

Shawn Volk – Lead Instructor and Math Instructor  
Chris Choudoir – Science and Bio-Medical Sciences Instructor  
Dan Van Eperen – Humanities Instructor  
Jason Lavigne – Business Instructor

Jon Larson – Engineering and Manufacturing Instructor  
Kevin Pratt – School to Career Liaison and Counselor  
Amy Vander Zanden – LCCPA Administrative Assistant

## LCCPA Student Spotlight: Emma Wyngaard

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### **Describe your first 11 years of formal education:**

Before I entered the LCCPA, I received a lot of information that I had to memorize for the short term. I have now realized that I need to clearly understand the material and identify the learning style that works for me. This learning will take place for my lifetime. Teachers have a profound impact on your learning. The expectations that teachers impose upon you are really important. Also, the relationships I have built with my teachers (parents while you are at school) truly helps in the learning process.

### **Emma Wyngaard is:**

A writer, creative, responsible, loyal, dedicated and someone who likes to have fun while being positive and upbeat.

### **What are your biggest struggles?**

My biggest struggle is staying focused for a long time. Sometimes I get overwhelmed and I try to juggle too many tasks at once. I may joke around a little more than I should in group projects. I need to continue to work on balancing my priorities between school, work, and family.

### **Talk about your gig at the Times Villager:**

I write an article a week for the Times Villager. I can pick any topic to write about. It is much easier to write about things that I am passionate about and those articles are typically a little longer. I try to include pictures to help tell the story. Brian at the Times Villager is very supportive and appreciative of my articles. He is a great mentor!

### **What do you fear most?**

I am a perfectionist and I worry about not doing something right. If I make mistakes, I am reluctant to try because I sometimes get discouraged and lose motivation. My classmates and family expect me to do well which makes not doing well difficult to accept.

### **What is something that other don't know about you?**

I have strong opinions but don't always share them. People think I am shy and quiet but in reality, I share a lot with those that I feel comfortable with. I realize that I need to continue to challenge myself by interacting with those people I don't know well.

### **What is the pot of gold at the end of the rainbow for you?**

To have a successful career as a writer. Having a family and passing on traditions, because traditions mean a lot to me. Christmas traditions are at the top of the list.

**The LCCPA is:**

One of a kind. It is a family within an educational system. We stick by each other especially by grade level. Teachers encourage us to get to know one another. The structure of the self-paced classes is great. I can get more help in Chemistry and move ahead in Math.

**My biggest worry about our future generations is:**

That young people lose their connectedness with each other and their families. The focus has become more self-centered rather than sharing with other people. Advances in technology are part of our future and we need to find a balance between the virtual and real world. Face to face connections will always be most important.

**Why does the LCCPA continue to grow in student enrollment?**

We are reaching out to younger students and having them understand the wealth of opportunities available to them. The opportunities include: career experiences, volunteering, working, job shadowing. The teachers and business partners are doing a great job and are letting future students know that we are open for growth.

**Words of advice for current LCCPA students:**

Work diligently because it won't get any easier. The work isn't going away and pushing it off only makes it harder. Respecting your teachers and fellow classmates is really important. The disrespect only hurts them and mutual respect is easily obtainable.

**What is the biggest social issue we face as a country?**

Prejudice and judgement towards others. This causes disputes and turmoil which divides our country. We need to work together and respect each other's differences.

*Emma is currently a junior in the LCCPA. She is the daughter of Michael and Karen Wyngaard. She has two brothers, Hunter and Max, and a cat named Boots. Emma likes to read, bowl, write, and hang out with friends and family. She most admires her mom because of her mom's independence and ability to inspire others.*

## ***Sophomore Job Shadows***

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***In order to expand on the career exploration opportunities from their freshman year, LCCPA sophomores are going through the process of arranging and completing job shadows and informational interviews with professionals in the careers that the students find intriguing. We will be featuring students writing about their experiences in our newsletters throughout the year. We hope that reading about their experiences will remind you of the huge impact that all of our industry partners have on shaping our students' futures.***

***Maddy Kruckeberg***

On November 16th I got the opportunity to participate in a job shadow at Advanced Physical Therapy at the Orthopedic and Sports Institute. While I was there I shadowed Cary Luitjens who is a physical therapist at OSI. To set up this job shadow, I emailed her with dates and times until we found one that worked for both of us. When I first got there, I got a tour of the building. To start my day, I first shadowed someone in Occupational Therapy. I got to see a patient that had two knee replacements get out of bed for the first time since the surgery, and they were teaching her how to stand and walk. I was glad that I got to see what Occupational Therapy was too because it's nice to have a variety of options of careers.



After I was done with Occupational Therapy, I spent the rest of the day in Physical Therapy with Cary and some of the other Physical Therapists. I got to see many patients in the time I was there. I saw two people that were there for shoulders, one patient that was there for a knee, another one that was there for both hips, and another that was there for a balance troubles. I got to participate in some of the exercises that the patients were doing as well. I liked that every patient that came in for therapy, came in to get therapy on a different part of the body and for different reason. In the future I want a job that gives me something different every day.

Overall this job shadow was beneficial for me because it helped me lean towards pursuing a career in Physical Therapy more than I was before. I really enjoyed learning about the daily tasks and the different injuries that patients come in for. The employees at Advanced Physical Therapy made me feel welcome and taught me a lot that I didn't know before. I had a really good experience at this job shadow and hope to learn more about Physical Therapy in the near future.

### ***Adam Hietpas***

I received the privilege to attend Schubbe Resch Chiropractic and Physical Therapy to shadow Dr. Nathan Zachor on November 9, 2016. I got to sit in on around 6 or 7 patients throughout the course of 2 hours. There were many different skills that Dr. Nathan needed to perform on the patients to fulfill their needs. A large amount of the patients got to experience (including me when I go to the chiropractor on my own) a form of therapy performed by a machine. In my visits when I go there, it makes that part of the body kind of tingly and that helps the injury

One of the big things that I learned is that in order to be a chiropractor, you really do need to feel your patient's' pain and have sympathy for them. One big reason is because some patients come in and they are in a lot of pain, so sympathy for them is a big thing to be a chiropractor and really anything in the health field. I got to learn about what a chiropractor might make in terms of financial stability, if he liked to come into work every day, if he enjoys what he does, etc.

He actually sat down with me after the shadow and wrote the answers on a sheet of paper that I had put together with a list of questions. He did not have to sit down with me and physically write down the answers for me, but he did, because he really enjoys doing what he does and wants more people to get interested in it. I could really tell that he cared about me and my thoughts. He also had offered that if I wanted to come back and do another one or a more in depth one, he said I could definitely do so. I thought that was pretty cool, honestly.

Overall, I had a good time and Dr. Nathan does a fantastic job letting a student shadow him. He always makes sure you know what he is doing and how that is helping the body and explains in great detail. It was definitely worth shadowing Dr. Nathan.

