Girls Shrug Off Male-dominated Career Fields, Focus on Own Ambitions

Women, on average, earn 82 cents for every dollar earned by men, according to the Oct. 24, 2014 report released by the U.S. Department of Labor Bureau of Labor Statistics.

At CVCC, some female students are on track to help narrow this pay gap by studying traditionally male-dominated programs that yield higher paying salaries. However, the salary projections are not mainly what attracted CVCC’s ladies in male-dominated programs to their studies. It was raw desire plain and simple. The projected salaries are an added bonus.

Senior Mekenzie Franks of Brecksville-Broadview Heights has always enjoyed building things. Having taken some CAD classes, she has been in-all-boy classes since her freshman year. “I used to get made fun of, “she says, “but I never listened to others. Besides, the boys are like my brothers.”

Sarah Gaither, a North Royalton senior, enjoyed extracurricular interests in design and photography, but when she researched both career fields, she found networking to be more challenging, thus more exciting. Besides, a reliable network needs a good design. Initially, Sarah was overwhelmed by the challenges she faced as a first-year networking student. “But once I overcame it, it felt good. I enjoy working with routers and switches and designing the network. It’s really kind of fun,” Sarah says.

Timeline To Career Transformation

Adults: You can Be Ready for a New Career in Only a Few Months

If you have experienced sudden job loss and need to find a new profession without spending lots of money and years of study, enroll in these programs for in-demand careers – programs that can take a few weeks to a few months until you are eligible to test for licensing and/or certification.

Here is what we offer at CVCC:

- Practical Nursing Information Night Monday, Jan. 12, from 6 to 7 p.m.
- HVAC Installation - Class meets Saturdays from 8 a.m. to noon for 12 weeks, starting Jan. 24. For information, call 440.746.8325.
- Emergency Medical Technician (EMT) - program starts Jan. 26. Class times are Mondays and Thursdays from 6 to 10 p.m.
- State Tested Nurse Aide (STNA) - An in-demand career field. Information Night Feb. 10 from 6 to 7 p.m. Classes start April 14 through May 21 and take place Tuesdays, Thursdays and some Saturdays. Mandatory pre-enrollment interview. Application deadline March 17. For more information, call 440.746.8205.
- Info Nights for Graphic Design & Web Design
  - Graphic Design for Print & Web March 16, 6:30 to 7:30 p.m., (class starts March 23).
  - Web Design & Animation March 24, 6:30 to 7:30 p.m., (class starts March 31).

Robotics Lab/RAMTEC Project to Break Ground in March

The state-of-the-art robotics lab addition is set to break ground in March. The new 3,200-square-foot lab is courtesy of a $1.5 million grant, which will enable robotics training and certifying individuals in the operation of robotic controls, and a $700,000 Board-approved expenditure for facility construction. The grant comes out of a partnership with RAMTEC (Robotics & Advanced Manufacturing Technology Education Collaborative).

Supt. Dr. Celena Roebuck said the expansion will benefit both high school and adult education students, plus serve as a training center for the area’s machining and robotics industries.

“This facility is a phenomenal investment in the area’s workforce,” said Dr. Roebuck. “Plus, it will allow multiple courses to run concurrently, thereby increasing both the capacity for training and responsiveness to the needs of industry and our students. It will also attract younger students to manufacturing careers.”
Deep Conditioning Special Offered through Dec. 18

Through, Dec. 18, get a free deep conditioning treatment [a $5 value] when you purchase a shampoo and styling service from the evening Cosmetology Salon at CVCC. Staffed by Adult Education students, services are supervised by class instructor Sherritt Vilagi. Salon Hours: Mondays, Tuesdays and Wednesdays from 3:30 to 7:30 p.m. Call 440.746.8145 to schedule your appointment. For more details, visit: www.cvccworks.edu/Cosmetology.aspx.

Dry winter weather can wreak havoc on your hair. Pampering your hair with a dose of deep conditioning could be just the remedy you need for manageable, shiny hair. With the holidays fast approaching, let the CVCC students give your hair some TLC so you can look stunning.

Be Ready for a New Career in Only a Few Months ...

- Pharmacy Technician - Classes start in September. This program prepares students to take the Pharmacy Technician Certification Exam (PTCE). Some Saturdays required. A pre-assessment test is required. College credit can be earned from this program. Information Night Monday, July 20.
- Dental Assisting - Classes start in September, Information Night Monday, July 27. A pre-entrance test is required. More information will be available in the March catalyst newsletter. You can register for these classes at: http://cuyahogavalley.augusoft.net.
- Phlebotomy Information Night Feb. 23, from 6 to 7 p.m. (mandatory for those intending to take the Phlebotomy Fundamentals course). Class runs April 14 through June 18, Tuesdays and Thursdays from 5:30 to 8:30 p.m. Two online courses are prerequisites: Human Anatomy & Physiology and Medical Terminology. For information, call 440.746.8205.

The Practical Nursing, Dental Assisting, Pharmacy Tech and EMT programs require passage of a three-hour pre-entrance test (WorkKeys) prior to registration. The next test dates are Jan. 13, 9:30 a.m.; Feb. 10, 1 p.m.; March 24, 9:30 a.m.; and March 25, 1 p.m. To register, email lbuck@cvccworks.edu.

For information on all Adult Education programs, call 440.746.8230, or visit the Adult Education page of www.cvccworks.edu.
Join us in Partnership: A Win-Win for our Students and YOU!

CVCC thanks the many businesses and companies that contribute to our students’ success. We recognize our supporters as our “partners,” featuring one of them each month on our website. These establishments support our career-technical programs and students by:

- Donating equipment
- Participating in job shadowing programs
- Donating prizes for student achievements
- Hiring our students
- “Mock” interviewing our students
- Underwriting the costs of student achievement celebrations

Serving on our advisory panels
Judging student skills competitions
Evolutions Day Spa, Sagamore Hills
Cheri Motika, owner, has been a judge for student skills competitions and is now an advisory member for the Cosmetology program. She has hired our students, including two 2014 Cosmetology graduates. She regularly accepts Cosmetology students as interns. For more information on Evolutions Day Spa, visit: [www.evolutionshairandbodyexperience.com](http://www.evolutionshairandbodyexperience.com).

Harbor Light Hospice, Highland Hts.
One of the CVCC School of Nursing’s enrichment sites, we especially thank Harbor Light’s Fran Zielaskiewicz, the volunteer coordinator, who helps our nursing students learn how to give compassionate care to patients, family and friends. For more information about Harbor Light, visit: [www.harborlighthospice.com](http://www.harborlighthospice.com).

Braces by White, Northfield Center and Hudson
Dr. John White, DDS, MSD, mentors our students with a chairside manner that is a model for the Dental Assisting students to emulate. He provides an atmosphere that is friendly and relaxing to patients. For more information about Braces by White, visit [www.bracesbywhite.com](http://www.bracesbywhite.com).

Both Mekenzie and Sarah have been heartily encouraged by their parents and family, and both have clear-cut ideas for future career paths.

Mekenzie: “I’ve been thinking about getting a Ph.D. in Mechanical Engineering since eighth grade, with a minor in robotic engineering,” she explains, adding that electrical engineering is another preference. She is considering attending The University of Akron. This year, Mekenzie is the vice president of the Brecksville-Broadview Heights High School Robotics Club.

Sarah: “My dream is studying computer science and engineering with a minor in entrepreneurship or Spanish,” she says, adding that she’s already taken French.

“Career and Technical Education is not for the faint of heart. Girls who enroll in programs of this nature are following their passion and their dreams. CVCC jump-starts them to that end through an advanced technology atmosphere and in a building filled with caring, well-trained professional staff members. There are no limitations to what women can do here at CVCC!”

- Dr. Celena Roebuck, CVCC Superintendent

Thinking about attending CVCC?
Check us out Dec. 4, from 7 to 9 p.m. during Student & Parent info Night.
Talk to our instructors, tour our facility. Snow Day Dec. 11. For more details, visit www.cvccworks.edu.

Dr. Celena Roebuck, CVCC superintendent, is proud of the female students for following their true desires, however nontraditional.

“Girls who are drawn to our Computer Networking, Auto Service Technology, Advanced Manufacturing and Engineering Programs, for example, will always find a place in their chosen career paths and are paving the way for other girls who will come after them. These girls will develop skills in a nontraditional career path and will find their training at CVCC to prepare them for leadership roles in their future work and study.

Dr. Roebuck adds, “Career and Technical Education is not for the faint of heart. Girls who enroll in programs of this nature are following their passion and dreams. CVCC jump-starts them to that end through an advanced technology atmosphere and in a building filled with caring, well-trained professional staff members. There are no limitations to what women can do here at CVCC!”
ALUMNI CORNER: CVCC 2013 Grad Lands Position at Laszeray

With the ink not yet dry on his high school diploma, Dylan League of North Royalton had a job at the ready in June of 2013 upon graduating from CVCC’s Machine Technology program. He walked right into a position with Laszeray Technology of North Royalton, thanks to Dylan’s positive student performance and the assistance of his instructor, Richard Parrott, who set up the interview with the company.

Dylan is a tool making apprentice. As such, he operates mills, lathes and grinders to create components of plastic molds and airfoil dies which are patterns for castings for jet engine blades. Laszeray is a leading provider for prototyping custom tooling and plastic injection molding needs.

Says Dylan’s supervisor, Joe Pavlescak, “Dylan is more talented than even Dylan understands. He absorbs information like a sponge and is at least a year ahead of where I had expected him to be at this time. He has excellent mechanical and mathematical skills. If you had more Dylans, I’d take them all,” Pavlescak adds.

According to Pavlescak, Dylan’s next step would be to become a Journey person Toolmaker. From there, he could broaden his horizons and become a CNC programmer.

“The best CNC programmers in the world used to be toolmakers,” adds Pavlescak.

Don’t Let Winter Get the Best of You: Call 440.746.8230 Combat the Cold with Wellness and Leisure Classes

Belly Dance Fusion
Work out using easy-to-follow dance routines including Bollywood, Hip Hop and Latin dance. Improve your balance, strength, rhythm and flexibility while sculpting your body and burning calories. Wear workout clothes and lightweight tennis or dance shoes. Class meets Wednesdays, Jan. 14 through Feb. 18, 7:15 to 8 p.m.

Meditation for Self Investment - Steady your mind and body, release tensions and thoughts of the day for a restful night’s sleep. Tuesdays, Jan. 20 through Feb. 3, 7:15 to 8:15 p.m. Follow up this class with Meditation 102, coming in April, to deepen personal practice.

Pilates Rhythm and Flow - This unique form of exercise uses the traditional method of mat Pilates with incorporation of dance movements. Exercise routines are choreographed to dance music to improve strength, balance and coordination while toning and defining the body. Class meets Wednesdays, Jan. 14 to Feb. 18, from 6 to 7 p.m. Class repeats March 4 through April 8.

Pilates for Every Body helps build core strength, enhance athletic conditioning, prevents back pain and reduces stress, three-pound (or lighter) hand weights welcome. Class meets Mondays, Jan. 26 through March 9.

Yoga: The Whole Body and Mind Increase awareness of the whole body and mind. Align the body physically with conscious breathing and bring greater awareness to your life experience. Asana (yoga postures), breathing practices, relaxation and meditation methods. Class meets Tuesdays, Jan. 20 through Feb. 24 from 5:45 to 7 p.m.

Beginning Jazz & Ballet Class - Learn to dance like your favorite stars from Broadway and the silver screen. Start with simple ballet barre exercises and tone your lower body and core. Move on to fun and simple jazz combinations. Class meets Thursdays, Feb. 5 through March 12, 7:45 to 8:45 p.m.

The Valley Inn a student operated restaurant invites you to Buy-One-Get-One Lunch FREE not to exceed $10 in value Click here for the menu.
Hours: 11:30 a.m. to 1 p.m. excluding holiday breaks and special events For reservations, call 440.746.8293 Expires: Friday, March 27, 2015 Account Code: 001-2415-560-8013-360

Register for these classes at: http://cuyahogavalley.augusoft.net.
Coming Events

* Registration required

12/4 Student and Parent Information Night - for sophomore or juniors who are considering attending CVCC in 2015-16 and their parents. Become acquainted with CVCC’s high school programs. Meet the instructors. Snow Day Dec. 11.

12/10 FAFSA (Free Application for Federal Student Aid), 7 to 8:30 p.m. - Get FREE help filling out the online form. Register at: http://tinyurl.com/CVCC-FAFSA2014.

High School Holiday Break

1/12/15 Nursing Information Night (Adult Education), Jan. 12, 6 to 7 p.m. Learn about the full-time 10-month and part-time 21-month program. Both start Fall 2015.

1/24/15 Job Seekers: Behavioral Interviews/Mock Interviews 9 to 11 a.m. Free presentation. Get the latest tips on: How to best prepare for Behavioral Interview questions. Practice your responses and get feedback during a Mock Interview. Click here to register.

2/7/15 STEM Career Showcase for ALL students grades 7-12 and their parents, 9:30 to 11:30 a.m. Free presentation. Discover what STEM careers interest you. Observe demonstrations sponsored by leading companies, participate in hands-on activities, talk to STEM professionals, meet college representatives and STEM college students.

2/9/15 Early Bird ($25 off) Summer Camp Registration starts - Camps are June 22-25 for students entering Grades 5-7 in Fall 2015; June 8-11 and June 15-18 for students entering Grades 8-10 in Fall 2015. Deadline for Early Bird discount March 27. To register, starting Feb. 9, click here. For more information, email ncoleman@cvccworks.edu.

2/24/15 Wellness presentation: Exercise to Keep Your Heart Healthy, 1 to 2 p.m., presented by Scott Tremmel, physical therapist with Cleveland Clinic Sports Health. Register online by Feb. 17 at: http://tinyurl.com/CVCC-2-24-15 with your name and the number of people attending.

3/7/15 Create a Short Film for Girls ages 11 to 14, 9:30 a.m. to 1:30 p.m. - Students are introduced to the various stages of production from screenplays, acting, directing, camera techniques and video editing, using industry standard software. They will produce a professional-looking short film as part of a film crew. Cost: $40, includes lunch. Workshop cosponsored by HER Ideas in Motion and CVCC. Click here to register.

3/19/15 Student Job Fair 3:30 to 5:30 p.m. - for students seeking summer, part-time and seasonal employment. Free event.

The Valley Inn Restaurant is open from: 11:30 a.m. to 1 p.m. Wednesday through Friday, with the last seating at 12:30 p.m. Reservations recommended; call 440.746.8293. Find coupon in this issue of catalyst.

Daytime Cosmetology Salon open Wednesdays, Thursdays and Fridays from 11:45 a.m. to 1 p.m., when high school is in session. Color service appointments must be at 11:45 a.m. High School students provide hair, nail and spa services under instructor supervision. For an appointment, call 440.838.8954.

Evening Cosmetology Salon open Mondays, Tuesdays and Wednesdays from 3:30 to 7:30 p.m. The salon offers manicures, pedicures and some hair services. Ask for the special of the month when scheduling your appointment. Adult Education students provide services under instructor supervision. For an appointment, call 440.746.8145.

www.cvccworks.edu

CUYAHOGA VALLEY CAREER CENTER: “Your College & Career Connection”

Host Your Conferences at CVCC

Cuyahoga Valley Career Center is a perfect location for business and conference meetings, offering conference rooms, an expo area, catering and FREE parking. At our convenient location, equipment and technology are available whether the event is for 7 people or 700. Contact Kathy Grubb at 440.746.8269 or kgrubb@cvccworks.edu. For more information on fees, visit our website (see “Community Services”).