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TDP Summer 2018 Enrichment
This summer, AP students participated in a variety of TDP Summer Enrichment opportunities. Courses offered included:

- App Development with Swift (iOS)
- Basic Automotive Care
- Part I & Part II: Introduction to Engineering
- Figure Drawing
- Forensics and the Scanning Electron Microscope
- Jewelry and Metals
- Multimedia Journalism
- Photography, Darkroom to Digital
- ESPN 30 for 30: Sports and Society
- Wall Street Survivor: The Fundamentals of Investing
- Beginner Yoga
- Become an iStudent
- Illustrator
- Digital Storytelling
- Graphic Design and T-Shirt Production
- The Art of Short Fiction
- Photoshop
- Reality Style Cooking
- Graphic Design and Vinyl Decal Sticker Design
- Shark Tank Business Challenge
- The Art and Craft of Creative Nonfiction

The Art and Craft of Creative Nonfiction

This TDP seminar offered by Lisa Cottrell provided a wide range of writing opportunities in a workshop atmosphere for students to tell their story. Students were exposed to resources to assist them in writing for themselves, for family and friends or even for publication.

Writing Sample From:
Mary Lutton (Senior at RMHS)

Mary Elizabeth, for as long as I can remember, my mother has told me about the woman I am named for. “Mary Elizabeth, my grandmother,” she tells me. Though my great-grandmother is not the first Mary Elizabeth in our family, she is the only one I would ever care to meet. I am compared to her sometimes. People say we look alike, or that what I have just said sounds like something she would have said. I don’t ask about her much, however. It makes people sad to talk about her. She died during a tornado when my mom was sixteen. So I don’t ask. I wait for people to tell me about her. About this Mary Elizabeth who liked to garden, and had a fascination with pelicans, and wanted to live by the ocean. Mary Elizabeth, the woman who gave me my name.

256 Students Across District 214 Participated In This Summer Program!
The TDP Leadership Committee is a student-led board that is composed of one junior and one senior class member from each of the District 214 high schools. Students meet four times per year in order to provide a student perspective in TDP programming. The members selected to serve on this committee were identified by building administration for their success in various AP classes and their demonstrated leadership skills.

**2018-19 Committee Members**

**Buffalo Grove High School**
Carol Heiberger – Senior
Kelly Duong – Junior

**Elk Grove High School**
Matthew Crimmins – Senior
Daniel Salgado-Alvarez – Junior

**John Hersey High School**
Luke Tanabe – Senior
Taylor Wilson – Junior

**Prospect High School**
Lexi Gravagna – Senior
Nikolina Nava – Junior

**Rolling Meadows High School**
Grace Dollia – Junior
Ulises Medina – Junior

**Wheeling High School**
Alexander Rotberg– Senior
Mithzy Ramirez – Junior

Our first meeting was held on October 11th. Joe Bush, teacher of Leadership Through Service at Elk Grove High School, spoke with the committee members about the importance of developing leadership strategies to promote success during the upcoming year. A goal the committee set for the 2018-19 year is to compile a list of study resources all AP students can use to help them prepare for their AP exams in May. Working in conjunction with Advanced Placement teachers across District 214, this information will be disseminated via the TDP page in Schoology that all AP students can access.
Mission Statement:

“To communicate to students and families the rigor of advanced education while assisting students in their pursuit of success.”
Explain why you are excited to serve on the 2018-19 District 214 TDP Student Leadership Committee.

kelly duong | I am excited to serve this committee because I believe it is important for students to have a voice in their AP programs. I am enthusiastic to interact with the District 214 administration to discuss ideas on how to improve students’ experiences in AP classes. As part of this committee, I hope to be able to find solutions to common problems high schoolers have when managing AP courses.

matthew crimmins | This is an opportunity for me to grow as a student, a person and a leader during my last year in high school.

taylor wilson | I am excited to help make juggling several AP classes easier and more enjoyable for both students and parents.

nikolina nava | I am excited to serve on the 2018-19 District 214 TDP Student Leadership Committee because I would love to discuss AP courses and how to make students more comfortable and successful in these courses.

ulises medina | I am excited to serve on the TDP Student Leadership Committee because it gives me a chance to gain insight from other AP students in other schools and their challenges. It also allows me to communicate my ideas, and that of my peers, about our challenges and how we can better ourselves for the future.

alexander rotberg | I am excited to provide feedback from a student perspective as to what will benefit AP students. Through this committee, I will be a voice for many of the issues students face and solutions for ways to fix them.

Continued on following page.
Describe one of the best experiences you have participated in during high school.

carol heiberger | One of the best experiences of high school was going on the Europe trip last spring break. I went to Madrid, Paris, and Geneva with about 20 other people. Anyone could sign up, so many of the people I became close with were people I didn’t know before the trip.

daniel salgado-alvarez | One of the best experiences I’ve had in high school was getting selected to go to a summer program for the Congressional Hispanic Caucus Institute. I got to go to Washington DC for a week. I was able to explore the city and Congress. I even got to talk with representatives about issues that mattered to me. The trip taught me about the various career possibilities in government that I could pursue. This experience was amazing because I met so many students from across the country that shared the same interests and goals as me.

luke tanabe | Prom

lexi gravagna | Many of the best experiences I have had have come from being a part of the tennis team and being able to create so many amazing friendships.

grace dollia | The best experience I have had in high school was taking a trip to Indianapolis during my sophomore year with my school newspaper staff to participate in the Journalism Education Association convention. Not only did the sessions I attended teach me about journalism that I use as Editor-In-Chief, but it was also an amazing opportunity to bond with my staff and build strong friendships.

mithzy l. ramírez | One of the best experiences I have participated in during high school would be having the honor to be a member of Wheeling’s competitive show choir, Legacy. Although it was a lot of hours of practice weekly, I truly fell in love with the art and I enjoyed being able to compete in and out of state.

Continued on following page.
Describe one challenge you have encountered as an AP student.

Carol Heiberger | I definitely found it, and still sometimes find it, challenging to manage my time. It can be hard to fit all my priorities into a day. Some days I would be very busy in other aspects of my life, such as extra curriculars, and I would have to also make time to do homework and study. Since freshman year, it definitely has been easier to manage my time and adjust my schedule for different days, but it is definitely one of the hardest aspects of taking AP classes.

daniel salgado-alvarez | A huge challenge with being an AP student is managing your time. Honor students not only have rigorous course loads, but they also are very involved. At times, it is a struggle for me to balance my classes and extra curriculars like speech and debate.

taylor wilson | One challenge I have encountered in AP classes is finding time to accomplish all the work assigned for all my classes.

lexi gravagna | One challenge I have encountered is balancing sports and extra curriculars with schoolwork.

grace dollia | I first started encountering challenges my sophomore year when I was enrolled in three AP classes. In addition to increasing the rigor of my schedule that year, I also joined more activities, earned leadership positions in the activities I started my freshman year, and got a job. This combination made my studies difficult at first. Once I adjusted and learned how to successfully manage my time, I was able to succeed throughout the year.

One challenge I have encountered as an AP student is that the curriculum moves quickly with or without the student. Sometimes it can be stressful if a student falls behind because then you have to try to catch up quickly.

What advice would you give for underclassmen enrolled in AP classes?

Kelly Duong | My advice is to not be intimidated by AP classes. An AP class might seem hard at first, but they challenge your brains and help you prepare for the rigor of college courses. AP classes help students develop a personal work ethic so that they can learn how to manage their time. Also, I would advise underclassmen to avoid procrastination. Even though it might sound tempting, procrastination will make studying and homework more stressful!

Matthew Crimmins | My advice for underclassmen enrolled in AP classes is to make sure to take some time every night to study the material for each of your classes. Throughout high school, AP classes get harder and there are more of them you can take each year. You want to make sure to stay on top of all your work and studying so that you can perform well. Also, don’t be afraid to ask for help if you need it in a class!

luke tanabe | Choose your A.P. class wisely. Don’t take every single one.

nikolina nava | Freshman year was the hardest. At first, I really struggled keeping up with all of my note guides and reading for AP Human Geo.

Ulises Medina | A piece of advice for underclassmen enrolled in AP classes is to not get discouraged if you don’t understand a topic. Ask many questions, and definitely do your homework. AP classes are not meant to be easy. Take ten extra minutes to look over the vocabulary terms. This can really help out in the long run.

Alexander Rotberg | Take AP classes that you are actually interested in. It’s difficult to get high marks in classes that are boring because of the lack of motivation to complete the homework, notes, etc. By focusing on classes that you want to take, you’ll enjoy coming to class more and benefit from the rigorous courses.
Take advantage of these upcoming opportunities through District 214’s Community Education.

Register online at ce.d214.org or call 847-718-7700 to secure your spot.

FALL SESSION

Successful Parenting – Raising Independent Children into Adulthood

Don’t miss our dynamic speaker, Jacqueline Rhew, CADC, LCPC, who specializes in working with children, adolescents and parents, on topics including anxiety, stress management, substance abuse, and other mental health related disorders. Jacqueline will provide essential tools for parents to build resiliency in children at any age, helping their children navigate stressful situations, learn to tolerate anxiety, and build skills to increase self-advocacy and problem solving abilities, thus leading to greater self-confidence and self-reliance. It is never too late to learn these strategies. Jacqueline recently co-authored Successful Parenting—Create Your Custom Plan for Raising Independent Children into Adulthood with Dr. Robin Choquette. Jacqueline will also review her new parenting model, The Successful Growth Model, which walks parents through a plan to create their own individualized family plan. Jacqueline provides trainings locally and nationally on topics including anxiety, parenting, and self-injury. She has authored several publications including School Refusal in Children & Adolescents, and has been featured on both ABC Channel 7 and CBS 2 newscasts highlighting her work with adolescents struggling with avoidant school behaviors and bullying in the schools, as well as the Chicago Tribune and the Daily Herald. (Jacqueline A. Rhew, Author, Keynote Speaker, Clinical Consultant & Liaison for Amita Health, Cofounder Center for Emotional Wellness, Cofounder Successful Parenting)

FVEC-Theater, Dr 1

1104 11/14 Wed 7-8pm Free

Behavioral Health and Your Teenager

This presentation will focus on teenage anxiety, depression and substance use disorders. The signs and symptoms of each illness will be discussed, as well as, helpful interventions and resources for support. (Cathreen Fay, MSN RN Clinical Nursing Transformation Leader Behavioral Health Professional Practice Northwest Community Healthcare)

FVEC-Theater, Dr 1

1077 12/3 Mon 7-8:30pm Free

WINTER SESSION

The Successful Parent: The Good News About Bad Behavior

Our time-honored methods of punishments and rewards haven’t taught discipline; they’ve undermined it. Journalist Katherine Reynolds Lewis spent five years investigating this crisis: observing families at the dinner table, meeting educators who are transforming the school experience for kids with attention and mood disorders, studying psychological research, and looking introspectively at her own parenting habits. In her book, she documents a new theory of discipline that could reverse the trend: “The Apprenticeship Model,” which centers on listening and building children’s skills to address the root causes of misbehavior, rather than reactionary incentives and consequences. (Katherine Reynolds Lewis, journalist, author, certified parent trainer)

FVEC-Theater, Dr 1

1104 2/11 Mon 7-8:30 pm Free

Understanding Teen Stress & Anxiety: How to Raise a Healthy, Confident & Successful Adult

Teen anxiety is at an all-time high, and arming kids with healthy coping strategies is more important than ever. Is it alright to be an average teen in today’s world? What is the difference between success and perfection? Are your teens focused on avoiding failure or are they operating out of a place of achieving to their greatest ability, based on their individual strengths and weaknesses. This presentation will review specific interventions designed to assist children in managing their anxiety, as well as promote increased motivation, healthy goal setting and active school engagement. Factors that contribute to avoidant behaviors, as well as ways to early identify maladaptive coping responses will be explored. Attendees leaving the presentation will have learned how to develop parenting strategies to assist their children with healthy coping responses and engage them in effective communication and language that promotes self-advocacy and independence. (Jacqueline A. Rhew, Author, Keynote Speaker, Clinical Consultant & Liaison for Amita Health, Cofounder Center for Emotional Wellness, Cofounder Successful Parenting)

JHHS-Theater, Dr. 32

1940 2/27 Wed 7-8:30pm Free

Continued on following page.
**AP Ready! Night**

**Tuesday, April 16th**  
**6:30 - 8:00 pm**  
**Forest View Educational Center**

This event is designed for first time AP students and parents. This district-wide event will highlight the advantages of enrolling in a rigorous course load and the role of *Advanced Placement* classes in the college admissions process.

AP teachers will offer informational sessions about getting AP Ready!. Options for achieving early college credit through District 214’s dual credit program will also be discussed. This evening will provide valuable information to help AP students and their parents maximize academic success in *Advanced Placement* and dual credit classes.

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**What Every Parent Needs To Know**

These sessions help parents navigate and respond appropriately to their children’s growth and development, anticipate and prevent behavioral problems proactively, develop mutually respectful relationships, explore fair discipline, maintain effective communication and use productive problem-solving methods. This program is presented in partnership with Link Together Coalition.  

(Bob Leece, trainer, counselor, teacher, student and parent advocate)  

BGHS-Library, Dr 7  
1105  1/16-2/20  Wed  7-9pm  $30

**SPRING SESSION**

**Making Good Choices: Underage Drinking - A Father’s Story**

Doug Petit is the father of three sons: two on Earth, and one in heaven. He lives in the western suburbs of Chicago and began public speaking after the loss of his son in June 2005. He will share his story about underage drinking, how the choices we make impact lives, and the importance of making smart decisions and working together to understand that actions truly do matter.  

(Douglas Pettit – speaker, parent educator)  

FVEC-Theater, Dr 1  
1078  4/15  Mon  7-8pm  Free

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*Continued from previous page.*
Background Information (How long have you been teaching?)
I have been teaching for 36 years. My first 9 years were at Mother Guerin High School in River Grove. This is where I went to high school. I am currently in my 28th year at Prospect High School.

Why do you feel it is important for students to learn another language in high school?
I believe that learning another language offers so many opportunities for students. Students are able to see things in a different way. I believe students become more understanding and tolerant of their own culture while learning another.

I teach my students that you step into a different persona while speaking Italian. I don’t just teach the language, but the culture that goes with it. I believe it is the culture that drives the language. You also get to know more about your own language. This can make you a better writer and speaker.

What drew you to this subject and class?
I always wanted to be an elementary teacher. I played school with my dolls and stuffed animals as a child. It was always my dream to be a teacher. But when I stepped into my high school Italian class, my entire world changed. My teacher was energetic, passionate, and intriguing. I loved it and never looked back. The beauty of teaching a language is that in the beginning levels, it’s much like teaching kindergarten.

What do you enjoy most about preparing to teach this course?
I love integrating the culture, the everyday way of life and demonstrate how it fits into the Italian language and Italy. I teach from my heart, my soul, and my mind.

I’ve been to Italy 42 times; 34 of those trips have been with students. I am also honored to be on the College Board Development committee for the AP Italian exam and to be the College Board Advisor for all teachers who teach AP Italian. The collaboration with teachers from around the United States and Italy is priceless! It always makes me want to be a better educator.

What are the challenges of teaching this AP course?
For me, the major challenge is finding materials to best prepare my students. I want to be sure that my students have every possible experience in speaking, reading, and listening. I want them to be as fluent as they can be. I don’t see my students as second language learners, but students learning to speak a language that they might experience beyond high school. I want to be sure that I’ve done all that I can for them.
Describe your experience reading for the AP exam.

It was one of THE MOST rewarding experiences. It was in 2017 and I graded the email responses. It reinforced that I had prepared my students well, but it also gave me the opportunity to revisit how I prepare my students and showed me how to do it better the following year.

What advice do you have for your AP students and parents?

Immerse yourself! I tell my students to learn as much as they can. Have the confidence and courage to speak and to not be afraid to make mistakes. Listen to Italian music. Order your food in an Italian restaurant like an Italian would. Embrace the cultural differences and to learn from them in order to become a more worldly member of society.
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<th>Date</th>
<th>Event</th>
<th>Time &amp; Place</th>
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<td><strong>NOVEMBER</strong></td>
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<td>Monday, November 19</td>
<td>Advising the Student Athlete (for students considering college athletics) – Maureen Harty, HCAC Commissioner</td>
<td>7 p.m. FVEC - Theatre</td>
<td>Grades 9-12 Parents &amp; Students</td>
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<td><strong>JANUARY</strong></td>
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<td>Saturday, January 26</td>
<td>Gap Year Program</td>
<td>12 p.m. – 3 p.m. New Trier High School, Winnetka Campus</td>
<td>Grades 11-12 Parents &amp; Students</td>
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<td><strong>FEBRUARY</strong></td>
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<td>Wednesday, February 20</td>
<td>“Ask the College” Night</td>
<td>7 p.m. FVEC - Theatre</td>
<td>Grade 11 Parents &amp; Students</td>
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<td><strong>MARCH</strong></td>
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<td>Tuesday, March 12</td>
<td>Financial Aid Seminar – Juniors</td>
<td>7 p.m. Rolling Meadows High School</td>
<td>Grade 11 Parents &amp; Students</td>
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<td><strong>APRIL</strong></td>
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<td>Tuesday, April 9</td>
<td>College Fair</td>
<td>6:30 p.m. – 8:30 p.m. Forest View Educational Center</td>
<td>Grade 11 Parents &amp; Students</td>
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Key: D214 events; Non-D214 events
High School District 214 is the largest high school district in Illinois, with six high schools and four specialized learning programs. The District serves about 300,000 residents in the communities of Arlington Heights, Buffalo Grove, Des Plaines, Elk Grove Village, Mount Prospect, Prospect Heights, Rolling Meadows and Wheeling.

District 214 schools are consistently ranked among the best in the state and the country. All six of the District’s high schools have been recognized by U.S. News & World Report and The Washington Post. District 214 earns recognition annually for its financial excellence. As a result of strong fiscal stewardship and ongoing cost containment initiatives, the District has had a balanced operating budget for more than 20 years, meaning revenues are equal to expenditures.

**MAKING THE HIGH SCHOOL EXPERIENCE MORE RELEVANT**

In District 214, we believe high school graduation is not an endpoint, but an important step toward a student’s future.

Our Career Pathways program makes college affordable, and ensures students leave our doors with a clearer sense of their interests, career path and postsecondary goals. The career pathways are in line with the national Redefining Ready! campaign, a multimetric approach that measures whether students are ready for college, careers and life.

**COMMUNITY EDUCATION**

District 214’s Community Education serves our residents each year through innovative programming and partnerships and aims to improve the quality of life for individuals and families in our region.

Community Education offers programming for travel, youth and families, adult education and family literacy. We partner with Eastern Illinois University to offer a Bachelor of Arts in General Studies at the District headquarters and through online classes.

**DISTRICT 214 EDUCATION FOUNDATION**

The District 214 Education Foundation empowers our schools and our communities beyond the limitations of conventional funding for public education.

Contributions have brought first-generation students and their parents to college campuses; funded tens of thousands of dollars in early college credit and scholarships; and bolstered the business dreams of standout entrepreneurial students.

**DISCOVER ACADEMICS AND CAREER PATHWAYS**

District 214 is committed to helping students explore careers and helping them determine what they want – or do not want – to pursue beyond high school.

To do this, the District has created a strong academic and career program, Career Pathways that is in line with the national Redefining Ready! campaign, a multimetric approach that measures whether students are college ready, career and life ready.

**Through our Career Pathways program, students can:**

- Explore careers through career-focused courses
- Earn college credit and industry certifications
- Participate in workplace learning experiences such as internships

**Career Pathways study areas include:**

- Architecture and Construction
- Arts and Communications
- Aviation
- Business Management
- Education
- Health Science
- Information Technology
- Law and Public Safety
- Manufacturing and Engineering
- Performing Arts

**Career Pathways Fast Facts:**

- 37,000+ college credits earned annually by students
- 39 different industry certifications offered
- 2,500+ workplace-learning experiences provided annually
- 950+ industry and business partners