Volume 8, Issue 3 May 2022

CareerTEC Chronicle

"Partnering to Prepare Students for Tomorrow's Careers."

| OUTSTA | NDING | ; STL | JDENT WINNERS |
|---------------------------------|-------------|-------|--|
| NAME | SCHOOL | GRADE | PROGRAM / CLASS |
| Caleb Hunter | Pecatonica | 12 | Careers in Business |
| Colin Watson | Freeport | 11 | Computer Information Systems Yr. 1 |
| Paul Giuffre | Aquin | 12 | Computer Information Systems Yr. 2 |
| Jacob Isenberger | Orangeville | 12 | Construction Trades |
| McKenzee Evans | Pearl City | 11 | Cosmetology Yr. 1 |
| Grace Sommerio | Pecatonica | 12 | Criminal Justice Yr. 1 |
| Brianna Stager | Pearl City | 12 | Criminal Justice Yr. 2 |
| JaVontré Bradford Thurman | Freeport | 11 | Culinary Occupations |
| Aidan Wiegert | Durand | 12 | Early Childhood Education Yr. 1 |
| Hailey Morgan | Pecatonica | 12 | Early Childhood Education Yr. 2 |
| Diana Yamileth Garcia Hernandez | Freeport | 12 | Health Occupations Youth Apprenticeships Yr. 1 |
| Kennedy Spachman | Freeport | 12 | Health Occupations Youth Apprenticeships Yr. 2 |
| Jerry Kubatzke | Freeport | 12 | Industial Tech/Welding |
| Hannah Deal | Freeport | 12 | NJROTC |
| | | | |

Overall Outstanding Student: Diana Yamileth Garcia Hernandez, Freeport Karen Johnson Scholarship Winner: Grace Sommerio, Pecatonica



Director Brian Greene interviewed the Outstanding Students in order to select the winner. While a difficult decision, Greene chose Hernandez, in part, for her volunteer work with bilingual students and hospice. On her nomination, HOYA I instructor Stacey Vock called Hernandez a girl "on fire!"

Hernandez, a Freeport High School senior, was awarded a \$200 cash award and a plaque for being named the top student.

IMPORTANT DATES

- MAY 18: HOYA Pinning Ceremony, 6:30 p.m., St. John
- MAY 24: Last day of CareerTEC classes at St. John & Construction
- AUGUST 22: First day of CareerTEC classes at Highland Community College
- AUGUST 24: First day of CareerTEC classes at St. John, Freeport High School & Construction

Consortium Member Districts

- Dakota#201
- Durand #322
- Freeport #145 (including Aquin)
- Orangeville #203
- Pearl City #200
- Pecatonica #321

CareerTEC Programs

- Careers in Auto Technology
- Careers in Business (Page 2) Computer Information
- Systems (Page 2) • Construction Trades (Page 3)
- Cosmetology
- Criminal Justice (Page 6)
- Culinary Arts (Page 3)
- Early Childhood Education
- Graphic Design
- Health Occupations (HOYA 1, Page 4; HOYA II, Page 5)
- Industrial Technologies
- Nail Tech
- NJROTC

CareerTEC

2037 W. Galena Ave. Freeport, IL 61032

Phone: (815) 232-0709 (815) 235-8050 Fax:

See us at: www.careertec-il.org



CareerTEC Director Brian Greene (left) presents the Overall Outstanding Student award to Diana Hernandez in the HOYA classroom on May 10 at St. John UCC in Freeport.

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COMPUTER INFORMATION SYSTEMS (CIS)

March

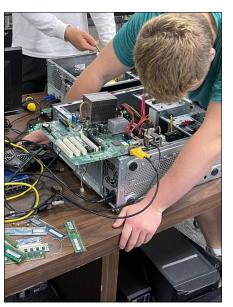
As March rolls in, CIS 2 students are well into cyber security and also working with software upgrades for Cisco ISR routers and working towards the Security+ exam. CIS year 1 students are working on Windows-user groups and permissions and will be getting familiar with the Linux command line.

So far CIS 1 students are averaging around 55% on preliminary test scores for Exam 220-1002. The top score is just under 70%. Students need to earn four consecutive 80% or 90% scores to be ready for their final, which is the industryrecognized CompTIA certification.

April

In March, CIS 1 students continued to learn about Windows Registry as well as Users, Groups, and Permissions. CIS 2 became more familiar with implementing the different types of controls to ensure data integrity.

For the month of April, we will be visiting Highland Community College and



learning about the types of IT roles and work that goes on to keep the campus up and running. Students will be finishing up their resumes and getting ready for mock job interviews. CIS 2 students will continue with Cyber Security, start familiarizing with PowerShell and continue to prepare for their CompTIA Security+ final. CIS Year 1 students are working on Maintaining and Optimizing Windows Operating Systems. CIS 1 students should be scoring in the upper 60% and 70% in April as preliminary test scores for Exam 220-1002. Students need to have four consecutive 80% or 90% to be ready for their final.

May

We finished up the month of April with a visit to Highland Community College and saw their server room, the software they use to run the college, and got an idea of what a day in the life of an IT professional looks like there.

In May, students will be preparing for their CompTIA certifications, CIS 1 students will be finishing up curriculum with some networking, laptops, and mobile devices. They will take their final and have the opportunity to earn part two of their A+ certification. CIS 2 students are finishing up Cybersecurity and will be working with Powershell, Packet Sniffers, and preparing for their Security+ certification.

 Doug Meyers, Computer Information Systems instructor

CAREERS IN BUSINESS (CIB) March

The students have done an amazing job finishing Excel and are better prepared for the world of business as it is a required skill. The Stock Market Game started and the students were doing really well. Five of our seven teams were ranked in the top 75 ... THEN ... Russia invaded Ukraine and the market fell. Currently, only two teams are in the top 13 and the rest are not doing so well. However, it's an excellent lesson in world economics and risk, and the students are taking it in stride. Every team has a competitive spirit and they love investing thus far.

We began our insurance section and are learning about the career paths within the insurance industry. An insurance agent will visit our class to speak about the careers, as well. Topics such as health, property, travel, life, and disability insurance will be learned.

Job Shadowing begins March 18 with several dozen local businesses participating. Students will continue to shadow until the latter part of May in an effort to educate themselves in a myriad of career paths. The hope is to narrow down a career path for each of them. Additionally, for those students interested in the second year of the program, this is often the first step in finding an internship required for year two.

Lastly, ditching the masks has had an overwhelmingly positive effect on the students. They are happier, more social, and participating more than before. I am personally thrilled to be going back to "normal" again and sincerely appreciate seeing their smiling faces!

April

Job Shadowing (JS) is back!! The first-year students have been job shadowing consistently from mid-March and will continue until the end of the school year. Students have been welcomed by the community in a variety of different career paths in



addition to business. For instance, I have two students who want to become a vet and have had multiple shadows with area veterinarians. Some other

Page 2

(CAREERS IN BUSINESS continued on page 7)

Program Updates at Construction & St. John's ...

CULINARY ARTS March

In the month of February, students in Culinary Arts learned a variety of new recipes, skills, and techniques. Students focused on breakfast cookery and seafood cookery, and participated in a pasta cooking competition.

During the breakfast unit, students prepared recipes from scratch such as omelets, frittatas, breakfast pizza, and English muffins. During the seafood unit, the favorite recipes prepared by students were sushi, orange teriyaki salmon, shrimp risotto, and seafood crepes.

For the pasta competition, students competed against one another and were judged on the quality of their food. The winner from each class is able to choose the topic for the next competition, as well as being a judge for that competition.

Pasta contest winners were Chris Schoenhard (Chicken Fettuccine with Basil Cheddar Sauce), Cole Hille (Garlic Chicken with Cream Sauce),



and Asher Kubly (Fettuccine with Sun-dried Tomato Cream Sauce).

Student choice contest winners included Schoenhard (Strawberry Cupcake with Buttercream), Jayce Clark (Stuffed Breakfast Burger), and JaVontré Bradford-Thurman (Waffles with Caramel Syrup and Meringue).

April

In the month of March, Culinary students continued developing their skills and gaining knowledge. Students learned how to balance the four main flavor profiles (salty, sweet, sour, and bitter) by preparing various recipes, including vinaigrette and homemade ranch dressing with breaded chicken strips. Students practiced seafood cookery, including how to prepare homemade sushi.

Students also learned how to bake advanced desserts, including creme puffs, cake pops, and caramel blondies. At the end of the dessert unit, students participated in a baking competition.

Dessert contest winners were Josh Tempel (Layered Vanilla Chocolate Cake), Ryan Boland (Brownie with Caramel Sauce), and Rilee Kayes (Flan with Shortbread Crumble).

May

In the month of April, Culinary Arts students went on a field trip to Blackhawk Technical College in



Janesville, Wis., during which they received a tour of the facilities and were cooked a five-course meal prepared by their culinary students.

In class, students learned how to cook with unique ingredients, including daikon and tofu. Students also catered a breakfast for the regional principals and counselors, making breakfast pizza and cinnamon rolls. All our food was well received. Lastly, they practiced baking with yeast.

> Steve Konefes, Culinary Occupations instructor

CONSTRUCTION TRADES March

The boys have been plugging away at their model home projects. A few of the two-man crews are finished with the framing of the homes and have moved on to the siding and roofing parts. Others are still framing. Several groups are constructing complicated roofs and should be finishing their framing soon.

We probably will be finishing up the homes by the end of next week. We will probably move back to Factory Street to do a bit more taping and sanding so we can begin the painting of the completed drywall.

> – Dan Harrington, Construction Trades instructor



CONSTRUCTION TRADES April & May

On March 13, Construction Trades part-time instructor Dan Harrington, who is the owner of Harrington and Sons, submitted his resignation, citing "limited" availability due to "out of town job requirements." We were sad to see him go.

Students were disappointed, as well. "Dan was an incredible teacher and had a lot to offer in so little time we had together."

"... He was the best teacher that our class could have had, and he made me want to attend CareerTEC and made every day of mine better."

Fortunately, former Construction teacher Brad Miller was willing to help finish out the year. Thanks to Mr. Harrington and Mr. Miller for their work this year.

Brian Greene,
System director

HEALTH OCCUPATIONS I March

Pee and Poop! Yep, you read that right. Micturition and defecation were the hot topics of March. Students learned what impacts these important functions of life and how they can aid in maintaining a balance for the residents/patients. They passed a skill called input and output in February. They had to read scenarios and balance a person's input with their output for a day. It is amazing how difficult addition and subtraction can be!

Clinicals are off and running. The students are doing FANTASTIC. Feeding, nail care, shaving, transferring, peri care, showers, partial bath, side lying, range of motion, and dressing are the many skills they must pass on site and on a person. I am so proud of them!

AIRWAY, BREATHING, **CIRCULATION!** To kick off the month of March, BLS CPR is our focus! Students will receive a professional-level CPR certification this month. We also will focus on mental health this month because the intensity rises as the end of the year comes too quickly. The students will get to participate in yoga and learn how to balance work and self care. Students are encouraged to work hard, stay on task, make sure to watch their absent days (only 9 are allowed all year), and stay focused.

Seniors, it's time to get your next year plans in motion! Workforce, college, career, scholarships and finding your PASSION for the future.

Celebrating mask-optional (though encouraged) and spring around the corner!



April

Surprise! We had a surprise visit on March 29 from the state to assess our program.

Thank you to Ms. Steele for all her organization, our office staff who support us in so many things unseen, our Director Brian Greene for his support and for making our lab wishes become a reality, parents/guardians for sending us your great students, and to my AM2 class for a seamless class period.

We take great pride in our program, and the state visit validated that we have a reason to be proud. We passed the inspection with no corrections to be made!

Heavy is an understatement for this past month's hot topics: Mental Health and Death and Dying. We did not have a lot of hands-on activities as our coping skill yoga needed to be rescheduled, but we dove into mental health disorders, how to care for someone with a mental health disorder, and treatments available to help with these disorders. Each group researched a different disorder, then shared what



they learned with the class. We learned about defense mechanisms and coping skills.

We watched the movie Patch Adams and then assessed so many topics we have learned from the year and where we saw them in the movie. Mental health, Maslow's Triangle, coping skills, defense mechanisms and our overall view of health care were just a few movie topics we assessed

We focused on that everyone has a story and how important it is for us to learn about that story versus just judging the person before us. We did this by writing something no one knows we struggle with on a notecard then I mixed all 47 cards, typed them out and read each one in class. It was overwhelming and impactful! Students were encouraged to reach out to those trusted in their lives if they are struggling.

Death and dying is something we will all experience at some point in our lives. Hearing some of the stories of our classmates, students had an emotional start to this unit.

GRIEF is real and lasts longer than we give it time and space to be. So much loss at such young ages. We will explore how the body reacts in the dying process, how to help our residents and families in those moments when death is nearing, self care in death, and how other cultures handle death.

Clinicals continue to go very well. As instructors, we are impressed by this group of students and they care for the residents. Some students have been pleasantly surprised by how much they are enjoying the one thing they feared or thought they would hate ... clinicals and caring for the elderly!

April will bring an in-depth look at the devastating disease of Alzheimer's. We will take a field trip to Highland to look at their nursing program, and hear from FHN on opportunities they have in their hospital post-students getting their CNA. It is also our annual HOYA blood drive. April 22, 2022, is the day we give to save lives!

May

The end is nearing! While the juniors took their SAT tests last month, I had the privilege of enjoying a day with the seniors. We blessed random people in the community with flowers and encouraging notes and then enjoyed a meal of the seniors' choice out.

Our annual blood drive also took place this month and 57 lives were saved through our giving. Our students were brave and did a great job. Thank you to all who attempted to or did donate. (HOYA I continued on page 6)

HEALTH OCCUPATIONS II March

My goodness, how did we get here so quickly? Since we only meet two days per week, HOYA II students, at best, have a total of 18 class days left and then on to the huge prize at the end – GRADUATION!! Spring fever was rearing its beautiful head this past week.

Students are finishing with their patient case studies during their internships. Hopefully, some of the diagnoses they encounter will be covered soon in class. We are working on our cardiovascular system unit with student presentations of different cardiac disease processes next week. This has been an interesting unit as we were able to dissect three beef hearts that were donated by Mrs. Hazzard, the Careers in Business instructor. Students were a little squeamish at the beginning of the activity but then the fun began. Not everyone realized the toughness of tendons, which we were able to witness during the dissection.

We also reviewed the blood flow through the human body by stepping back in time and watching the Fonz, Richie Cunningham, and Potsie Weber singing "Pump your blood."

After the students share their cardiovascular diseases to the class, we will witness two cardiac treatments (via video); cardioversions and cardiac angiogram with balloon stent placement.

In the next few weeks we will be working on the lymphatic/immune system as well as the respiratory system. Immune system should be a quick review and students will be looking at some common and not so common infections (besides Covid). We will also be discussing the role our lymphatic system plays in some types of cancer.

Enjoy these last days of winter (hopefully). Spring will be here soon. Don't forget to set your clocks ahead on 3/12/22 and lose that hour of sleep.



April

What a busy month April will be! Prior to spring break, we spent some time experiencing the challenges of being a person who is dependent on a wheelchair as their mobility device. Students were surprised how difficult it was, especially at the beginning of their "obstacle course." They also were able to experience how just a small incline in our parking lot caused them to really have to use their arm muscles as they maneuvered around their classmates, but it also made the exercise a little scarv as a few students were finding difficulty keeping control down the incline.

Students presented information on several immune system diseases they may encounter in their careers. They shared information regarding multidrug resistant infections such as VRE and MRSA.

Did everyone know that there is a Rabies vaccine for humans? Everyone thinks about the rabies vaccination for our pets, but people who work in highrisk areas, such as veterinarians, also receive pre-exposure vaccinations as a preventative measure.

We also had a guest speaker, Candace Thayer, a dialysis nurse, visit the classroom and teach us about peritoneal and hemodialysis with advantages and disadvantages to both.

Did you know that peritoneal and hemodialysis can both be done at home? Students were surprised as to how much fluid goes into the abdominal cavity for peritoneal dialysis; up to 2 liters per exchange. They also learned that hemodialysis access needles are very large but that there is a special access called buttonholes that can help decrease the pain with the needle insertion because the needles are dull/blunt.

Candace did an amazing job covering all the specifics about dialysis and answering all the students' questions. We are so grateful that she was able to share her expertise with us.

This month we will be focusing on the respiratory and digestive systems; learning which word parts, suffixes, and prefixes will direct us to these systems; and disease processes when the students hear and see different medical terms.

Students will be meeting with the fantastic nursing instructors and students as well as touring the Highland Community College Simulation Hospital on April 6. They will have an opportunity to ask questions about the HCC Nursing Associate Degree program as well as the other Allied Health Programs that are available, such as Certified Medical Assistance, EMS, Advanced CNA, and possible BSN pathways.

The finish line is quickly approaching. I have faith that these wonderful seniors will persevere over the potential senioritis in these last few weeks.

Program Update at HCC ...

CRIMINAL JUSTICE

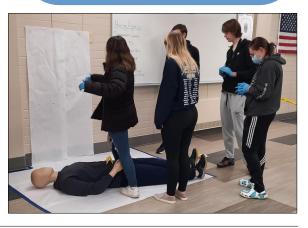
Criminal Justice I Criminal Justice ended the semester with a mock crime scene to process. Students examined the crime scene, identified evidence, photographed and sketched the scene during class. Students then worked together to figure what occurred at the scene.

Criminal Justice II In addition, a detective and police

officer from the Freeport Police Department spoke to the secondyear students about career opportunities at their agency.

A bittersweet ending for our second-year students; many are going off to universities to pursue various degrees in criminal justice. Congratulations, graduates, wishing you the very best.

> - Jennifer Roser, Criminal Justice instructor



From the Director ...

Senior Survey Turns Spotlight on Us

98.5%

Honestly, the number blows me away.

In the final weeks of classes with our seniors, CareerTEC distributes an annual Senior Survey to ask for feedback. We want to hear from our clients - our students - on what they thought of their CareerTEC experience ... good and bad.

I was proud of the response to the question: "Would you recommend a CareerTEC class to other students?"

A total of 64 out of 65 seniors (98.5%) in 12 of our 14 CareerTEC programs answered, "Yes." Seniors they enjoyed CareerTEC.



Brian Greene. CareerTEC Director

"I think CareerTEC is a good thing because it gives you a head start on your education," a student wrote. "I will always encourage others to try a class because it is fun and you learn a lot."

Other key takeaways from the survey, so far (the survey's deadline is Friday, May 20):

- ♦ 84.6% of seniors had at least one work-based learning opportunity
- technical skills in the field

of study

- ♦ 70.8% said CareerTEC helped improve the student's attendance
- ♦ 89.2% feel prepared for an entry-level job in the field of study
- ♦ 89.2% were influenced by their teacher to continue in the career pathway of their course of study "Willing to help

me" (92.3%).

"Understanding" (86.2%), and "Knowledgeable (86.2%) were the most common responses to students describing their teachers.

Seniors felt they strengthened their "Critical Thinking" (87.7%) and "Problem Solving" (76.9%) the most of any academic abilities.

Students also were fair with their constructive criticism and provided some helpful comments. As a team, our staff will discuss these critiques and look to improve.

Frankly, while it feels fantastic to read the mostly positive comments from the Senior Survey, I am not really surprised.

Over the past three years as CareerTEC director, I simply can not say enough good things about our programs, teachers, and staff.

Thanks to everyone for the great work you do.

Thanks to our seniors (and all of our students) ... please don't forget us in the future. Hopefully, CareerTEC was vour first step into a happy and fulfilling career.

(HOYA I continued from page 4)

Clinicals are almost done and these students have rocked it this year. We are so proud of all of them. They have learned that the elderly are actually pretty fun!

The state test is nearing; the unable or chose not to be a dates are as follows: May 26, May 31. or June 9. Students may choose 10 a.m. or 1 p.m. to test on these three dates.

I also recognize the students fast, and fantastic are just a who worked hard and finished strong even though they were

part of the CNA portion of the class. It demonstrates a great work ethic.

Fun, blessed, busy, exciting, few words I would choose to describe this year. Thank you

for allowing us to join your students in their journey through this life, if even just for a short time!

> - Stacey Vock. Health Occupations I instructor

(HOYA II continued from page 5)

May

Wow. How did this year go by so quickly?

Students were surprised at the opportunities Highland has to offer; from Certified Medical Assistant courses (with two full scholarships from Monroe Clinic Hospital), both full-and part-time nursing programs, and the fact they could receive their Bachelor's of Science in Nursing degree with only one extra semester with HCC's partnership with Northern Illinois University (an extremely cost-effective tactic).

Students also were able to practice Epi-pen injections, mixing "medications," as well as listening to heart and lung sounds of the infant mannequin. We learned about Deep Brain stimulation for diseases such as Parkinson's, Tourette's, and seizures.

Students were a little shocked that a rather archaic treatment is still used today. Electroconvulsive therapy (ECT) is still being used for patients with severe depression

when accompanied with psychosis (especially when depression is not improving with prescribed medications. It is also used for patients suffering from severe mania, catatonia, as well as those with agitation and aggression (sometimes noted with dementia and for children on the Autism spectrum; again, this is for patients who do not respond to medications).

As HOYA II only meets twice weekly, our days are down to single digits. We will finish up our body systems with the reproductive system next week.

Our final is scheduled for May 9 and the review will be on May 4. We will have a few relaxation/stress-relieving exercises to finish up our final days.

It has been my pleasure to watch these young adults grow throughout this year. I hope they all remember to "put that glass down" and enjoy life this summer (as in put the little things down, don't hold on to the stress too long or it becomes unbearable). I can't wait to see the great things they all do in their future!

Lori Steele,
Health Occupations II
instructor and HOYA

(CAREERS IN BUSINESS continued from page 2) areas include entrepreneurship, banking, finance, management, marketing, and engineering to name a few.

The goal of shadowing is to help students learn about various career paths in an effort to solidify their choice or perhaps remove it as an option. Either way, it's a plus saving them time and money in the future. The academic end of job shadowing includes students polishing their communication skills in a variety of ways: using proper email etiquette with their mentors, researching and writing pre-job shadowing memos, post JS thank you letters, and making PowerPoint presentations to share with the class about each experience.

Often, students find a business in which they would like to intern. This year. I'm thrilled that 80% of the current juniors have chosen to take the second year of the program, which means having an internship next school year. As a parent of a current senior who is currently in an internship through the Careers in Business program, I sincerely believe it's a way to differentiate and set the student apart from other students, in particular, when "selling" yourself to colleges and trying to obtain scholarships. And, who doesn't like free money? The internship is also dual credit, which is an added plus!

Students are still competing in the Stock Market Game and it has been a

volatile ride! The game concludes mid-May with the completion of team portfolios, presentations, and evaluations. We are also finishing insurance, taxes, and retirement. These students will be working hard in the final stretch, and I'm very proud of them.

Lastly, thank you to the area businesses for supporting our program! This is an immeasurable experience for the students and we are appreciative.

May

What does job shadowing, the Stock Market Game, college searches, interviewing skills, mock interviews and resume writing all have in common? They're all happening in the Careers in Business class during May! It's an insanely busy month, but we're going to finish strong!

The students have been job shadowing for the last two months and honing their communication skills. We have had a tremendously positive response regarding the student's preparedness and professionalism from all of the mentors participating.

The Stock Market Game is winding down and it's becoming a tight race. We have two teams in the top 17 out of 1,100 teams with less than \$10 separating them! At the end of the game, each team will provide a portfolio and a presentation to the class about their stocks, choices, pitfalls, and successes. It's always a rewarding experience.

In the first week of May, we focus on interviewing skills, including how to answer behavioral-based interview questions, attire, greetings, and handshakes. Then we practice during class with a friendly "hiring" competition. Later in the month, we will conduct mock-interviews utilizing outside businesses to do the interviewing.

Next, we focus on college and careers. Students take an in-depth look at their potential career path and college choices that would best fit them. We discuss what metrics to look for when choosing a college, how to finance college, and how to analyze the return of investment (ROI). We have 10 juniors taking the second year of the program next year, and we will discuss those expectations, internship location choices, as well.

Lastly, I'm extremely fortunate to have been blessed with another fantastic, intelligent, hilarious, and hard-working group of young people. I'm excited to see where they will intern next year.

For the students graduating, thank you for a great year!! Good luck in your future endeavors and stop by to visit from time to time; I'll miss you! Everyone, enjoy your summer with those you love!

> — Elizabeth Hazzard, Careers in Business instructor

A Look Inside CareerTEC





SPECIAL THANKS

Congratulations and thanks to Lt. Commander Barry Boettcher, LCDR, USN Retiree, Senior Naval Science Instruction at Freeport High School NJROTC, on his upcoming retirement. We welcome Lt. Commander John Spiritosanto, who will be taking over for Lt. Commander Boettcher. Thanks to both for your service to our country and in training our students.



It's not too late! Please talk to your counselor and apply now!

2022-23 Applications Being Accepted

- 1. Go to www.careertec-il.org
- 2. For complete information about courses and their costs, go to "2022-2023 Course Enrollment Catalog" under Quick Links at the bottom of the home page.
- 3. At top of home page, choose "Student Application/Registration Information" if/when you are ready to apply.
- 4. Either in course offerings or at bottom of Student Application page, select the application link (https://forms.gle/v8tzim5V1SvwnqwS7)
- 5. Applications should be done with a parent/guardian in order for proper consents and information to be received.