Rappelling Activity Provides Safety, Life Lessons for CiTi’s Public Safety Students

Public Safety & Justice students at the Center for Instruction, Technology & Innovation recently learned that it takes safety, teamwork and determination to succeed during a rappelling activity.

The group of Career and Technical Education students completed the rappelling activity in CiTi’s main gymnasium, as a culmination event to a related five-week educational unit. Public Safety instructor Shawn Tompkins said the hands-on techniques students learned helped them advance both their emergency response knowledge and several life skills.

“The knots we do, they can use for the rest of their lives,” he said. “Some of this is teamwork-based and being safe, while some of it is science-based. The other piece is confidence and overcoming something.”

Public Safety students were familiarized with basic knot tying, protective equipment (including harnesses and helmets), rappelling terminology and various rescue systems. Trisha Ellis, a Central Square School District senior, said safety has been the most important component of the class.

“You have to know your knots and watch out for people when you’re up there,” she said. “It’s always about keeping calm.”

Inspired by her brother in uniform, Ellis said she has enjoyed the CTE program and her dream is to become a law enforcement officer.

New Vision Students Cheer On Local Law Enforcement in Torch Run

New Vision Specialized Career students cheered on members of local law enforcement in their run to support the Special Olympics.
CiTi Industry Partner, Huhtamaki, Promotes Jobs for Students

A current student at the Center for Instruction, Technology & Innovation could be one of the next hires at Huhtamaki. Huhtamaki, a global food packaging company with a large manufacturing facility located in Fulton, is one of CiTi’s industry partners; their employees have educated and mentored CiTi students on the role of manufacturing throughout Oswego County. Greg Hilton, engineering and maintenance manager at the local plant, recently joined CiTi’s second-year Industrial Electrical Technologies program students via a Zoom video connection to discuss pathways to employment.

Due to an aging workforce, upcoming retirements and an abundance of opportunities in the growing field, Huhtamaki has a plethora of open job opportunities at its Fulton plant. Hilton said he would highly encourage the IET students to apply to the open industrial electrical tech intern position, which, if hired, would provide the student with 40 hours of work per week from late spring through the summer.

“You’d be partnered up with a journeyman electrician and tag along, work under their wings as an extra set of hands and learn how to troubleshoot and replace electrical components, perform wiring installations, and you’ll become very familiar with basic electrical components,” Hilton said.

With a pay rate of $20 an hour, Hilton suggested students prepare their resumes and fill out an online application as soon as possible for the competitive positions. An entry-level exam and some hands-on work would be required. The students were elated to hear that the company has hired former CiTi students for temporary positions, who then moved on to full-time employment at the facility.

Carol Taormina, CiTi’s work-based learning coordinator, told the students that no matter the pathway they choose, CiTi’s CTE Career Center is ready to help them with application and resume preparation.

OCFCU Partners with CiTi to Teach Financial Management

Many students at CiTi are tactile learners, and a partnership with the Oswego County Federal Credit Union once again has benefitted student learning through the donation of 100 checkbooks for use in career and technical education math.

“Checking accounts are a basic necessity that all students need to learn early and correct,” said CiTi math teacher Ryan Wood. “Having check registers in hand when explaining how to use them and the importance of maintaining finances is vital.”

This is not the first time the credit union has partnered with CiTi, as they worked to open a student-run branch on CiTi’s main campus last school year that provided accessibility for staff in addition to the learning opportunities for students. They’ve also provided guest speakers on a variety of financial topics and continue to financially support CiTi’s Most Employable Award program, which recognizes students who have exhibited character traits that would make them employable to local companies.

“Although this school year looks very different from other years, OCFCU is excited to again continue to provide CiTi with our services to the students with financial education and money management skills,” said OCFCU Business Development Specialist Danielle Hayden. “We are very thankful for CiTi and the opportunity to build such a wonderful partnership the last four years.”
CiTi Alumni Spotlight

CiTi alumna Chelsea Giovo is a 2009 graduate from Mexico High School and New Vision Law & Government. She currently serves the city of Oswego as a police officer. Giovo said the New Vision Law & Government program gave her many unique opportunities to intern with local law enforcement and government agencies throughout Oswego County. She said the program also provided her with special access to local professionals and networking opportunities, many of which have served her well in her new career. Do you know CiTi alumni who should be recognized for their success? Share their story with the CiTi Public Relations team at pr@CiTiboces.org.

Arts-in-Education Provides Virtual Opportunities for Students

Resiliency & Coping Skills

Stress Management & Health

Stress Management and Health — There are two kinds of stressors in our lives: external and internal. External stressors are the things that happen to you, like having a mark changing school, or having relationship problems with family or friends. An internal stressor is the pressure you put on yourself like a warroom when something bad happened or when you feel obligated to do something. Resiliency is a healthy and effective way to reduce stress. Try using your large muscle groups (like your arms or legs) to help reduce stress by making your heart stronger and helping to lower your stress hormone levels.

The Center for Instruction, Technology & Innovation has provided its second-year Advanced Metal Manufacturing students with cutting-edge technology to help advance their hands-on skill set: a new precision cutter.

Those students in CiTi’s Career and Technical Education program may now utilize the new CNC plasma cutter, which instructor Joseph Hawsby Jr. said will give them valuable experience needed to work at most metal shops. Students must work with a computer-aided-design software program to come up with a desired drawing before it’s imported through a thumb drive and uploaded to a program that shows the plasma cutter’s path. Once students choose the correct settings, Hawsby said they will know how to navigate the machine to the correct piece of metal to be cut.

Metal materials produced from the equipment will include brackets, mounts, various parts, signs and more.

When students see the machine produce products quickly and efficiently, they are sure to be excited and motivated to learn, Hawsby said.

Advanced Metal Manufacturing Students to Use New Precision Cutter

APW Elementary students and staff members viewed a virtual Syracuse Stage performance of “Danny, King of the Basement,” thanks to support from the Arts-in-Education program at the Center for Instruction, Technology & Innovation. Viewers received a virtual study guide, which provided activities and helpful techniques, such as resiliency and coping skills.

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Career and Technical Education Programs of the Month: Computer Coding and Culinary Arts

Computer Coding and Culinary Arts are November’s Career and Technical Education programs of the month.

The Computer Coding program is an introductory class providing students with programming foundations. Students are introduced to a variety of computer languages including HTML, CSS, DNA, SQL and Javascript.

Working as a chef or cook involves the ability to work as an efficient team member. While applying classroom theory in an industrial kitchen, students will learn food preparation and cooking methods, food-handling techniques and sanitation procedures in Culinary Arts.