

# tech talk

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# CTC

## Career and Technology Center

7922 Opossumtown Pike  
Frederick, MD 21702

Hours: 7:00AM - 3:00PM

Phone: 240-236-8500

Fax: 240-236-8501

<http://education.fcps.org/ctc>



**Frederick County  
Career & Tech Center**



**@FrederickCTC**

**MARCH 2015  
Issue 4**

Principal:

**Michael Concepcion**

[michael.concepcion@fcps.org](mailto:michael.concepcion@fcps.org)

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### Message from the Principal

Hello CTC Parents, Students and Staff:

An integral part of the CTC experience is participation in the SkillsUSA student organization and skills contests. Our school would like to congratulate all CTC students who recently competed in the regional competitions held in Washington County last month. Our students competed in twenty-one (21) separate competitions against their peers from western Maryland; showcasing the skills they've attained in their respective technical programs. Students placing first, second and third in the Regional competitions are eligible to compete at the next level; the SkillsUSA State (MD) competition in April. CTC will be sending ninety two (92) students to compete!

We've been very busy over the last few months. CTC presented at each academic planning night for all ten FCPS high schools this winter; providing important career and program information to students and parents. In addition, our faculty and Student Services department have been very involved in the recruiting, shadowing and application process for new students and registering second year students for next school year. Thank you to all involved.

Finally, as we come to the end (hopefully) of the winter season, I want to express my gratitude to students and staff for their commitment to good attendance during the inclement weather season. Student achievement is clearly linked to strong attendance. Students who are present for class gain insight and understanding that can often come only from participating in class discussions and activities. Conversely, no amount of make-up work can replace the learning that occurs when a student works directly with a teacher. Please continue to praise your children who attend every day and encourage those who don't.

Thanks to all for your continued support of the FCPS Career and Technology Center.

Sincerely,

Michael Concepcion  
Principal

**Our Mission**—The Career and Technology Center provides intensive career-specific training to both college-bound and employment-oriented students. In addition to career training, emphasis is also placed on the development of broad, transferable “professional skills” that are essential for successful employment. We believe that Career and Technical education must provide students not only with technical knowledge but also essential academic and personal competencies that will allow them to become lifelong learners so that they can adapt to the changing requirements of the work-place and new technologies that are part of any career.

# 2

## current news

### PARCC

The assessment window for the new Partnership for Assessment of Readiness for College and Careers (PARCC) assessments begin for Maryland students in grades 3 through 8 in early March 2015 and in April for students enrolled in high school courses. The PARCC assessments will replace the MSA assessments in both reading and mathematics in grades 3 through 8 and the HSAs for Algebra I and English 10. Most students will be assessed online this spring. These new assessments will provide valuable information about student learning in our FCPS-developed curriculum. The assessments will allow school staff to adjust instruction and programming for individual students, as appropriate. Most importantly, the assessments will provide each student with valuable information about their strengths and needs on the road to College and/or Career Readiness. For more information about these new state assessments or to view tutorials and sample items, go to [parconline.org](http://parconline.org) or contact your child's school.

### CTC Greenhouse Celebrates 5th Season

The CTC Greenhouse will open to the public starting Saturday, April 18th through Saturday, May 16th. The greenhouse boasts a wide selection of trees, shrubs, perennials, annuals, vegetables and herbs.

- School Day Hours – 8:00am – 10:00am
  - \*Closed week of May 4, 2015 – May 8, 2015 (Students will be at a national competition)
  - Saturday Hours - 8:00am – 12:00pm
- Be sure to follow us on Facebook at CTC Greenhouse and Twitter at Landscape\_CTC for special offers throughout the season.

### CTC SPRING FLING

**YARD/CRAFT SALE  
7 A.M. TO 1 P.M.  
APRIL 25, 2015 (PLEASE NOTE  
THE NEW DATE!)**

CLEAR YOUR CLUTTER!  
WE ARE COLLECTING DONATIONS NOW!  
PLEASE BRING YOUR DONATIONS TO THE COPY SHOP AND WE WILL STORE THEM FOR YOU.  
Call 240-236-8517 for additional details!

### March FFA Dinner Fundraiser Information

CTC's Culinary Arts class and their FFA Chapter are hosting another fundraiser dinner on Thursday, March 12th. Tickets will be available for purchase for the Meat and Potatoes Dinner. Prime rib, twice baked potatoes, green beans, brussel sprouts, bread, and mint chocolate lava cakes are on the menu. More information will follow.



### Annual CTC Basket Bingo

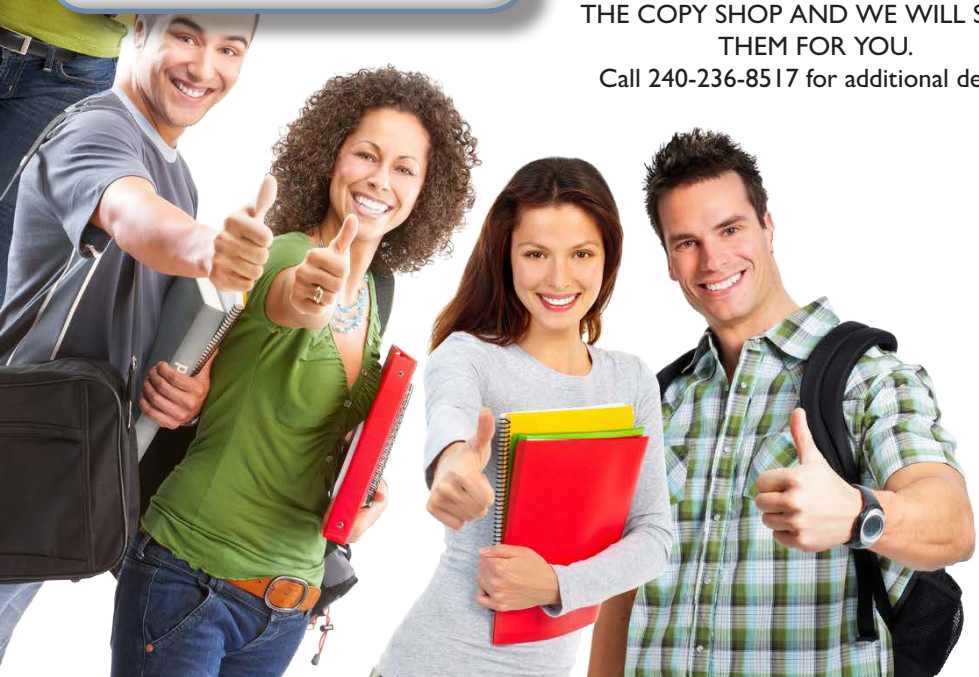
**SUNDAY, MAY 3, 2015**  
Thurmont Activities Building  
Doors open at 12 noon  
Bingo begins at 2 p.m.  
For Details Call Jenny Maher at 301-748-7645

### CTC Businesses Cosmetology Phone 240-236-8528

ACCEPTS CALLS FOR APPOINTMENTS:  
W-F 8:00 A.M. – 1:00 P.M.  
WALK-IN'S WELCOME!

### CTC Yearbook Sales!

Pre-sales for CTC Yearbooks have begun! Two versions are available for sale this year – soft cover for \$9 or a personalized, hard cover for \$20. Order forms are available on our website: [www.careertech.net](http://www.careertech.net)





## CTC Students of the Month

### December Students of the Month:

Estefany Lazo - Advanced Floral Design - Frederick High School - Senior  
TJ McHenry - Television/Multimedia Production I - Catoctin High School - Junior  
Jake Watkins - Masonry I - Middletown High School - Senior

### January Students of the Month:

Terre Black - Culinary Arts I - Tuscarora High School - Senior  
Austin Fuller - Auto Body/Collision Repair I - Catoctin High School - Sophomore  
Austin Hahn - Carpentry 2 - Catoctin High School - Senior  
Max Helmold - Auto Body/Collision Repair I - Tuscarora High School - Sophomore  
Annie Marker - Biomedical Science 2 - Walkersville High School - Junior



### CTC to Partner with Rock Creek School

#### “Go Kids Go” Community Service Project

Mr. Rodney Foland, instructor for the Transition Skills program at CTC, will coordinate a community service opportunity involving CTC students and staff and staff from Rock Creek School, an FCPS school for students with disabilities. Mr. Foland recently participated in a training workshop in Baltimore, MD where he and staff from Rock Creek School were trained in the process of adapting electric (battery) ride cars, trucks and motorcycles for young children with disabilities including visual impairments.

The Career Tech SkillsUSA Chapter will coordinate volunteer sign up and will sponsor one (1) vehicle. Volunteers will be needed to complete the adaptations to the vehicles. The staff at Rock Creek is planning a “road rally” competition for their students in the spring. They have invited SkillsUSA student members to act as pit road crews for the Rock Creek students at their “Go Kids Go” rally.

Donations of vehicles or monetary donations (used for the purchase of the materials to complete the adaptations), will be accepted. Contact Mr. Rodney Foland at 240-236-8539. Businesses, individuals or other organizations are welcome to sponsor a vehicle through a monetary donation.

## Career Fair



CareerFair – Carpentry:  
Carpentry Student, Kevin Majano guides a middle school student through the proper way to drive a nail through wood, including the use of protective eyewear.



CareerFair – Biomedical Science:  
Biomedical Science Students, Lucy Stephens and Priya Tandon showcase their program to the students of Gov. Thomas Johnson Middle School.

# 4

# skills USA results



## SkillsUSA Regional Contest Results

### February 7, 2015

Contest	Student	Place	Technical Program	High School
<b>Advertising Design</b>	Erick Argueta	1st	Digital Design	GTJHS
	Zion Johnson	3rd	Digital Design	GTJHS
<b>Automotive Service Technology</b>	Logan Flood	3rd	Automotive Tech	UHS
<b>Basic Health Care</b>	Jessica Bryant	1st	AOHP	CHS
	Kymoni Smith	2nd	AOHP	OHS
<b>Carpentry</b>	Austin Hahn	1st	Carpentry	CHS
	Matthew Pare'	3rd	Carpentry	LHS
<b>Collision Repair</b>	Brianne Selders	2nd	Auto Body	CHS
	Austin Conley	3rd	Auto Body	CHS
<b>Commercial Baking</b>	To be Held at a Later Date			
<b>Criminal Justice</b>	Randi Dollar	2nd	Criminal Justice	FHS
<b>Culinary Arts</b>	Sara Kephart	2nd	Culinary Arts	THS
<b>Electrical Construction Wiring</b>	Kyle Davis	3rd	Electricity	CHS
<b>Esthetics</b>	Courtney O'Grady	1st	Cosmetology	OHS
	Maria Catoe (Model)			BHS
	Emily Smallwood	2nd	Cosmetology	CHS
	Alexis Barber (Model)			WHS
<b>Graphic Comm Print</b>	Nathan White	1st	Digital Design	BHS
	Kaitlyn Ford	3rd	Digital Design	THS
<b>Nurse Assisting</b>	Princess Santos	1st	AOHP	THS
	Amber Smith	2nd	AOHP	CHS
	Elizabeth Cordeiro	3rd	AOHP	LHS

### Comprehensive Family Dentistry

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## SkillsUSA Regional Contest Results February 7, 2015

Contest	Student	Place	Technical Program	Home School
Screen Printing	Rebecca Compton	3rd	DD & PM	CHS
Welding	Griffin Brown	1st	Ag Metals	
	Dakota Helmick	2nd	Ag Metals	
Broadcast News	Eric Myers	2nd	TV Multimedia	CHS
	Sophia Eureka	2nd	TV Multimedia	CHS
	Alyssa Klink	2nd	TV Multimedia	MHS
	Georges Friedli	2nd	TV Multimedia	CHS
	Elizabeth Long	3rd	TV Multimedia	OHS
	Uriah McNeil	3rd	TV Multimedia	OHS
	Kiley Warner	3rd	TV Multimedia	CHS
	Kyle Wilson	3rd	TV Multimedia	THS
Sheet Metal	Linwood Brogden, Jr.	4th	HVACR/Plumbing	FHS

92 Students will now advance to the State Competitions.



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# 6

## guidance...

## ...in the spotlight

### The Power of Words

By Kristen Daly

December 5, 2014

Do you ever wonder why it doesn't seem like your child is listening? No matter how often you tell them they still forget their homework? They seem like they are tuning you out while you are giving them instructions? Anyone who has ever tried to leave the house with small children knows that feeling of utter helplessness, trying to organize and mobilize that little group of people to no avail...I know that as I am finally getting everyone out of the door with everything that they need, all frazzled and out of sorts, I often think to myself "There's got to be a better way!" Well maybe there is....

It turns out that how we speak and the words that we choose to use have an impact on how well we are communicating (and might help us get out of the door faster). This probably comes as no real surprise since most of us have heard in some way or another how it is important to choose our words carefully. However, what we might not have realized is that what we say and how we say it actually affects the functioning of the brain and our ability to learn. Choose the right approach and you open up the mind; choose the wrong approach and you shut the brain down - a daunting idea when you think about how fast life moves and how little time we have to attend to how we are communicating. Often times the most important and necessary communications we have - where we really need to connect - happen during times of stress when we are least likely to be focused on how and what we are saying (picture again the gathering of shoes, coats, book bags, etc....). It isn't until we reflect back when we think, "I probably could have said that better."

Brain research shows that all of the information that we receive is filtered through the amygdala first - the part of the brain that filters emotion. Any information that comes in triggers an emotional response and dictates behaviors. This can be positive or negative. According to the AACPS Division of Special Education, "the brain and its ability to learn is negatively impacted by threatening situations. Conversely, learning is accelerated and enhanced when experiences produce positive emotions." When people or children feel threatened or have a negative emotional response to what we are saying their brain literally shuts down as a protective and defensive act. According to brain experts like Horacio Sanchez, President and CEO of Resiliency Inc., in order to effectively communicate we need to cater to our brain's basic needs - to feel safe, to be wanted, and to feel successful.

So how do we do that? It might be easier than we think... Depending on what words we choose and how we say them, we can empower our children and help them to be more self-confident and independent. Our word choices can send the message that they can manage the situation, problem solve, and persevere. By creating a positive emotional response through our words, we can open up our children's minds to learning and future success.



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## You're on track with CTC, BUT WHAT'S NEXT?

College options abound - we can help find the best fit for you!



Rely on the experience of **Charlotte Klaar, PhD.**, and her staff of professionals to provide crucial advice on college lists, timelines, applications & financing. Contact us today! [www.cklaar.com](http://www.cklaar.com)



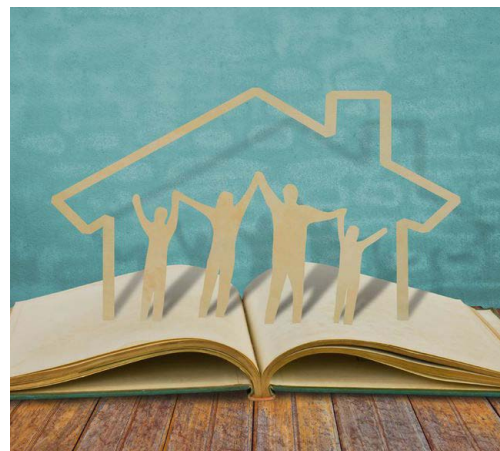
Here are some suggested prompts from The Upside Down Organization designed to help to foster a positive emotional response....

Instead of saying... (undermines feelings of confidence and competence)	Say... (empowers children and encourages perseverance)
"Why do I always have to tell you to listen?"	"You will need to listen carefully."
"Why haven't you started yet?"	"Start thinking about it now."
"Why can't you put in more effort?"	"This is going to take your best effort to complete."
"Do I have to explain everything to you?"	"What kind of thinking will this situation require?"
"You always give up when the problems get hard."	"You might need to think longer about this to come up with a good answer."
"It's going to be a real problem if you don't stop that right now!"	"Please stop doing that."
"So what if it is different? Get over it!"	"This might take a little getting used to but I think you will find it to be okay."
"Did you even bother to consider how you would have felt if that had been you?"	"Imagine how you would have felt if..."
"How do you expect to finish without a plan?"	"Let's make a plan for how to finish this."
"This looks like a disaster!"	"Let's establish an order in which you need to do things to get this done."
"Do I have to show you how to do everything?"	"Is this similar to any other task that we have done?"
"Can't you remember how to do that?"	"Do you remember how we did that?"
"If you don't hurry up you won't be able to get done!"	"You only have a short time to finish."
"Don't you know how to do that right?"	"Use the information you know to figure it out."
"If you don't pay attention you will make a mistake!"	"Look at each thing carefully."

<http://www.upsidedownorganization.org>

We all want to be better able to communicate with our children. Perhaps knowing how our words and tone impact our ability to communicate effectively will help us to be more aware – keeping the idea in the “front of our brain”. If we are able to begin to make even minor adjustments at first to our way of communicating, hopefully it will begin to become a habit, and ultimately our common way of communicating. Through clear and consistent language, we can help our children to become more self-confident and resilient. Instead of repeating ourselves over and over again, standing in the middle of the room saying “I know I hear myself talking, why is no one listening!” (We all know we have done this), we can change our words to get a more positive outcome. Certainly none of us are perfect. But ideally, with a better understanding of the power of the words that we choose, we could all spend less time feeling frustrated and disconnected and more time connecting with and enjoying our children. Until of course it is time to leave the house again. \*sigh ]

Kristen Daly is the School Counselor at the FCPS Career & Technology Center.



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# in the spotlight



Julia had the honor of sharing her work with Senator Tim Kaine, D-VA and many of his staff.

## Project Lead The Way

Project Lead the Way (PLTW) and the Association for Career and Technical Education (ACTE) organized a student showcase and Congressional Reception which was held on Capitol Hill on the evening of February 3rd. The affair, entitled Today's Innovation; Tomorrow's Career Success, was held in February, because it is the nation's CTE month. The event highlighted Career and Technology Education and demonstrated the importance of secondary engineering and biomedical science programs.

Three Biomedical Science programs from Maryland schools were chosen to participate in the event. Several schools from DC and VA were also selected to attend. Julia Kulina, a student in the CTC PLTW Biomedical Science program was chosen as a representative from Maryland, to showcase her Werner H. Kirsten internship project entitled, Generation of Human DGCR8 Knock-out Cell Line Using CRISPR.

The CRISPR system is the manipulation of the enzyme Cas-9 to target and eliminate a specific gene out of the genome of a cell. The function of DGCR8 can be determined by analyzing the cell without the presence of the gene. By understanding the influence DGCR8 has on microRNA we can advance our knowledge of the involvement of microRNA in cancer.

## The Art of Cooking

By Sade Bowens (Culinary Arts Student)

There's something about being surrounded in stainless steel everything. There's something about being trusted to do a list of duties and by the end of the night being able to tell the chef "the job's done" proudly. But most of all, there's something about the unreplaceable smile that appears on a person's face when they see food that has had time and effort put into it purely for them to enjoy. These are some of the many reasons the kitchen is an environment where I'm absolutely content in everything that I do.

One may say that a professional kitchen tends to be hectic and stressful which is very understandable but I personally believe when you're so passionate about anything rather it be a sport, subject, hobby or career, it's very easy to overlook the "downfalls" and praise the high points. From the time I was around six years old, I was amazed by the art of cooking; and as I got older and began cooking for myself I noticed that I really enjoyed the fact that there is always something new to learn – you can never know enough. As I entered high school, I enrolled into the Frederick County Career & Technology Center (CTC). To my belief, this has been one of the most mature and important decisions of my high school career because I've started my actual career, I know where I want to be and what I want to do in life; and for a sixteen year old, that's a pretty ambitious statement but it's truly what I believe. The kitchen is my home away from home and being in a kitchen allows me to be creative and easily become a leader.

The art of cooking in a kitchen is so meaningful to me because it's been a huge part of my life as far back as I can remember. It's always going to be important to me and it's always going to be where I feel most comfortable. As long as you enjoy the job that you do every day, you'll never work a day in your life, and I can awkwardly enough say that I plan to never work a day in my life!

## MAXIMIZE YOUR TAX DEDUCTION!



### DONATE YOUR USED VEHICLE TO THE CTC'S MECHANICAL TRADES FOUNDATION

If you have an unused vehicle or a vehicle that does not run-consider donating it to the CTC's Frederick County Student's Mechanical Trades Foundation. Vehicles are used for instruction in the Automotive Service Technology and Collision Repair programs and eventually sold at auction.

The proceeds provide program support, scholarships, and funding for the CTC's SkillsUSA organization.  
Call 240-236-8473

\*Donations qualify for the IRS's "significant intervening use" designation allowing donors to use the Fair Market Value as a deduction on their taxes.