

COLLEGE AND CAREER READINESS

JANUARY 2023

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DIRECTOR'S MESSAGE

Hilary Dito

Welcome to the New Year! This is typically a time of resolutions and goal setting. For our ROP Programs, students will continue to explore pathways and develop career specific skills. Many students are preparing for spring competitions like Mock trial, Cybersecurity, and Robotics. Others are preparing for industry certification exams.

For CCC ROP teachers it is time to consider nominating students for **2023 Students of Excellence**. Applications will open on February 1 - to kick off CTE Month. Highlight your CTE programs during February - see below for resources.



Celebrate by:

- **Showcase** your CTE programs on Social Media (#CTEMonth, #CCCROP, @COCOSCHOOLS)
- **Connect** with Business and Community Members about your CTE Pathways
- **Engage** with policymakers and tell your CTE story
- **Visit ACTE** for more information at www.acteonline.org.

Save
THE
Date

4:00 PM TO 5:00 PM

- EAST- TUESDAY, MARCH 7
- SOUTH - THURSDAY, MARCH 9
- CENTRAL (CCCOCOE_- TUESDAY, MARCH 14

*CCC ROP Regional
Network Meetings*

TEACHERS MAY ATTEND ANY ONE OF THE DATES.
RESERVATIONS TO COME.

TOPICS INCLUDE: WBL BEST PRACTICES, NETWORKING
AND ROP UPDATES

Antioch High School at CIEF Trades Day in Sacramento

On November 17, 60 students from Antioch High School's ROP Construction Technology program attended the Construction Industry Education Foundation's Trades Day in Sacramento.



The event also had a focus on exploring and obtaining a job in the construction industry. Students learned about related trades, including sub-contracting, engineering and heavy equipment operation. Resume checkers were on site to assist students who brought their resumes. Hands-on work-based learning and career exploration activities like this are an important part of our CTE programs.



Students saw a trade show-style exhibition presented by 35+ construction trade related companies, including those in masonry, carpentry, plumbing and high- and low-voltage electrical. Students were able to try hands-on activities, such as mixing cement, scaling walls, and welding.



Las Lomas High School Organizes HOSA Fall Leadership Conference

About 90 students participated in the in-person Region 2 Fall Leadership Conference for the HOSA, the California CTSO for Health Careers on October 22, 2022. This was the first in-person Regional FLC since 2019! Students present were from the following high schools: Las Lomas, Mt. Diablo, Monte Vista, Ygnacio Valley, Heritage and College Park.



HOSA Advisors were joined by 14 Medical Professionals gave workshops on topics including: Emergency Medicine, Pathology, and Internal Medicine. A student panel of pre-med and medical students shared experiences with the high school HOSA students. A special thank you to Dr. David Pintado and Cindy Gershen from Sunrise Bistro.



Participants attended presentations from medical professionals and students about a variety of topics from how to get ahead in applying to medical school to suturing a pig's foot.

Heritage High School ROP Sports Medicine teacher, Sarah Tolvtar presented to both the region and the state (Virtual) about the profession of Athletic Training and current concepts in Sports Medicine. Las Lomas ROP Human Body Systems teacher, Kathleen Mooney presented "*How to Perform Basic Patient Checkup & Take Vitals*" to attendees.



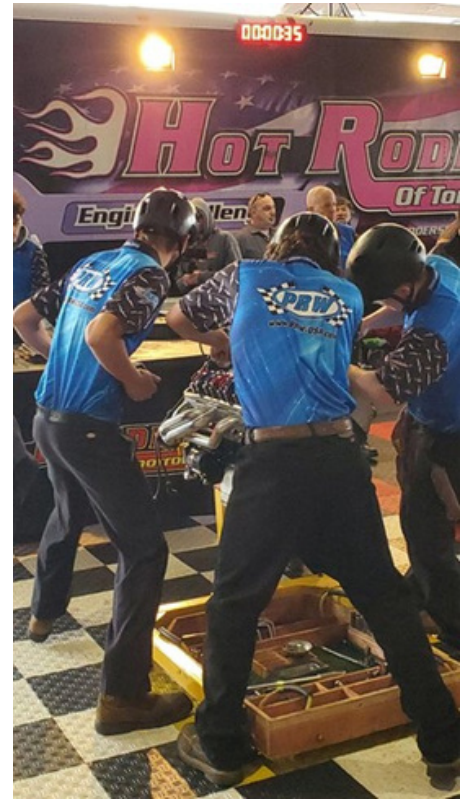
CONSIDER ADDING A CTSO TO YOUR CTE PROGRAM

The California Department of Education endorses 6 Career Technical Student Organizations (CTSOs), providing leadership, civic awareness, and career learning. CTSO's are a great avenue to get our students there. This [CTSO Fact Sheet](#) includes information on the 6 CTSO's and contacts for the State Adviser and accompanying support staff to assist in starting a CTSO at a school site. CTSO activities can be embedded into your ROP curriculum. **Your CCR Coordinator can help you get started.**



Alhambra High Competes at Hotrodders of Tomorrow

On October 31st- November 4th, a team of 5 Alhambra High current and former students competed in the national championships for the Hotrodders of Tomorrow engine challenge in Las Vegas, Nevada. Current seniors, Riley Kolb and Alex Perez, along with just graduated Alex Boyce, Austin Trantham and Ivan Shapli competed over 3 days and brought home a total of \$30,000 in scholarships. The young technicians had to dismantle and rebuild a 1990 Chevy 350 engine in under 33 minutes to qualify for the trip to Nationals. 4 students work on the engine while one manages a bench where all the parts and tools are stationed during the competition. Alex B, Riley, Austin, Ivan along with Aaron Sepulveda practiced all last year in order to achieve the time needed for Nationals. Aaron was unable to attend the competition in Las Vegas so with only a month to train, Alex Perez stepped in as the alternate.



The event was held at SEMA, the largest aftermarket car parts convention in the world. There were over 125,000 people in attendance. The show is not open to the general public, only to people in the automotive industry. The students were able to get a glimpse of the vastness of the automotive and truck world and were delighted to be there. They toured the show extensively when they weren't competing.

After the initial jitters wore off, the students had their best performance ever. It was the first time they had done this with crowds and judges standing right over them. They had qualified virtually in the last week of school in May. Three of the students are in classes at Universal Technical Institute (UTI) in Sacramento and traveled back on the weekends to practice. They all agreed it was worth it. The \$5000 scholarships made it worth the time spent practicing but the experience will be etched in their minds forever.

[Watch this video](#) of the best runs. Congratulations!

ROP Fire Science Highlighted for National Fire Prevention Week



CCCOE Communications Department spotlighted CCC ROP Fire Science class at Freedom High School for National Fire Prevention Week in October. Instructor **Jim Scarbrough** shared how the program teaches students about career opportunities while providing hands-on training. More than 50 students have gone on to become firefighters from this program.

Watch the [highlight video here](#).

ROP Emergency Medical Responder Class visits River Delta Fire Station

On November 14th, Dozier Libbey's ROP Emergency Medical Responder students went to River Delta Fire Station in Isleton, CA for a field trip. The EMR teacher, **Gretchen Medel**, is also adjunct faculty for Los Medanos College and organized a joint field trip with LMC so that the 70 high school students could have this experience alongside the 50 LMC EMT students attending as well. The ROP students were thrilled with the demonstration of fire equipment by the firefighters and an actual extrication of two simulated patients from a damaged vehicle. An ambulance arrived just in time to "transport" the two injured patients making the experience all the more realistic. Students then had the opportunity to learn about various ambulance equipment and talk with staff and LMC students about future careers in EMS.



Liberty HS Teaching & Learning Careers (TLC) Academy hosts Mock Interviews

38 Liberty High School TLC Academy students prepared their resumes and engaged in mock interviews on December 16, 2022. These future educators answered questions about engaging students, implementing technology into classrooms, and creating opportunities for diverse learners. Interviewers represented several educational settings and included Lynn Mackey (Contra Costa County Superintendent of Schools) and Eric Volta (Superintendent, Liberty UHSD). These students have completed internships in classrooms and are exploring the future of education. The students spent 10-15 minutes talking to 3-5 volunteers, gaining a valuable experience that will further their careers. "I was nervous at first, but after a couple of interviews, I took it seriously, stated senior TLC student Faith Monge. "It was a great experience. I felt very professional speaking to all these important business and education professors."



Kate Young added, "The TLC Academy Mock Job Fair was a really good experience for me. It allowed me to break out of my shell and really understand the importance of showing who you really are in an interview." Students received feedback on their resumes and interviews. The future is bright with these young educators ready to join the profession.



CCC ROP Celebrates Fall 2022 Process Plant Operator Graduates

On December 16, 2022, friends and family gathered at the Richmond Rod and Gun club to celebrate the 33 graduates from Chevron and CCC ROP's **Process Plant Operator Program**. 15 day students and 18 night students completed the 20 week course covering topics on Job Safety, Piping and Heating Systems, Industry-related Math and Science, and Instrumentation.

Graduates are now ready for an entry level operator job in the petrochemical and related industries. 4 graduates have already secured jobs at Chevron. Many more are interviewing now. For more information on this ROP program, [visit our website](#).



Share your story with CTE students

Send stories to your coordinator or complete the form at bit.ly/cccropnews.

See all our news at

bit.ly/CCCOE-CTE-NEWS

ssrooms throughout the region.



FREE WORKSHOP: KEEPING YOUR STUDENTS SAFE ON THE JOB

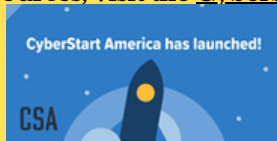
WEDNESDAY, FEBRUARY 15, 2023
AT CCCOE.

[DOWNLOAD THE FLYER FOR
MORE INFORMATION](#)

[Click Here](#) to Register

CyberStart America

Spread the word! CyberStart America is a free and fun online program that gives high school students the opportunity to learn cyber security skills while competing for life-changing scholarship money. No prior tech training is needed for teachers or students to sign up! Students learn everything they need to know by playing games and completing challenges and are eligible to compete for scholarship money and cybersecurity training with the National Cyber Scholarship. For more information and additional resources, visit the [CyberStart America website](#).



REGISTRATION IS OPEN

EDUCATING FOR CAREERS
SACRAMENTO
FEBRUARY 26-28.2023

Join teachers, counselors, administrators and industry partners at the 2023 Educating for Careers Conference. Engage in high-quality workshops with over 220 breakout sessions. Register at 2023.educatingforcareers.org

CONTRA COSTA COUNTY ROP



APPLICATIONS OPEN FEB 1, 2023



CCC ROP teachers may nominate one 11th or 12th grade ROP student for Students of Excellence. Start considering your nomination.

Applications are due **March 17, 2023**.

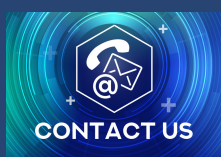
We are planning our celebration for **May 9, 2023**.



CCCOE is thankful for our Students of Excellence Partners. The support of these businesses help provide scholarships to our CTE/ROP students.



ALL DONATIONS GO DIRECTLY TO STUDENT SCHOLARSHIPS.
FOR INFORMATION ABOUT SPONSORING CCC ROP STUDENTS OF EXCELLENCE SCHOLARSHIPS, PLEASE CONTACT HILARY DITO AT HDITO@CCCOE.K12.CA.US



CONTACT US

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Winter 2023 Sector Days



HEALTH CAREERS DAY JANUARY 31, 2023

CCCOE will host a Health Careers Day on January 31st. Professionals and employers in a variety of health fields



will present about their careers, and local educational institutions will present about local training opportunities. Interactive sessions will be conducted online, and students will be able to join from their schools. Participant badges will be available. Stay tuned for more information.

ICT CAREERS DAY MARCH 2, 2023

CCCOE will host an ICT Careers Day on February 28th. Professionals and employers in the Information and



Communication Technology field will present about their careers, and local educational institutions will present about local training opportunities. Interactive sessions will be conducted online, and students will be able to join from their schools. Participant badges will be available.



**Junior
Achievement™**
of Northern California

JA of Northern California hosts several events throughout the year. Visit their website at norcalja.org for information and resources. Check out these upcoming events...

Virtual Career Fair



Students can explore and interact with dozens of exhibitor booths, participate in webinars and presentations, and download career information and video content

[Click here for information](#)

February 6 - 10



JA will host a series of workshops that integrate technology and finance.

[Click here for information](#)



March 6 - 31, 2023

Junior Achievement (JA) is excited to share both JA S.H.E. LEADS STEM Summit and JA Tech & Innovation Summit in an extended format that includes flexible mentoring interactions, and recorded content for a full week of STEM career exploration!

[Click here for information](#)