

In this month's AVID/SPARCSS Newsletter you'll find information on Wednesday guest speakers, community building at KHS, interactive vocabulary activities at OMS, KHS AVID Site Team collecting ideas to help students with stress and anxiety, and AVID/SPARCSS students' adventures with distance learning.

## AVID Adventures & SPARCSS Stories



### AVID/SPARCSS College and Career Speakers

Guest speakers from a variety of different careers and educational backgrounds are presenting to students from all 5 secondary schools! There are two speakers scheduled every Wednesday for the next several months. A complete list of upcoming speakers can be found [here](#). If you are interested in attending, or have students who would benefit from this experience, please get in touch with [Kelly Killorn](#).

#### Brian Drew - Design Director/Project Manager

Brian spoke about all the educational experiences he had until ending up in interior design - everything from psychology to human development to painting! He currently works for BILD/DesignBILD where he provides interior design services throughout Wisconsin and Illinois.

Here is a link to his [recorded presentation](#).





### **Radious Guess - Athlete, Coach, Director of Equity & Inclusion**

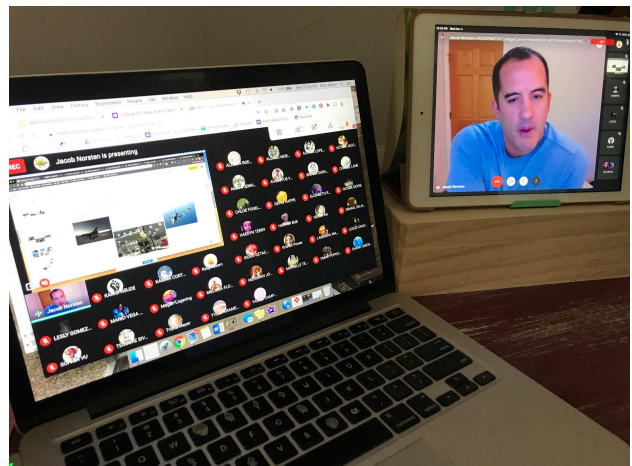
Radious spoke about her journey taking her to various jobs and roles around the United States to where she eventually ended today, as an assistant track coach for Kennedy High School and the Director of Equity and Inclusion for Intermediate School District 287. Prior to her career in education, Radious was a world-record-holding track star who trained and raced with athletes such as Jackie Joyner-Kersey, Flo Jo, and Carl Lewis! She shared many valuable lessons she learned about herself and skills she was able to carry with her that have helped her get to where she is today.

Here is a link to her recorded presentation ([part 1](#) and [part 2](#))

### **Jacob Norsten - Teacher & Air Force National Guard**

Jacob spoke about his experience in the Air Force National guard. His role was an Aerial Porter. Jacob shared some background about the military and branches, the differences between “active duty,” “reserves,” and “guard,” and specific information about the Air National Guard. Some advice he shared was for students to try to learn as much as they can while in school, play some sports and/or learn how to work in teams, stay healthy and in decent shape, and prepare for the ASVAB test, which measures what kind of thinking students are good at and connects them with a particular field within the guard.

Here is a link to his [recorded presentation](#). Here is a link to his [slideshow](#).







### **Maxie Rosenbloom - Leadership Development**

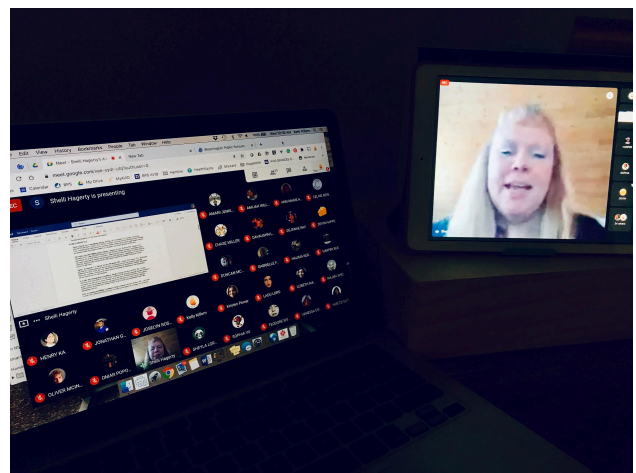
Maxie works at Best Buy and develops content and programs that help leaders grow and develop to best serve their teams. He spoke about the skills and strategies he learned when he was an AVID student in St Paul, particularly note-taking, organization, and time management. Maxie's advice to students is, "Lead with a purpose. Identify what is important to you and use that as a North Star to guide the way you make decisions."

Here is a link to his [recorded presentation](#).

### **Shelli Hagerty - Account Manager**

Shelli is an account manager for Constellation. She spoke about her experience at the University of Wisconsin and opportunities for doing an internship which ultimately led to her current job. Currently, she is responsible for renewing contracts with electric customers and supporting their needs related to billing, energy efficiency, and budgets.

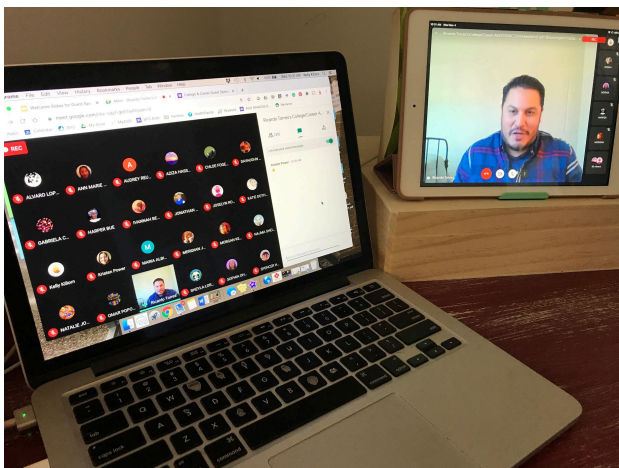
Here is a link to her [recorded presentation](#).



### **Ricardo Torres - Reverse Supply Chain Senior Manager at Best Buy**

Ricardo spoke about the importance of setting goals, taking risks, getting feedback from a mentor, and thinking outside of the box. He emphasized the importance of failing and learning from mistakes. Further, he suggested students begin to consider how they might separate themselves from others vying for the same program or job. "Identify yourself as a problem solver, a collaborator, and be true to yourself. Connect with a mentor." He went on to say, "Invest in yourself. Find out what makes you happy and gravitate toward that. I believe in you, Best Buy believes in you, your teachers and families believe in you."

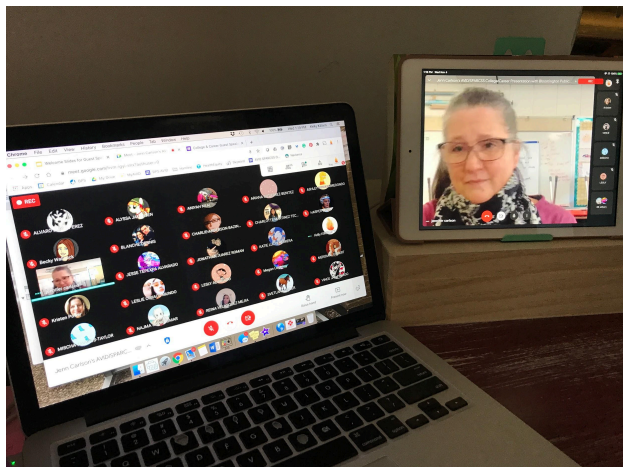
Here is a link to his [recorded presentation](#).



### **Jenn Carlson - 5th Grade Teacher & Computer Forensics**

Jenn spoke about her journey at an entry-level position in a small corporation all the way through to having Pentagon-level clearance and working with the FBI to retrieve evidence from computers used in crimes! Jenn's best advice to students was to be brave, meet new people, explore curiosities, and accept challenges. "Put yourself outside your comfort zone, learn more, and seek out knowledge. Never give up - ever! "

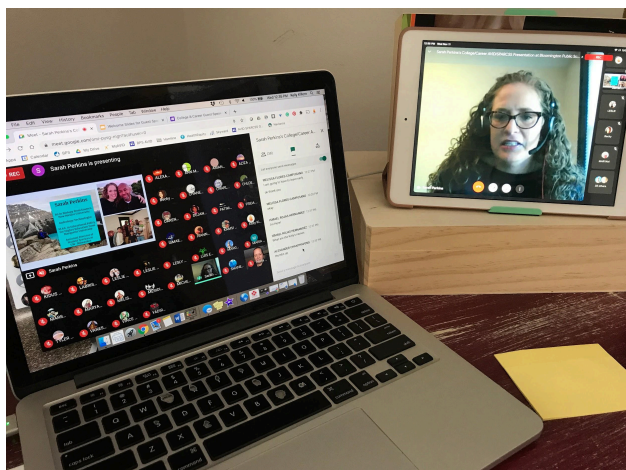
Here is a link to her [recorded presentation](#).



### **Sarah Perkins - Assistant Director of Student Services**

Sarah was the first generation in her family to attend college and paid her own way through school. She described her experiences with an unsupportive family, lack of information from her teachers and counselors in school, and attending a small college thousands of miles away from home. Sarah's advice is to "own who you are. Be proud of your background and where you came from and know that you deserve good things. Use your resources and never be afraid to ask questions."

Here is a link to her [recorded presentation](#).



### **Courtney Batterson - NASA Scientist**

Courtney is a Bloomington graduate who is now working on a team to develop predictive weather models on Mars. She spoke about her journey to NASA, which included identifying the right college with the degree she wanted, doing some job shadowing, accepting an internship at NASA, and ultimately asking to stay at NASA. Courtney's advice to students includes asking questions, playing to your strengths, being proud of your work and having confidence in it, speaking up (especially if you have an answer to a question), and making yourself indispensable. You can learn more about Courtney at





www.thatgirlatnasa.com

Here is a link to her [recorded presentation](#).

### [Seeking Guest Speakers!](#)

Do you know anyone who has a college or career story that might interest AVID and SPARCSS students? Would they consider giving a 15-20 minute virtual presentation? If you answered 'yes' to these questions, please consider inviting them to volunteer by sending them the [guest speaker Google form](#)!

#### AVID/SPARCSS Guest Speaker Information

Thank you for your willingness to speak with students in college/career readiness programs at Bloomington Public Schools! Please provide a bit of background information so that we can schedule you for a speaking time that meets everyone's needs.

Name (Last, First) \*

Short answer text

Email Address \*

Short answer text

Please provide a 1-2 sentence bio to introduce yourself to the students. \*

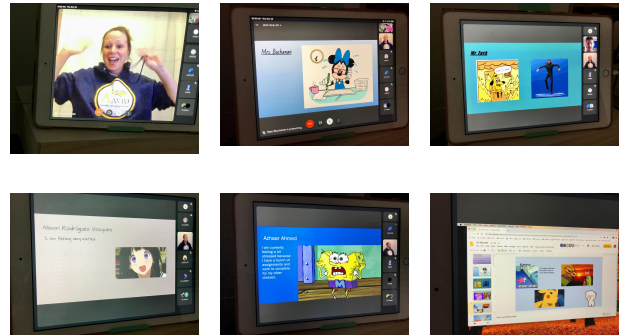
Long answer text

## Adventures in Distance Learning!

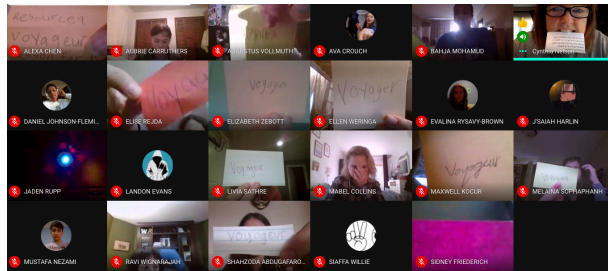
Distance learning has been a big change for teachers and students in Bloomington! AVID and SPARCSS students wanted to share what they've been learning over the last few weeks.

## KHS AVID Community Building

An important part of AVID is developing a strong community. One way Staci Buchanan is working to do that with her elective class is by doing periodic check-ins with them. Recently, students created a collaborative slide show where they each took one slide, added their name, and shared a meme or gif that represented how they were feeling, and then shared their slides with the class.



## OMS SPARCSS Interactive Vocabulary Activity



An understanding of specific academic vocabulary is vital for comprehension of content area concepts. Students in Cindy Nelson's 6th grade social studies class practiced with some key terms recently. Ms. Nelson read the definition aloud while holding up the printed definition and the students showed their word card to answer which term she was describing.

## Kennedy AVID Site Team Plans for Helping to Reduce Student Anxiety

After a recent student survey, one of the main themes AVID leadership found was students struggling with worry and anxiety. As a result, the AVID Site Team spent time during a recent meeting brainstorming some ideas to help mitigate this.

"As you continue planning for the end of the trimester, realize that we have gotten quite a bit of feedback about how students are currently worried about anxiety, about life, about school, and about the end of the trimester.

***Take a moment to think about how you can help build community within your classroom and also do your part to give students reassurance that they matter, and that they will find success in***

### How can teachers help reduce anxiety in their students?

- Pomodoro Timer:  
<https://youtu.be/dmDbesougG0>
- Shout Outs to Students on the Canvas page
- Meme or Song of the week (submitted by students)
- Emailing students who are doing really well - words of encouragement
- Share a meme of how you are feeling
- Share a picture of where you want to be.
- Continual reassurance that they can do this!
- Pathways for how they can earn their credit, or the grade they are hoping to end the trimester with this grading period.



*your classes.”*

## Student Shout Outs!

KHS AVID student Zamzam has been working on health and fitness. “Since distance learning started I have been really trying to be more healthy by eating and working out and I have seen good results, which I am very proud of.”

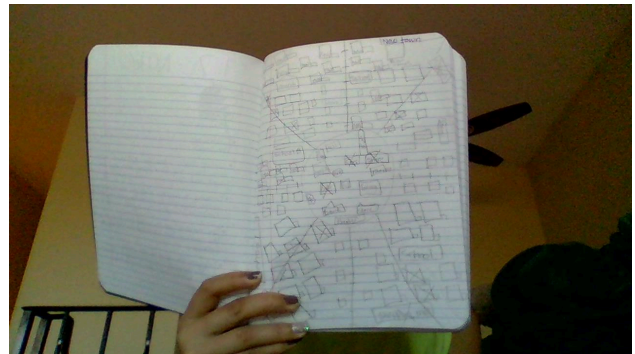
VVMS AVID student Fatima has been creating artwork.



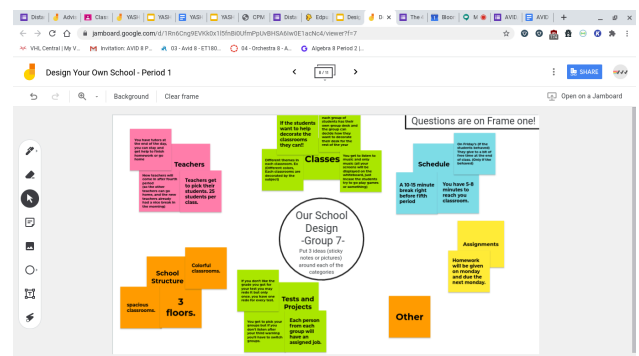
KHS AVID student Ashley has learned that “time management is something so important to be successful.”



OMS SPARCSS student Hannah has been working not having any missing work and turning things on time. “One of the things I turned in on time was my social studies homework. We are learning about MN development so we had to draw the city all over our paper.”



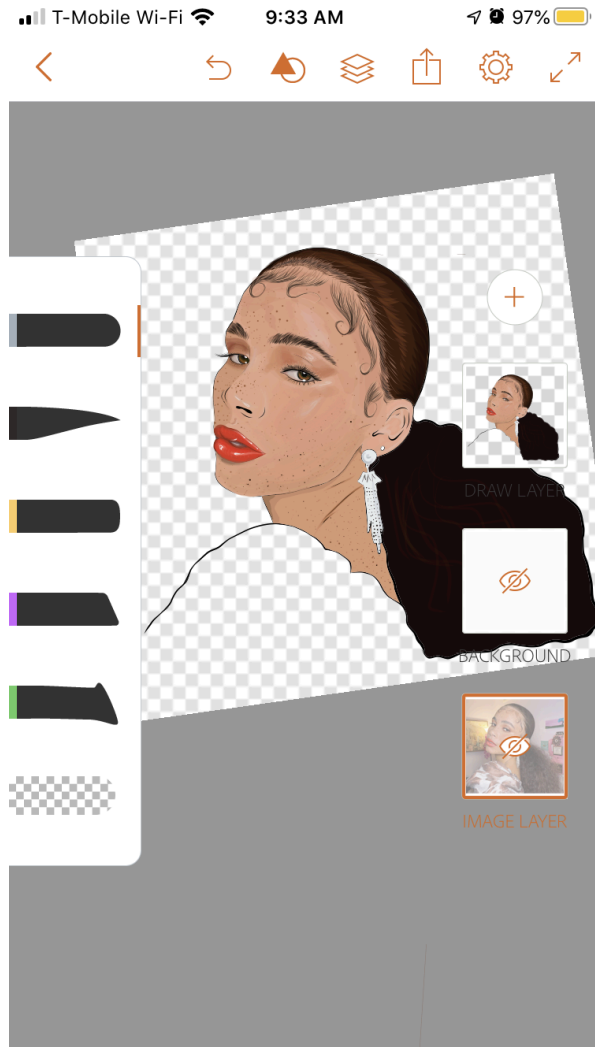
VVMS AVID student Yashvini enjoyed a recent science activity: a group project designing their own school.



KHS AVID student Eliada says, “Something I'm proud of that I have been working on since distance learning is growing a good relationship with my family.”

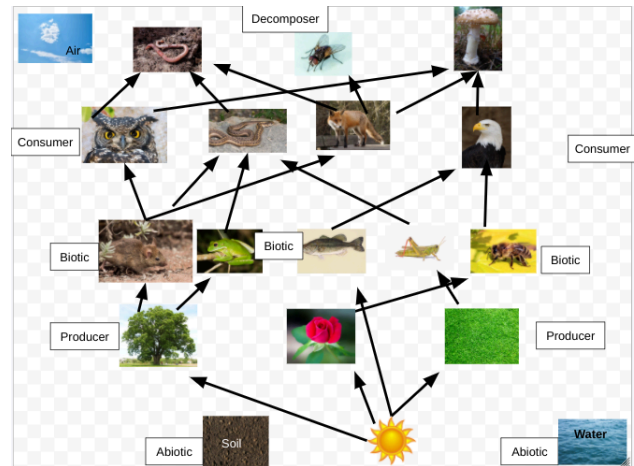
KHS AVID student Brian has been successful at organizing his time. “With having to go to work in

KHS AVID student Eli'Sha has been working on digital art.



the afternoons, I have to become really good with time management.”

VVMS AVID student Mischa is feeling proud of her food web summative assessment in science for trimester 1.



VVMS AVID student Amijah is proud of accomplishing her short-range goals during the first trimester.

