



CLOSING THE GAP

CCC's Monthly Newsletter



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We build success

Ethan Nickell, a senior from Drexel R-IV High School, has had a growing interest in computers since he was a kid. Around the age of 10, Ethan began exploring the hardware inside and repairing broken computers.

"I have taken a few computer classes before coming to the CCC but this is the first intensive computer class. I really enjoy this class because I know I will walk away at the end of the year knowing what I need for my career."

When asked why he joined the program Ethan stated, "I know this is a career that is not going to go away and there are more and more jobs available in the field, especially in the Kansas City area. I took this course because I know it is going to lead me into my lifelong career path."

After his high school graduation in May, Ethan will attend the Centriq IT Career Training Program this Fall. Centriq is the largest, hands-on IT career training program in the Midwest. The program takes just four months to complete and is designed for people who want a career now.

Upon completing the CCC Networking & Cybersecurity program and the Centriq IT Career Training, Ethan explained that he will have nearly every credential he would need for a job in IT. In fact, Ethan has already been recruited by an IT company that would like to hire him after all of his training is complete. "IT4KC is like a support center for small businesses that don't have their own IT department. I'll start working for them as soon as I'm done with my training."



Pictured above: Senior Ethan Nickell works with his instructor, Mr. Lumpkin, and fellow classmates on computer repairs in the morning session of the Networking & Cybersecurity class.

MARCH FEATURE PROGRAM: NETWORKING & CYBERSECURITY



The one-year or two-year program can prepare students for up to three certifications: CompTIA A+, CompTIA Network+, and CompTIA Security+, if taken in its entirety. First year students will focus on the basics of computer maintenance and repair. Students will use multiple learning formats to learn how to install, manage, and secure computer hardware and master home and corporate OS environments. Year two will strengthen networking skills and provide opportunities for moving on to cybersecurity and learning how to secure

corporate networks using a layered security model. Students may also have opportunities for job shadowing or internships their last quarter of the full two-year program.

Students enrolled in the this program are eligible to join the student organization SkillsUSA. The vision of SkillsUSA is to "produce the most highly skilled workforce in the world, providing every member the opportunity for career success." Students perform community service, compete in various events, and much more!

10 Ways to Manage Stress

When it seems unmanageable



01 Exercise.
Go for a walk; it will release natural feel-good endorphins in your brain.



03 Eat well.
Eat a healthy diet, including fruit and vegetables, and drink enough water.



05 Practice mindfulness.
When you wake up focus on your breathing for a few minutes. Notice how you feel.



07 Be your own cheerleader.
Eat a healthy diet, including fruit and vegetables, and drink enough water.



09 Take a break.
A change of scenery can help you to relax and gain perspective.

02 Reduce caffeine.
Drinking caffeinated coffee, tea or soda can amplify stress levels.



04 Prioritize sleep.
Cut down on distractions and screen time and increase the amount of sleep you are getting.



06 Chill out.
Do things that you enjoy and make you feel relaxed



08 Communicate.
Know when to say no to things and don't take on too much.



10 Seek support.
Friends and family can help, or you could join a club or volunteer.



The harsh reality facing students today is that the price of college has risen more than double the rate of inflation. If the same thing happened to milk, the gallon that cost \$2.79 in 2000 would be on the shelf today for \$7.67! Higher college costs mean more debt. The average college graduate in 2016 had \$37,172 of debt. The comes from massive amounts of student loans, but there are other ways to pay for college and trade programs like scholarships and grants.

Scholarships and grants are sometimes referred to as "gift aid," because they don't have to be repaid. Keep in mind that students may still need to meet requirements or benchmarks such as GPA for certain scholarships. There are many different types of scholarships and grants available. Students and their families are advised to explore the full range of possibilities. Scholarships and grants are often awarded based on merit or financial need and can be specific to the school, the student, and/or the student's chosen major.

Seniors can take advantage of a variety of potential gift aid by visit our website at casscareercenter.com and navigating to the section "For Students" and selecting "Scholarships."

Source: debt.org/students/scholarships-and-grants/

SAVE THE DATES March

- 2: CCC Senior Scholarship Prep Day
- 4: SkillsUSA Day
- 6: No School - Teacher Work Day
- 7: CCC Monopoly Tournament
- 8: Daylight Savings Time
- 10: CCC Spring Advisory
- FFA Marshall Contest & State Testing
- 13: FFA Archie Contest & State Testing
- 14: SkillsUSA Sonic State Fundraiser
- 16-20: No CCC - Spring Break
- 22-24: DECA State
- 24: FFA Area Contest & Banquet
- 27: CCC Senior Interview Day
- 30: Start of SkillsUSA Week
- 31: FFA District Contest @ UCM

April

- 2-4: SkillsUSA State Contest
- 2: FFA District Contest @ Crest Ridge
- 4: FFA District Trapshoot
- 10: Good Friday-CCC snow makeup day
- 13: FFA meeting
- 23-25: FFA State Convention
- 24: Criminal Justice Mock Trial
- SkillsUSA Awards Dinner
- 28: CCC Graduate of the Year Interviews
- 30: FFA Chapter Banquet

MARCH YOUNG PROFESSIONALS OF THE MONTH

Each month beginning in August and ending in May, one junior and one senior student will be recognized as the CCC "Young Professional of the Month." Students from the adult practical nursing program and underclassman may also be considered for award. Students are nomin-

ated for this recognition by their instructors for their dedication, outstanding work ethic, and positive attitudes. Students receiving this recognition are presented a certificate and award by either the Cass County Elks Lodge or Harrisonville Rotary.



SENIOR
Ethan Danner
MARKETING
HARRISONVILLE
HIGH SCHOOL



JUNIOR
Jacob Hawkins
AUTOMOTIVE
BELTON HIGH
SCHOOL