

**Subject:** Did You Know--It's Valentines Day!!



Did You Know—February 14, 2023

Happy Valentines Day! My sister-in-law teaches 4<sup>th</sup> grade and she sent me a picture of one of her student's Valentine's box last week—Check this out! 😊 Kinda makes my shoe box artistry seem very 1979! Happy VD (and only my more seasoned friends will get that) and have a great week!

1. [Sign up today](#) to participate in the free webinar hosted by Body Interact, “[Practice with Virtual patients, Save Real Lives](#)” to be held on February 21, 4:00pm CST For information: [Body Interact Global Network - Simulation with Virtual Patients](#)
2. I found this article written by a higher ed instructor very interesting! [I Took CASEL's Online SEL Course. Here's What I learned | Tech & Learning \(techlearning.com\)](#)
3. OHCETA Awards--You still have a couple weeks (**closes March 1, 2023**) to get your application in the [OKACTE Awards Portal!! Teacher of the Year, Post-secondary Teacher of the Year, New Teacher of the Year and Community Service Awards are all open.](#) As of today, only 33 people have applied across all divisions so your chances to win are huge! [Awards & Recognition | OkACTE](#)
4. [Starla's Teach Tips](#) for those of you who don't subscribe to Starla's newsletter! It's Heart Month and boy do we have a great selection of lessons available! [Lesson Plans and Strategies by Starla's Teach Tips!](#)
  - a. Awesome Activity!!! Show students the development of atherosclerosis using 4-5 cans of (off-brand) Cheese Whiz, marinara sauce, foil, and wax paper (parchment paper). Tear your pieces of parchment paper the day before and place a book on them so that they do not curl. They will represent the slick endothelium of the artery.
  - b. You can use this two-part (each part is only about 4 mins) YouTube video of me demonstrating the cause, development, and HDL reversal of atherosclerosis for your own demonstration and class participation! FUN and EASY!
    - [\(7\) Atherosclerosis Part I - YouTube](#)
    - [\(7\) Atherosclerosis Part II - YouTube](#)
  - c. If you would like, you can build the heart with coronary arteries and incorporate a by-pass graft before or with this YouTube lesson: [Hands-On Body Systems ACTIVITY: Heart Construction with Bypass Graft \(C.A.B.G.\) \(starlasteachtips.com\)](#)
  - d. You can also include the Star's Notes: Module VI Heart to bring BP, Heart Sounds, Electrical, EKG, and Cardiac Cycle using the students' hands with this awesome clay building. Students can easily apply what changes that happen to these physiology events when the #1 killer, Atherosclerosis, interferes with blood flow.

Module VI, Part A The Heart (starlasteactips.com)

5. The National League of Nursing has posted a vision statement regarding **competency-based education** in the curriculum. In this methodology, course development begins with the end in mind (competencies), and learning assets are assembled to create learning experiences that prepare the student for assessment. The assessments are criterion referenced measurements as opposed to norm-referenced measurements, and there is recognition that learner proficiency may require multiple attempts at proving mastery.

[Vision Series: Integrating Competency-Based Education in the Nursing Curriculum \(nlm.org\)](#)

6. USA Today posted a **Valentine's Day** gift guide with **20 last-minute gift ideas**, including a **MasterClass pass**. MasterClass is an **e-learning platform** where your Valentine can learn to play the guitar, make sushi, take photographs, or even **get better at their job!** MasterClass offers **professional development classes** such as:

- Creating outside the lines,
- Business innovation,
- Values-driven leadership, and
- How to think like an FBI profiler. (Hey, it could be relevant!)

7. **PN Instructors** will be meeting as a group on **Zoom on Thursday, February 16<sup>th</sup> at 3pm** <https://zoom.us/j/8822491946>. Camber Musgrave will be hosting this opportunity for networking, discussion and sharing.
8. **OK HOSA State Leadership Conference Online Registration opens Wednesday, February 15, 2023** and closes Wednesday February 22, 2023. Students and teachers **MUST** be affiliated prior to being able to register for conference. No late entries will be accepted!
9. Traumas such as the pandemic, climate change, natural disasters, systemic racism, and health disparities adversely affect mood, behavior, and performance. **Trauma-Informed Teaching & Learning (TITL)**, an evidence-based pedagogical practice, recognizes how trauma affects learning and emphasizes ways to foster connection and academic performance. This timely and interactive workshop highlights the seven principles of TITL to inspire learner engagement and foster inclusive learning environments.  
Course objectives include:
  - Discuss the impact of stress and trauma on learning, academic performance, and faculty-student relationships
  - Explore TITL practices to foster safe, connected, and inclusive learning environments
  - Apply a variety of TITL tools to strengthen faculty-student relationships and positively impact learner success
10. **You are a LEADER!!** Watch this very brief video that discusses what leadership really is, and how to become a true leader: [Leadership is Influence | CharacterStrong](#)
11. The instructional framework will go live March 21<sup>st</sup>. I have until March 10<sup>th</sup> to change/add to/delete things on the **Instructional Framework**. Teachers—these are your choices for what

program you're offering and includes the state and local name (you control the Tech Center name), common hours, CIP and SOC codes aligned to industry and most assessments. Some new will be added.

I'm asking if you are an instructional leader that you

- 1) talk to your instructors about making any changes to their program prior to consideration and input into the system and
- 2) talk to me about any changes you are considering.

The attached document is last year's instructional framework, and since I only was able to work with 2-3 program areas and those have minimal changes, I don't foresee a lot of changes for the 2023-2024 school year. ALL programs will require new input this year—NO ROLLOVERS. I'm also attaching a list of what each school was approved to offer last year so you can see what edits will need to be made. Please call me (405) 743-5106 or email me ([lara.morris@careertech.ok.gov](mailto:lara.morris@careertech.ok.gov)) with any questions/concerns.

12. Dean Vaughn is hosting a Webinar **Thursday February 16<sup>th</sup>**: 12:30pm CST titled: "Teaching Gen Z and Microlearning on TikTok" Have them send you a reminder by [signing up now!](#)
13. **PN Instructors**---Please join your peers for a short, one hour meeting at 3pm on Thursday, Feb. 16<sup>th</sup>. No need to register—just Zoom in! **PN Instructor's Group is inviting you to a scheduled Zoom meeting.** Join Zoom Meeting <https://zoom.us/j/8822491946> Meeting ID: 882 249 1946

For those of you who (like me) think Valentine's can lead to an upset stomach, you can read about this [ingestible sensor](#) that allows doctors to track and pinpoint issues in the gastrointestinal tract without invasive procedures! Maybe someday colonoscopies will be a thing of the past!

Have a great week!!! More HOSA information to drop soon!!!!

Lara

Sincerely,  
Lara Morris  
State Program Manager | Health Careers Education



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