

H-Tech Newsletter

Issue #2-October 2021

Let us Remember the Month of September

With the end of September now past us, we have completed the first full month of the school year! The 2021-2022 School year has presented a host of challenges with pandemic rules and precautions, but we at H-TECH are committed to supporting your students. Here is a look at some of the incredible things that we did:

- Individual Mentor Sessions and Support with Mrs. Ruiz
- Continued and Confirmed College Courses for Fall 2021
- TSI Testing and College and Career Readiness Preparation
- Blood Pressure Monitoring with Mr. Navarro
- Handwashing Lab with Ms. De Leon
- Medical Career Exploration with Mr. Cardenas
- Medical Communication Scenarios with Mrs. Lazcano


And that's just Month 1! With time, activities will continue to be hands-on and interactive, while also maintaining safe COVID protocols. We have a whole year of work based learning activities and interactions that we cannot wait to share.



Meet Mr. Cardenas

Army Veteran with 24 years of military service as a Combat Medic . Favorite color is Blue. Favorites Sports Teams: Dallas Cowboys and San Antonio Spurs. Sport Activities: running 5k races, Extreme Marathons, Trail Biking, and Snow Boarding. Hobbies: Collecting Comics, Sports Cards. Favorite Motto: "All We Do Is Win"

Medical Terminology
Health Science Theory

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STUDENTS

Tutoring Hours for DC Courses

On Ramps Chemistry-Tuesday & Thursday after school
DC Spanish-after class upon request.
DC US History- by appointment or T/TR from 4:00 to 4:30 upon request.
DC Speech-
DC Art-4:00 -5:00 pm Wednesday after school.



Texas Success Initiative Assessment 2.0 (TSIA2)

The Texas Success Initiative Assessment 2.0 (TSIA2) is a series of placement tests for students

enrolling in public colleges and universities in Texas. The tests help Texas schools determine whether you're ready for college-level courses in the areas of reading, writing, and math. If you're not ready for college-level courses, the tests help determine what types of courses or intervention will best prepare you for college-level work. You take TSIA2 tests on a computer.

College Board-TSIA2 INFORMATION

[Click for more details.](#)

Mid-Terms

Are you in your first year of college and feeling like you have no idea what you're getting yourself into this upcoming midterm season?

As a college freshman, you're probably a bit nervous about your first serious college-level exams. Because knowledge is power, we're here to help you prepare for the challenge by letting you know what you can expect so you can get out there and conquer your college midterms one by one.

Midterms Have a Big Impact on Grades

Because your college grades are usually made up of very few components, your midterm score is probably going to make up a significant percentage of your final class grade. In high school, one test won't make or break your grade, but in college, it can. For example, you might find that a single midterm exam might be worth up to 40% of your grade.

Midterms Require Strategic Planning

Your [best strategy](#) is to focus on your health in order to give yourself the best possible fighting chance in terms of your mental endurance. Run any necessary errands before midterms' week, minimize distractions, and drink water. It's a marathon, not a sprint.

Midterms Often Involve a Study Guide

Believe it or not, college professors really do want you to succeed in their courses. For that reason, most professors will provide you with a midterm study guide so you'll know what to focus your studying on - but if they don't, don't fret.

You can always reach out to your professors by way of email or during [office hours](#) and just ask them, point-blank, what will be on the test. Most likely, they'll also be willing to answer any lingering questions or clear up any misunderstandings about the test material.

PARENTS

How to support Your Dual Credit Student at Home?

Time Managing Tips For First Year College Students

- For each hour actually spent in the classroom a student should spend 2-3 hours actually studying, reading, and doing their homework in college. Help your child understand the time investment needed for their grades in college.
- The rule of thumb is 3 hours of studying in a class each week equates to an A, 2 hours will earn a B, and 1 hour a C. So if your student wants the best GPA they will have to work outside the classroom more than they may be used to.
- Prioritize going in. You and your child should have a heart to heart before they are permitted to

apply to the program. Let them know you will back them up and help them at home but as a college student the responsibility of good grades falls directly on their own shoulders.

- The program can be rigorous and college professors will expect them to be self motivated. If your student has trouble speaking for themselves or studying without being forced to, it should be addressed before that first semester because a college professor will not "hold their hand" and help them earn their grades.

Other Ways to Support Your Child's Educational Goals

- **Worry about the small things, so they don't have to.** If your child is balancing college and high school, plus extra curricular and possibly volunteering or working to improve their chances of admission to their college of choice in a year or two be sure to "have their back" the best you can. Little things like reducing their household expectations during finals or allowing them a pass as needed can go a long way.
- **Make sure they are eating well.** A balanced diet is something that people overlook when it comes to planning for scholastic success. However the body is more than just the sum of its parts and a good breakfast and healthy snack options can mean more energy and stamina to accomplish important goals.
- **Teach them stress management techniques.** Whether it's Yoga, a long walk, breathing exercises, jogging or whatever works for your family, discover stress reduction techniques that work and pass them along to your child so when things get tough they know how to unwind.
- **Make them take breaks.** Goal oriented people sometimes overlook the value of down time. However a weekend away, or a day of doing absolutely nothing at all can be just what the doctor ordered when it comes to brain power. Everyone needs to fully relax and to allow themselves to be lazy, even the dual-enrolled, goal oriented child.

Professionalism

If your child attended the SummerBridge session in July, then they had the opportunity to hear a presentation by Mr. Vargas on Professionalism. Being professional extends beyond looking the part.

Dress Code is Important- All H-TECH students are expected to follow the School Dress Code. **No Exceptions.** That means the Red Fox Tech Shirt with Khaki/Black Pants or the Red H-TECH Scrubs tops and bottoms.

No Jeans unless stated for a specific day or activity.

Your Words Matter, In-Person or Online- H-TECH students represent the best of the best. That means they need to consider what they say and how they say it, especially when communicating with Professors and Teachers. When interacting with each other, students are expected to collaborate in groups when necessary, but also rely on each other when needed.

We are in this together!

Being Your Best Now will Prepare for the Future- H-TECH students already have a lot on their plate, and that will only grow as they get older. **Students needs to make sure they are effectively managing their time to produce their best possible work and reflect their best possible self.**

Together, we will continue to work and hone in on these soft skills, but students need to be sure they practice these methods to ensure they are representing the H-TECH program and Fox Tech well!

Mark Your Calendar

Up Coming Events:

October 15th-Breast Cancer Awareness Day-Wear your pink shirt.

October 16th-SIMS

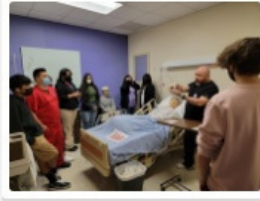
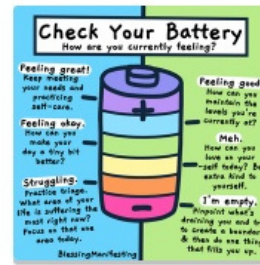
October 29th-TSI Testing for H-Tech Students

October 29th-Dr. Orosco (Alumni) presentation on soft skills needed by healthcare professionals.



Next Issue

- Finishing the semester strong
- SEL-take care of yourself
- 2nd Semester Preparation



Patient Care Skills

Mr. Navarro is providing patient care skills to our H-Tech students.



History of Medicine

Students created a History of Medicine gallery walk.



Medical Staff Having Fun on Carnival Day

Mr. Vargas, Mrs. Ruiz & Mrs. Lazcano

Questions??

If you have questions, please reach out to the H-Tech Staff.

Mrs. Hernandez-Cordinator ehernandez28@saisd.net

Mrs. Ruiz-P-Tech Support Teacher dmartinezruiz1@saisd.net

Mr. Vargas-Work Base Learning Specialist mvgargas7@saisd.net