

**Tony Bird**- Principal  
**Tara Bruckner**- School Counselor  
**Chris Choudoir**- Science and Bio-Medical Sciences Instructor  
**Lisa Gretz**- School Counselor  
**Nate Klein**- Humanities Instructor  
**Jon Larson**- Engineering and Manufacturing Instructor

**Kall Patzner**- Math Instructor  
**James Taylor**- Humanities Instructor  
**Dan Van Eperen**- Humanities Instructor  
**Shawn Volk**- Lead Instructor and Math Instructor  
**Anna White**- Spanish Instructor

## LCCPA Student Spotlight: *Alysha Vosters*

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**\* Describe Yourself:** I am caring, fun and very determined. I like to help others- which is one of the reasons I want to go into nursing.

**\* Biggest Life Lesson You Have Experienced:** I'm not always going to do things perfectly right away, and that's okay as long as I do my best.

**\* What Motivates You:** I'm looking forward to the future and how anything can happen. If I work hard and get into a good school, I can achieve anything I want to and get my dream job.

**\* Perfect Day:** I would sleep in, take my time to get ready for the day, then hang out with friends (not have an agenda for the day).

**\* Biggest Worry in Life:** I won't meet my own expectations.

**\* Describe Being Successful:** Is what I consider to be my personal best. I feel successful now because I have a job I love, so for me, that's being successful.

**\* Most Important Word in the English Language is:** Hello/hi – just saying hi to someone can change their day.

**\* Describe Your Career Development Path:** From a young age, I have always known that I wanted to do something in the science or health field. I went into LCCPA Health Sciences, at first I was interested in being a biochemist or forensic scientist, we were able to try this out and I learned that I really wanted to do something working with people. I was thinking about something in radiation and through career experience, I met a Physician Assistant in the ER and from there I learned that I loved the emergency room. I did more research and found that being a Nurse Practitioner would fit me more. Being a CNA and being in the pathways program helped me find my career path.

**\* Biggest Dislikes:** When people aren't inclusive (judging a book by its cover) and cold weather.

**\* Describe the LCCPA:** It's a chance for students to get to know themselves as a person and from a career aspect. There are so many career experiences to help guide career exploration.

**\* Words of Wisdom for the Freshmen:** Hard work will pay off in the end. It's challenging, but it will prepare you very well for your future.

**\* Bio:** Alysha is an only child and was adopted. Her mom works at ThedaCare in the Cancer Center which helped encourage Alysha's passion for helping others in the medical field. She has three dogs and a cat. When she isn't at school, Alysha is a CNA at Brewster village, playing soccer or watching Netflix. Her favorite shows are Grey's Anatomy, Vampire Diaries, and Supernatural. If she could go on vacation she would go to the Bahamas and bring her parents and friends.

# ThedaCare Career Experience: *Caisha Goodrich-Sampson*

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November 05, 2019

Being a Sophomore, I have been to many colleges, clinics, and hospitals, all to learn one main thing-- which career I wanted to expand more on. I have been to experiences from up to two hours away, to as little as twenty minutes. This experience, however, focused on three important jobs in the everyday hospital, clinical, or general health treatment-- Security, CNA/MA, and RNs. We started in a conference room, filled with 14 people, and had the speakers come to us, rather than touring the hospital like normal. This was unusual for our group, especially considering every other "Mustang" was a Freshman. Despite there only being four of us, we made the best of it and asked plenty of thoughtful questions, and made sure to leave the *Mustang Way*-- shaking the hand of our coordinator and thanking them for this opportunity.



The first two jobs we were given information for were CNA and MA. These were sort of integrated into one lecture, and we were given blood pressure cuffs and stethoscopes to practice with. During this time, we were told that there is a lack of CNAs and MAs in the health field. This made plenty of people eager to get somewhere they know they would have job security.

Shortly after CNA, we had a duo of a security team head and a call team leader. Each woman took a few minutes to present their careers, in which we learned an average salary, expectations, training needed, and education requirements. The security team leader went on to explain how they are also short on hospital security staff, having about one per campus. She told us that she has dealt with people of all different kinds, including people that have tried to hurt her. She has broken her wrist while protecting a nurse from an upset patient throwing a heart monitor at her. The second woman went into detail on how she has stopped people from committing suicide and even delivered a baby over the phone while the parents were stuck in traffic and couldn't get to the hospital.



After a break, we headed upstairs to see the RN presentation. The presentation started with a "heartfelt" video of nurses worldwide stating that they are heroes, and deserve just as much recognition as doctors. After the video, we split into three groups and learned three different tasks-- how to dispose of safety clothing properly, how to change dressings, and how to complete an I.V. For the I.V section, we were given an "I.V Kit," and were taught how to tie the rubber band properly to avoid discomfort and make it easier to see the veins, as well as how to insert the I.V needle, which must be done at a 45-degree angle. For the safety clothing, we were taught how to put on the paper "shirt" and how to make sure no bacteria or any liquids got onto us or our clothes. Teammates were to throw chocolate on us, and we had to take off the "shirts" without touching any of the bacteria. Finally, we went to the dressing room, where we were taught how to change a dressing on a bullet-wound filled mannequin. We first followed safety protocols, and began dipping gauze into the dressing before inserting them into the "bullet-wounds."

Overall, I believe this was a beneficial career experience, especially for the Freshmen, because of all of the important things we were taught how to do, and all of the information we were given.





