

# PROSTART EDUCATOR NEWS BITES

News You Can Use for North Carolina ProStart Educators from NC HEF  
October 2018

## Educator and student opportunities

This fall, NC HEF has coordinated and planned many educator and student learning opportunities that will enhance your understanding of the curriculum and add credentials to your portfolio of expertise. Online registration for all of these opportunities is currently open.

1. **Assessment Strategy seminar (Educators only).** Friday, November 2, 10am-3:30pm. Cost: FREE. Location: NCRLA Offices, 222 N. Person St., Raleigh 27601. All attendees that live further than 90 miles away will have free hotel accommodations provided to arrive on Thursday evening for Friday's seminar. Attendees will also receive a mileage/travel stipend. Goal: develop strategies to improve student end of course assessment scores for ProStart exams. All attendees of the rescheduled fall workshop are already registered for this seminar. Register here to attend this seminar: <https://goo.gl/jkZigZ>
2. **Competition Skills Boot Camp (Students and Educators):** Friday, November 30, 10am-4:30pm. Cost: \$30 per participant. Location: JWU Charlotte, 801 W. Trade St., Charlotte, 28202. Attendees may participate in a JWU admissions presentation from 9-9:45am prior to the boot camp but RSVP is required. Goal: Prepare student competition teams and coaches for the 2019 NC ProStart invitational. Teams may take advantage of a room block at the Doubletree by Hilton Gateway Center on the JWU campus. Registration for the boot camp: <https://goo.gl/rtdVj3>. Registration for the hotel block: <https://goo.gl/ba6JwB>
3. **Certified Guest Service Professional Credentialing Seminar (Students and Educators):** Cost: FREE. Attendees will participate in the Guest Service Gold seminar and take the credentialing exam. Each seminar is approximately 4 hours (teaching plus exam). This credential is recognized by the National Restaurant Association and the American Hotel and Lodging Association. Each participating school may bring all of their ProStart students on the field trip. Dates and locations: 11/19-Triangle area schools, 8:30-12:30pm at Crabtree Marriott in Raleigh. 12/5-Triad area schools, 9am-1pm. Guilford Tech Community College in Jamestown. 12/6-Mountain area schools, 8:30-1pm. Asheville Buncombe Tech in Asheville. A coastal/eastern NC location will be determined soon. Register for this seminar in all locations: <https://goo.gl/forms/tfEnZcqY70dWexLP2>
4. **2019 NC ProStart Invitational (Students and Educators):** Thursday, March 7-Saturday, March 9, 2019. Cost: \$45 per participant. Location: JWU Charlotte, 801 W. Trade St., Charlotte. Registration for this event will be available in December. The room block has already been set and will be available after the boot camp in November.

*“Cooking with kids  
is about harnessing  
imagination,  
empowerment and  
creativity.”*

*-Guy Fieri*

*Diners, Dives, and Drive Ins*

## Important Dates

- 10/29: Manteo to Murphy at Angus Barn, ProStart student volunteer event
- 11/1-11/2: Fall Educator Training, Raleigh/Cary (Rescheduled event)
- 11/2: Assessment strategy seminar for educators, NCRLA office in Raleigh
- 11/30: Competition Skills Boot Camp, Charlotte, JWU
- Certified Guest Service Professional Seminars: Raleigh (11/19), Jamestown (12/5), Asheville (12/6)



Above: Competitors from 2018 NCPI in culinary and management competitions.

## Using literacy strategies to improve assessments

The buzzwords “literacy strategies” can make some teachers stressed out when they think about having to incorporate more activities into their already full lesson plans. Don’t fret! You are probably already using literacy strategies and don’t realize these activities, when done strategically, are helping students learn content. Adding literacy strategies into your lesson plans should help with the final outcome for students: more success throughout the course to master content and higher scores on end of course testing. Just a quick browse of the internet reveals plenty of suggestions on incorporating literacy strategies into daily lesson plans. (These ideas come from Marcia L. Tate, Ed.D., the former executive director of professor development for the DeKalb County school system in Georgia. She is currently an educational consultant and CEO of Developing Minds Inc.)

1. **Field Trips:** The brain remembers what it experiences when it travels to places in the real world. Having students make written predictions regarding what they will see on the trip and then write about what was seen are good literary activities to incorporate. Virtual field trips enable students to travel to places that would otherwise be inaccessible or cost prohibitive.
2. **Mnemonic Devices:** Every content area contains acronyms and acrostics, shortened ways of helping students retain content. While these may not foster higher levels of thought, they go a long way toward increasing the amount of content students can remember.
3. **Role Plays, Drama, Pantomimes, and Charades:** When students act out the steps in a math word problem, pantomime a content-area vocabulary word as classmates guess it, or dramatize a scene from history, it goes a long way toward enabling them to remember the information prior to and after a test.
4. **Writing and Journals:** I have known good readers who were not necessarily good writers, but I have not known the opposite. Those who write well usually have a good command of the language which they use expertly to communicate their message. Even stopping periodically for quick writes facilitates memory and understanding.
5. **Graphic Organizers, Semantic Maps, and Word Webs:** I would be hard pressed to teach any comprehension skill without the use of graphic organizers. This strategy appeals to both hemispheres of the brain. Create mind maps for teaching main idea and details, sequence of events, cause and effect, compare and contrast, and many other comprehension skills.

## Do you feel like you are swimming?

When the honeymoon phase of returning to school after summer break has worn off, teachers often begin to feel that they are “swimming in the deep end” without a life preserver. Have you heard the phrase “drinking from a fire hydrant”? This is felt no matter what content you teach when the day to day grind of school can be overwhelming. Behavioral challenges, documentation issues, and afterschool demands can take their toll quickly on our feelings of being in or out of control.

Take a deep breath and realize that others are in your boat. Just like we often encourage our children to face one day at a time, we need to as well.

Reach out to others for advice. Are you using the NC ProStart teacher Facebook page? Colleagues are eager to share ideas and if nothing else, help you feel like you are not swimming by yourself. With a revamped curriculum this academic year, teachers are all working hard to stay on top of the curriculum and provide meaningful, engaging lab experiences, not to mention fundraise for the extra projects they want to participate in. Ask your colleagues for ideas.

Let yourself rest. In the evenings or on the weekend, use the off-time to relax and rejuvenate. You deserve it!

## Contact Me

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