteers and 3,080+ service hours. CTC's beautification project consisted of 6 mini projects. The CTC projects included pruning, edging and mulching existing beds, removing and replacing summer annuals with pansies, adding a new bed around the sign and flagpole, and returning some beds to turf. We look forward to a continued partnership with LandCare.



ANATOMAGE TABLE PROVIDES CTC STUDENTS WITH STATE-OF-THE-ART ANATOMY EXPERIENCE



CTC recently acquired an Anatomage Table. The Anatomage Table provides our teachers and students with the most technologically advanced 3D anatomy visualization and virtual dissection tool for anatomy and physiology education. The table provides a 3D digital view of real anatomy that has been created using real cadavers. The anatomy presented on this table is fully interactive on a life-sized touch screen.

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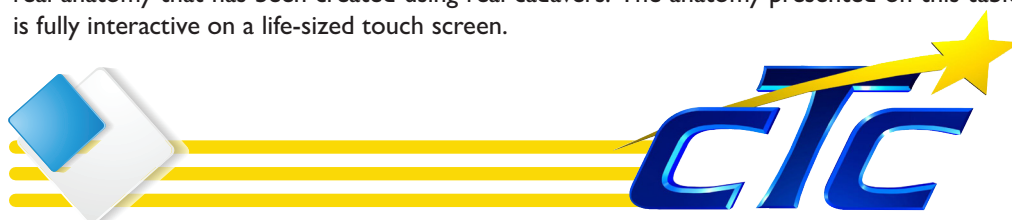
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DR. DYSON'S MESSAGE: CTC CONTINUES TO PROVIDE REAL-WORLD EXPERIENCES TO STUDENTS

We're always looking for opportunities to provide our students with real-world experiences that will prepare them for life after high school.

For 45 years, the Student House Project has provided those very experiences for the students in the trades, including carpentry, electricity, HVAC, plumbing, and landscaping.

This year, students are working on the 37th House Project. The two-story structure is a total of 2,063 square feet, which includes three bedrooms, 3.5 bathrooms, a first-floor office, and an unfinished basement.

Each house project is typically completed over the course of two school years. Students complete 80-85% of all work with the remaining completed by our industry partners and contributors. As part of the work, the class will get to meet contractors looking for talented students with trade experience to join their organizations. I greatly appreciate our local business partners who support this project.

CTC students began work on this particular house last year. The projected completion and sale date is April 2024. One lucky person or family will have the opportunity to live in the house and enjoy the fine craftsmanship our students continue to put forth.

You can find a full listing [of the available CTC courses available](#) online. I encourage you to keep an eye on the latest student house project. Can't wait to see the finished product!

Dyson, Cheryl. "Dr. Dyson's message: CTC continues to provide real-world experiences to students." *FCPS Connect*, Oct. 2023



FCPS Connect

FREDERICK COUNTY WOMEN IN TRADES LAUNCH EVENT A SUCCESS

On November 8th, the committee shaping Frederick County Women in Trades officially launched the new initiative in the community to encourage women of all ages to explore career opportunities in the trades. The evening's agenda included the organization premiering a compelling video showcasing CTC women training in various trades and unveiling its web page, www.fredcowomenintrades.org, which currently reflects the group's immediate need to seek connections and contributions.

The launch event introduced the initiative partners, who are committed to supporting and advancing women in the trades, and was a platform for calls to action for individuals and organizations to get involved and help pave the way for more women in traditionally male-dominated industries.

The video featured CTC students working in various trades around the building as well as shared the women's passion for their chosen career path. The video was created in a partnership between CTC and FCC as both share in the mission to encourage more women to enter the trades -- bridging this skills gap and ensuring that there are enough trained professionals to meet the demands of various industries. A mini version of the video was featured at Warehouse Cinemas in October through the generous support of Dynamic Automotive and the Frederick County Master Plumbers' Association.

The launch event was made possible with support from the Frederick City Department of Economic Development, Frederick County Public Schools, and CTC's Culinary Arts program which created the array of delicious cookies.

Among the guests and dignitaries at the Frederick County Women in Trades Launch Event were FCPS's new Career Coaches including CTC's Brenna Edmonds



DENTAL ASSISTING CLASSROOM UPDATE



We are starting to see some changes within the Dental Assisting Classroom. There has been behind the scenes reno/ demo of concrete and installing the water and electricity lines. The drop floor in this classroom has made it more convenient to renovate. Over the next couple of months, the room will see major changes transforming it into a state-of-the-art learning space designed to provide active participation for our CTC Dental Assisting Students. Stay tuned!

THE TEACHER ACADEMY OF MARYLAND: INTERN PERSPECTIVE

Written by second-year student Ariana Constant



Hello, my name is Ariana Constant. I am currently a second-year Teacher Academy of Maryland (TAM) student. TAM is a year and a half long program that teaches you all about what it is like to work in the education field. Being a second-year student in TAM means that instead of going to CTC for two blocks, I go to my internship site. Currently, I am in a 6th grade English classroom at Walkersville Middle School. Being an intern means you are at your site everyday doing basic teacher tasks such as creating and teaching lessons, classroom management, grading, and more. This is about learning all of the “behind the scenes” of teaching but also gaining hands-on experience with a classroom of students from the teacher perspective.

A Day in the Life of an intern looks something like this:

**Disclaimer: Not every day is exactly the same or the same for each intern!*

- Attend my high school for my two morning classes
- Arrive at my internship site with a positive growth mindset at 11:00am
- Quick plan review for the day with my mentor
- Class begins, usually I will teach or help instruct the students through the assignment
- Lunch in the classroom while I check emails and tweak the lesson for the next class if needed
- As my mentor is doing hall duty, I am in charge of getting the students started and prepared for class
- Planning is how I end my day... Sometimes this may be department planning or just with my mentor to see where I can jump in for the week.

Throughout the whole first year in TAM, you are learning all the information on how to teach and manage classrooms, while also learning everything that you need to know to prepare for not only your internship, but also a career in



teaching. Classroom management is one main thing we focus on toward the end of TAM which has helped me most during my internship.

As my time in TAM will finish in early January, I have a few memories that I hold onto. One big thing is the experience to teach SUCCESS students at FCC. This is one activity in TAM that tested our ability to adjust accordingly and think in the moment because not every class was the same as the one before. Another thing is working on bulletin boards. It is nice seeing everyone with different creative flows and just having fun listening to music together. Although there are hundreds of TAM memories, another great one is when we went on field trips to the different schools. Even though we were still working, it was nice to go around and see the different classrooms and teaching methods that they used.

During TAM, I went through many ups and downs, but the academic and professional growth that you will have at the end is worth it. Some advice for current TAM students or students thinking about joining would be to just embrace the good, bad, and ugly. You are going to have moments where you feel like you cannot do it, push yourself. This is not your average high school class. TAM will push you to do and be the best you can. No matter how hard it gets, you will eventually realize everything that happens is in your best interest. You got this!



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