



The Kahok Current

Volume 12 Issue 3

Third Quarter

Happy New Year Kahoks!

Collinsville High School Home of the Kahoks

Dear CHS Parents, Guardians, and Students,

I hope everyone enjoyed a wonderful Winter Break with family and friends! As we start our second semester of school, I am hopeful that our students and staff are poised to build on their successes of last semester. The new semester also affords students who did not meet their academic expectations an opportunity to improve their performance.

Faculty members, support staff, and administrators are committed to ensuring that Collinsville High School is a tremendous place for our students to learn and prepare for their future. Numerous teachers have been actively participating in professional growth workshops throughout the school year. Vertical alignment teams in core subject areas such as English, math, science, and social studies focus on curriculum development. CHS Professional Learning Communities also facilitate curriculum improvement and provide staff opportunities to review pertinent data. Such building and district level articulation directly impacts individual students. As a result, academic scholarship awards have been excellent at CHS the past 5 years. We are optimistic the Class of 2019 will continue the positive trend. In addition, the graduation rate at CHS has improved to 90%, which exceeds the state average.

All juniors are required to take the SAT, which will be administered on April 9, this school year. All students are encouraged to prepare for the SAT and PSAT by using www.khanacademy.org/sat, which is a free online preparation tool available to all students. In addition, CHS will be providing exam practice sessions to juniors. Freshmen will take the Preliminary SAT 9 (PSAT 9) and sophomores will take the Preliminary SAT 10 (PSAT 10) on April 9. Seniors should plan to take a college, career, or job shadow day as they will not be in attendance at CHS on April 9, 2019.

Planning and preparation for next school year is underway. We recently hosted an 8th Grade Student and Parent Night in order to provide pertinent information to future Kahoks. Our school counselors are also diligently collaborating with current students regarding academic schedules. Many of our seniors have already made their post-secondary plans. Parents are encouraged to discuss possible pathways (university, junior college, technical school, or military) with their children. Furthermore, I recommend that students work closely with their parents and respective school counselor in developing a rigorous schedule in order to prepare for future academic

challenges, as well as career goals. We recently incorporated a comprehensive college and career readiness solution, Naviance, that helps districts and schools align student strengths and interests to postsecondary goals, improving student outcomes and connecting learning to life. Please review our counseling website and contact the CHS Counseling Department if you have any questions.

In closing, our students and staff have been awesome to work with collectively and individually. I encourage you to share your positive CHS experiences with friends, community members, and others. As always, it is an honor and privilege serving as your principal. Please contact me at dsnider@cusd.kahoks.org if I can be of assistance. Go Kahoks!

Sincerely,
David G. Snider
Principal

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The Importance of Sleep: Teens From Z-z-z's to A's

Our teens have never been more on the run: with classes during the day, extracurricular activities or part-time jobs that run into the night, then homework -- high school students are usually the last to bed and the first to rise. The first casualty of these firmly packed schedules is sleep. In fact, some experts say sleep deprivation has become a crisis among teens. Research shows that teens' internal biological clocks differ from those of pre-teens and adults. Even when teenagers go to bed at 10 p.m., there's a part of their brain that is keeping them awake, so it's hard for them to fall asleep. That same part of the brain doesn't operate to keep them awake in the morning, so they're much sleepier than children or adults. The adage "early to bed, early to rise makes a man healthy, wealthy and wise," is just as important for teens as it is for adults. In fact, ade-

quate rest may:

- Improve mood
- Increase the chances that your teen will get to school on time
- Increase the chances that your teen will be in school
- Improve academic performance
- Keep your teen awake while driving
- Keep weight healthy

There are several steps you can take to make sure both you and your teen get a better night's sleep. It may take a few weeks to establish a new, natural sleeping routine that doesn't keep you awake or disrupt your sleep.

- Avoid or reduce your intake of caffeine.
- Avoid eating large meals just before going to bed. Take a warm bath an hour or two before bedtime.
- Get regular physical activity.
- Keep your bedroom quiet and dark.
- Avoid long, late afternoon naps.
- Read in bed for a few minutes before turning out the light.

For more information, visit the National Sleep Foundation at: www.sleepfoundation.org.

Illinois State Scholars Announced

Forty-two Collinsville High School Seniors were named Illinois State Scholars this year. This prestigious award is given annually by the Illinois Student Assistance Commission (IASC). Illinois State Scholar winners rank in the top ten percent of the state's high school seniors from 710 high schools in all 102 counties of Illinois. Selection is based on ACT /SAT scores and/or GPA at the end of the junior year. We are proud to announce this year's honorees:

Elizah Apperson
 Dominique Bacchetti
 Trent Baima
 Bryson Baker
 Samuel Blaha
 Kylie Bolandis
 Emily Bone
 Amy Burgess
 Chelsea Cagg
 Matthew Campbell

Mikaila Chrisman
 Emily Claxton
 Richard Coca
 Megan Fedorchak
 Kaitlyn Fenton
 Hannah Gray
 Alyssa Grimm
 Autumn Ham
 Alyssa Huffman
 Calyssa Jones
 Lukas Liljegen
 Trinity Lowe
 Hannah Manker
 Heather Martinez
 Samuel McChristian
 Austin McClary
 James Moore
 Morgan Myers
 Trenton Pauley
 Justin Peterson
 Joel Philpott
 James Russell
 Tyme Sampson
 Mackenzie Schaibly
 Isabella Schubert
 Donovan Scott-Gass
 Nicholas Shepherd
 Sierrah Sykes
 Isabella Tucker

Stephanie Velazquez
 Joshua Vickery
 Shannon Wobbe

“These students personify excellence,” said IASC Executive Director Andrew Davis. “Illinois State Scholars are among the best and the brightest in our state's high schools. We salute them, along with their parents in reaching the stars; their families and the teachers and staff at CHS for this stellar achievement.”

Congratulations to these outstanding seniors for all of their hard work that lead to this prestigious honor.

State Testing Coming Soon!

The state of Illinois has chosen to take part in SAT testing this Spring. This state adopted and required testing will test all students who are enrolled as Juniors at Collinsville High School.

The SAT assessments is replacing the PARCC as the accountability measure in schools. All Juniors will take the SAT at Collinsville High School on Tuesday, April 9, 2019.

On that testing day all Freshmen and Sophomores will take a PSAT test.

Seniors will be released for the day to attend a college visit, job shadow or explore a career option. Seniors do not report to CHS on April 9, 2019. Several incentives will be provided for Juniors to do their best on the test. These incentives will be announced in March at an assembly for Juniors in the auditorium. All

Junior families will receive a mailing regarding testing later this Spring.

Please help us impress on our students that these tests are important for not only their future but for Collinsville High School and our community! Together we can all proudly say we are Kahok Strong!

CHS Athletics Update

*Parents and Fans are encouraged to check out our Collinsville High School Athletic Website. You can find the entire athletic calendar for all Kahok sports teams here...

www.il.8to18.com/Collinville/

*Spring sport practices will begin on Monday,

February 25, 2019 for Girls Soccer, Baseball, Softball, and Boys Tennis. On-line Athletic Registration needs to be completed as well as a valid physical on file to be able to participate in the tryout. There is also a \$100 activity fee to participate in a Spring Sport. Waivers are available for

free and reduced lunch students.



Upcoming Kahok Events

Auditions for the spring play "You Can't Take It With You" will be January 29th and 30th after school in the auditorium, with room for 19 actors. This timeless comedy will be revamped, setting it in modern days. The show centers around an eccentric family that lives their life to the fullest, ignoring social norms. Chaos ensues when a boyfriend's family visits for dinner on the wrong evening.

The play will be presented April 4,5,& 6 @ 7:00pm in the CHS Auditorium.

The CHS Math Team will be hosting it's second "Trivia Night Like No Other!" on Saturday, March 30th, 2019. Cell phones are ALLOWED at this unique trivia experience, but each round is timed, so the advantage still goes to those who KNOW trivia. \$20 per person with a minimum of 4 people and a maximum of 8 people per table. There are only 20 tables available! Cash prizes for the top two teams. There will be many opportunities to win raffle prizes throughout the night! Doors open at 6:00 PM and the action starts at 7:00 PM at the First United Presbyterian Church in Collinsville. Contact Bill Gottschalk at wgottsch@cusd.kahoks.org to reserve a table!



Help Your Child Prepare for Standardized Testing

Beginning this year, the Illinois State Board of Education requires all Juniors to take the SAT (Scholastic Aptitude Test) in order to meet graduation requirements. On April 9, 2019 all CHS students grades 9 through 11 will take the PSAT (Preliminary SAT) or SAT depending on grade level. Freshman will take the PSAT 9, Sophomores will take the PSAT 10, and Juniors will take the SAT. The great news is that these college readiness tests are being administered during the school day at no cost to families, and the results will help 9th and 10th grade students prepare for future SAT testing. The PSAT 9 and the PSAT 10 are vertically aligned so they are great indicators of how well your freshman or sophomore student would score on the SAT if they took it at that particular time.

The College Board recently partnered with Khan Academy (www.satpractice.org) to offer a host of free SAT test preparation resources including diagnostic assessments, full length practice tests, and a test preparation calendar. We encourage all students to take advantage of this amazing resource! In addition to encouraging your student to use test preparation resources like Khan Academy, we also recommend parents help students prepare for test day:

Have conversations about the test:

Make sure to discuss the test openly and in a positive way with your child, and encourage your child to do the best work possible. However, don't pressure them. Your child should be relaxed about taking the test, not stressed out. Ask your child how they are preparing for the test, and how you can help them to prepare. Reassure them by telling them that you are proud of their effort.

Ask your kids if they experience test-taking anxiety, and tell them that it's normal.

Remind your child to stay positive during the test and to think positive thoughts like "I can do this!" Tell your child if he or she is feeling stressed or freezes up, to take a few deep breaths or to imagine a peaceful place like the beach or park. If you are anxious about your child's test, don't let them know it. Help your child learn how to relax. Have realistic expectations about your child's performance while encouraging their best efforts. Emphasize that the test is only one measure of academic performance, and does not determine a person's intelligence or worth. Tell your child that you will love them just the same, no matter how they do on their test, but that it is important to do their best. Encourage your child to study, and make sure they have a well-lit and quiet area to do so. Regular study time can help your child prepare for the test and develop a routine to feel comfortable on test-taking day.

Go over the following test-taking tips with your child:

- Follow all written/verbal instructions carefully.
- Read each question carefully.
- Identify key words.
- Mentally rephrase difficult questions - think of them in words that are easier for you to understand.
- Eliminate answers you know are wrong. If you have to guess, the process of elimination increases your chances of guessing correctly.
- Don't change your first answer unless you are pretty sure it was wrong. Most studies show that the first answer is usually correct.
- Don't get stuck on one question. Skip it and come back to it later.
- Answer every question, even if you have to guess.
- Make sure all your answers have been marked on your answer sheet.
- Use all your time. If you have extra time, go over your answers.
- If you feel nervous, take a few moments to relax. Take some deep breaths and clear your mind.

On April 9th, make sure your child is rested, eats a good breakfast, and arrives to school on time. Testing begins promptly at 7:55 a.m.

Know testing dates, and be sure to not schedule any sort of appointment for those days.

The night before, make sure that your child gets to bed early enough and gets a good night sleep. Adequate rest does make a difference! If your child is a restless sleeper, take them to do something active earlier in the day. Nutrition also influences how well children do on a test -make sure your child gets a good meal, but not too heavy of a meal. Send them off to school wearing comfortable clothing for long test-taking periods. We advise wearing layers in case the room is too cool or too warm.

Keep an eye out for test results and talk with your child's school counselor to discuss any questions you may have. Keep an eye out for your child's test results and teach your child to learn from their mistakes. If you have questions, make an appointment with your child's counselor to determine what areas your child need to improve in, and what sort of activities you can do at home to help them do better next time.

Juniors, with the help of the counselors, have already created Khan Academy SAT prep accounts and they will attend an assembly on March 29th where they will be given additional information about test day, incentives, etc.

Adapted from <http://www.houstonisd.org/cms/lib2/TX01001591/Centricity/Domain/21201/STAARTips.pdf>



Counseling Department Spotlight: Why Go To College?

Whether you are uncertain about going to college or you just need some reassurance you're on the right track, here are a few reasons to go to college:

- *Every bit of education you get after high school increases the chances you'll earn good pay. Most college graduates earn more money during their working years than people who stop their education at high school.
- *The more education you get the more likely it is you will always have a job. According to one estimate, by the year 2028 there will be 19 million more jobs for educated workers than there are qualified people to fill them.
- *Continuing education after high school is much more important for your generation than it was for some previous generations. Today most good jobs require more than a high school diploma. Businesses want to hire people who know how to think and solve problems.
- *Education beyond high school gives you a lot of other benefits, including meeting new people,

taking part in new opportunities to explore your interests, and experiencing success. Whether you choose a 4 year college or a technical school, there are many benefits to pursuing additional training and education after high school.

'Tis the Season...For Financial Aid
With the holidays now over, no doubt you're busier than ever. However, there is one more important item to add to your to-do list. Make sure you're up-to-date on financial aid terminology and filing deadlines. Here are some helpful resources:

*The Free Application for Federal Student Aid (FAFSA), the key to unlocking your student's financial aid opportunities, becomes available January 1 for the 2017-2018 school year. Because aid is handed out on a first-come, first-served basis, *graduating seniors* and their families will want to get this form completed and submitted as soon as possible. Visit the official FAFSA website for a list of what you need to complete the form and to com-

plete it at www.fafsa.ed.gov (Be careful that you choose the .GOV website and NOT the .COM site)

*Research the different types of financial aid that are available. Learn the differences between scholarships and grants, private and federal loans, and need- and merit-based aid. The Federal Student Aid website has the details at <http://studentaid.ed.gov>

- Deadlines for financial aid vary. Check the FAFSA website and college financial aid officers/websites for important deadlines.
- NEVER pay for scholarships or grants.
- If your student isn't a senior yet, use the sites listed above to learn more and prepare.

Adapted from: <http://www.act.org/path/parent/news/1212.html>

NEW Math Tutoring: **DAILY**

3A: Room 312 with Mr. Glynn
4A: Room 103 with Ms. Schmidt
4B: Room 106 with Mr. Liljegren
5A: Room 317 with Mr. Nichols
5B: Room 104 with Mr. Warnecke

Tues & Thurs
3-4pm: Library

State Testing Coming Soon!

The state of Illinois is requiring all 9th, 10th, and 11th grade students to participate in standardized testing on Tuesday, April 9, 2019. Juniors will be taking the SAT, Sophomores will be taking the PSAT 10, and Freshmen will be taking the PSAT 9. Seniors will be released for the day to attend a college visit, job shadow, or explore a career option. Seniors do not report to CHS on April 9, 2019. Several incentives will be provided for Juniors to do their best on the test. These incentives will be announced in March at an assembly for Juniors in the auditorium. All Junior families will receive a mailing regarding testing later this spring. Please help us impress on our students that these tests are important for not only their future but for CHS and our community! Together we can all proudly say we are Kahok Strong!

Collinsville High School is offering a variety a test preparation options:

Official SAT Practice:

Khan Academy recently partnered with the College Board to create a free Official SAT Practice website: www.satpractice.org. Students can use this website to increase their test scores. The CHS counseling department will monitor who uses Khan Academy's Official SAT practice the most and will issue one pizza per grade level each week starting February 8th. Students who spend over 20 hours preparing to test from the beginning of the school year to April 9th will be eligible for a field trip.

ZAPs:

CHS is also offering free ZAPS test prep classes on Tuesdays and Thursdays starting February 5th. Each week teachers will offer a predetermined lesson that covers strategy and content. A schedule of weekly lessons will be available in the coming weeks. As an incentive for attending ZAPs sessions students will receive a ZAPs Punch Card. Every student who receives ten punches on their card for attendance will receive a pizza and their name will be entered into a drawing to win a cash prize!

GROWTH MINDSET at home



What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Created by Reid Wilson @wayfaringspice © 2015 Icon from thecraigoakley.com

WHAT DOES 'PROCESS PRAISE' SOUND LIKE?

- That work is really good. Tell me about it and how you did it
- I love the colours in your artwork. What techniques have you tried?
- Well done! You're learning to...
- Every time you practise that, you're making the connections in your brain stronger
- I'm so proud of how hard you tried in that game

WHAT DOES IT SOUND LIKE WHEN WE PRAISE A CHILD'S TALENT OR INTELLIGENCE?

- You learned that so quickly!
- Fantastic work- you didn't make any mistakes at all
- You're a natural at [insert skill]

GROWTH MINDSET PRINCIPLES

INTELLIGENCE CAN BE GROWN

Everything we know and can do is learned

EFFORT IS MORE IMPORTANT THAN OUTCOME

Learning to persist using our own, independent strategies is a skill that will be beneficial throughout our lives

MISTAKES ARE VALUABLE

Without mistakes and failure new learning cannot happen

THE TYPE OF PRAISE WE GIVE IMPACTS ON A CHILD'S MINDSET

Praising a child's intelligence, ability or talent sends messages that can encourage a fixed mindset

10 GROWTH MINDSET TIPS FOR PARENTS



1. Model Growth Mindset Thinking

Explain how you deal with challenges and continue to learn. Don't label yourself in a way that demonstrates a fixed mindset e.g. 'I'm a terrible cook' or 'I've always been bad at maths.'

3. Set high standards but give help when it's needed

We should have high expectation of children's habits, effort and ability to grow. Making things too simple in order to give them an 'easy win' is counter-productive in the long run. If children need support, for example equipment or to talk homework through, this help will support their success.

5. Present failure as an opportunity to grow

Our instinct is to protect our children from the disappointment of failure, but this doesn't help them cope with setbacks. Don't allow your child to label themselves or shelter from the realities of failure by placing the blame on others. Instead ask, 'What will you do differently next time?'

7. Praise the process

Celebrate the effort or practise children have put into something, to help them see that persevering is worth it. When your child succeeds, talk about the work that went into that success.

9. Provide honest, constructive criticism

Try not to focus on your child's shortcomings or past mistakes. Work with your child to identify strategies that would help improve them in an area they find difficult. Comparing children to their peers or siblings either favourably or unfavourably, can encourage children to think of their abilities as fixed e.g. 'Her brother has always been better at writing.'

2. Encourage them to enjoy learning for learning's sake

Tests may give you snapshots of what your child has learned so far, but over-focusing on scores and performance can encourage a fixed mindset. Talk to them about which areas of the curriculum have engaged them and foster their interest in these.

4. Set realistic goals

Be mindful of the goals you set for your children and the messages they may hear. Goals should focus on the growth of a skill or the expanding of knowledge, rather than the end result.

6. Highlight the growth mindset of people your child admires

If your child has a favourite singer or footballer, find out about their daily habits, goal-setting and commitment. There are some great videos about famous people who experienced early failures, including Michael Jordan, J.K.Rowling and Einstein.

8. Take reasonable risks and encourage your child to do so

Growth mindset is about being a life-long learner. Accepting a certain amount of risk and failure is part of that process.

Is there something that you always wanted to try but were afraid you'd fail? Make a plan to do it and ask your child to do the same.

10. Find out about the brain together

Children are fascinated by brain facts. Learning about the brain's incredible capacity for growth can help them see that their abilities are not predetermined. There are some lovely websites devoted to explaining neuroscience for kids.

LATIN CLUB NEWS

IJCL South Convention

This year at South Convention students from every school in attendance were interacting with each other thanks to Aquila and her well put together IJCL people search. Students got to enjoy many different activity stations at Monmouth College Classics day, such as getting their face painted, making a mosaic bookmark, or battling each other with Roman weapons before using the Monmouth football field to hold Roman Olympics. While waiting for the Roman Olympics to begin we won a game of “aggressive duck-duck-goose”, which wasn’t for points, but was still a great way to make friends! During Roman Olympics, our heroic battle through the Spirit Wars began—and many voices were lost. Nobody can say that we didn’t earn our Spirit award! Once again, the students of CHS made new friendships and memories to last a lifetime at IJCL South.



Convention Results

All of our hard work for convention paid off, and we earned over **30 awards** this year—including **22 individual artistic and academic awards!** We proved our all around Latin know-how by earning **1st** and **2nd place** in **Lower** and **Upper Level Certamen** respectively, and for the first time under Magister Stark, our IJCL South Banner placed! By the end of the day, we walked away with **2nd Place** overall for all the hard work every one of us put towards this year’s convention.

Category	First Place	Second Place	Third Place
Academic	Tyler "Dominus" Garner - Roman Life Annika "Pallas" Cosgrove - Myth Christina "Lucia" Weber - Vocabulary Julia "Aurora" Eversmann - Vocab	Jeremy "Pluto" Ovalle - Mythology Nicole "Diana" Pacheco - Vocabulary Kenia "Somna" Banuelos - Roman Life	Chase "Odiosus" Haluch - Roman Life Justus "Iustitia" Meacham - Myth Laila "Nox" Elkerdawy - Mythology DJ "Lanius" Thomas - Derivatives Melanie "Sola" Johnson - Derivatives Rocio "Athena" Romo - Derivatives Tyme "Camilla" Sampson - Derivatives
Art	Rocio "Athena" Romo - Painting Jeremy "Pluto" Ovalle - 3D Art Gabriel "Captiosus" Duncan - Photo. Laila "Nox" Elkerdawy - Misc.	Annika "Pallas" Cosgrove - Photograph	Christina "Lucia" Weber - Painting Julia "Aurora" Eversmann - Drawing Melanie "Sola" Johnson - Mosaics
Olympics	Jeremy "Pluto" Ovalle - Javelin (B) Chase "Odiosus" Haluch - Discus (B) Ashleigh "Bella" Milligan - Discus (G) Malika "Camilla" Finke - Girls Dash		Bradley "Octavius" Wilson - Javelin (B) Rocio "Athena" Romo - Girls Javelin

Order your 2018-19 Kahokian Yearbook

Click on the graphic below or go to https://www.jostens.com/apps/store/productBrowse/1075531/Collinsville-High-School/2019-Yearbook/2018070304181328358/CATALOG_SHOP/. Current price is \$60.00. Price increases to \$65.00 March 2, 2019. ALL yearbook orders are placed online through Jostens. However, if you have any questions, please feel free to contact the Kahokian staff at kahokian@cusd.kahoks.org.



Class of 2019 Senior Ads

Attention Seniors and Senior Parents/Guardians, if you are interested in placing a Senior Ad in the 2018-2019 Kahokian Yearbook, please be checking for an email being sent the end of January. All information for Senior Ads will be disseminated from kahokian@cusd.kahoks.org. We use the student Gmail account and the parent email address on file with the high school. If you don't not receive an email by January 31st, contact kahokian@cusd.kahoks.org.

COLLINSVILLE NIGHT WITH THE ST. LOUIS CARDINALS

Mark your calendars for Monday, April 8, 2019! That's when Collinsville Night at Busch Stadium will take place. The CHS will be performing "God Bless America". We will have an entire right field box section for the game. The game starts at 6:45pm and is against the Los Angeles Dodgers!

The cost of each ticket is only \$19. Tickets must be purchased **in advance!** Tickets can be purchased via the order form below. For more information about getting tickets for the game, please contact Kyle Gordon at kgordon@cusd.kahoks.org.

We hope to see Collinsville at the ball park on April 8 to support the CHS Band as the St. Louis Cardinals play the **Los Angeles Dodgers!**

Collinsville Night At The Ball Park Order Form

Name: _____
Street Address: _____
City: _____ State: _____ Zip Code: _____
Telephone Number: _____
E-Mail Address: _____

Number of Tickets Ordered: _____ x \$19 per ticket = _____ Total Amount Enclosed

Please make all checks payable to **CUSD 10**

Please return order form and payment to:

Collinsville High School
Attention: Cardinal Game Tickets
2201 South Morrison Avenue
Collinsville, Illinois 62234



Collinsville Area Vocational Center

Vocational Update

It is once again that time of year when students start looking at courses for next year. As you know, the Collinsville Area Vocational Center offers programs in numerous areas that are designed to prepare students to continue their education at a 4-year college, a local junior college, trade school, union apprenticeship, military service or to directly enter the job market. There have been numerous articles lately emphasizing the importance of the trades and so many of the programs offered at CAVC lead to high paying, quality jobs requiring some additional education or training but not the exorbitant expense of a 4-year university. According to the National Center for Education Statistics, only 60% of students who enter college seeking a bachelor's degree completed that degree within 6 years. Additionally, according to time.com the average starting salary for those with a bachelor's degree is approximately \$50,000 but in truth varies significantly based on major. Most education, humanities, social science, and communications majors actually make between \$35,900 and \$47,000 while engineering, computer science, math and science majors range from \$55,000 to \$64,000 respectively. Indeed.com also reports average salaries for the trades range from around \$15 per hour to \$32 per hour which calculates to around \$31,200 to \$66,000 depending on the field and experience and those figures do not include overtime which is often an option. Indeed further lists that some trades, such as a Construction Superintendent could make as much as \$165,000. Finally, jobs in the trades often come without the extensive debt associated with a 4-year college degree which according to collegedata.com runs \$9,970 for in-state, \$25,620 for out of state and \$34,740 for private colleges each year and that price does not include the cost of room and board. As everyone knows, college is an excellent and necessary option for many students which results in quality jobs and fulfilling careers however, don't let stereotypes or a lack of information guide your choices if you have a student who has shown interest in the trades. Keep in mind there are numerous options for anyone who is willing to learn and work hard regardless of their path beyond high school.

Below are some additional articles from Forbes and the Washington Post which might be of interest:

<https://www.forbes.com/sites/nicholaswyman/2015/09/01/why-we-desperately-need-to-bring-back-vocational-training-in-schools/#f03ad1887add>

https://www.washingtonpost.com/news/grade-point/wp/2017/01/26/vocational-education-provides-skills-needed-for-long-term-meaningful-work/?noredirect=on&utm_term=.e3f964b5b511

More Schools Join CAVC

CAVC is proud to welcome Highland School District and Bethalto School District as members for the 2019-20 school year. They will be joining Collinsville, Dupu, East Alton Wood River, Lebanon, Mascoutah and Triad to bring the total number of participating schools to eight!



Below are some recent snapshots of our students and programs:

Auto Body students detail cars to prepare for body work...



Auto Body students are taking advantage of the nice weather in December to work on detailing. Instructor Alan Welch accepts no less than high quality washing, then waxing as a team/class effort.



Clinical Health Occupations Students Practice Shaving



Clinical Health Occupations students practice their shaving skills on the brave volunteers from a variety of vocational classes during their annual shaving lab.



Building Trades Students Hang Drywall



Building Trades students are getting ready to hang dry wall after starting the construction of the house at 115 Courtland last school year. Students, under the instruction of Mr. Justin Cann, take about 2 years of class time to gain the knowledge they put to the test when building a home in the community.

Follow us on Facebook at

<https://www.facebook.com/collinsvilleavc/>

