

# LAUNCH U

## Fall Newsletter

### 2024



# October & November

-  Student Spotlight
-  Birthdays
-  Meet the Team
-  Soft Skills for Success: Time Management, Organization, & Prioritization
-  Upcoming Reminders



# Meet James

James is from Thornapple Kellogg and in the 12th grade. He is a full time student and works at I.T. Solutions in Caledonia. James enjoys everything Technology. In his free time he runs servers for his friends to play games on and on the weekends helps his grandparents out.

James has been in the LU program for a year and has made remarkable strides, allowing him to achieve his associates degree in just one year rather than the standard two. He is taking Networking and Cybersecurity at KCTC, and Computer Support Specialist with GRCC. Next year he plans to get another AAS from GRCC in Server Administration. He then plans to take 90 credits from the two degrees to transfer to Davenport.



# James's Advice!



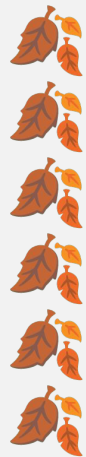
**LU Highlights:** James enjoys the online classes. They are self-paced which allows him to get all his work done for the whole semester in just a few weeks. James then took the opportunity to build up his work experience with his extra time.

**Advice to Incoming LU Students:** James says to take advantage of everything at KCTC. He estimated his savings from KCTC and LU to be more than \$90K. He says to find ways around any obstacles and change school to something that benefits you rather than something you are forced to attend.

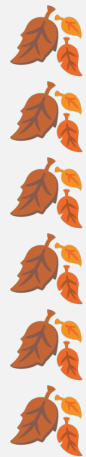
**LU Takeaways:** The path outlined by schools may not be the best path forward. Take the time to research every option. You might find a path that is much more enjoyable and is in line with your future goals. Ninety percent of the time this will not be at your high school but at the opportunities that are available to you.



# October Birthdays



Darren  
Garrett  
Gage  
Darryl  
Kasee  
Jillian



Carmine  
Jesus  
Jose  
Oliviah  
Higinio  
Joseph



Kendal  
Cameron  
Joseph  
Angela  
Reine



# November Birthdays



Mary Anne



Katie



Sergio



Braya



Kaitlyn



Kayli



Samuel



Maribel



Ryan



Alyssa



Mia

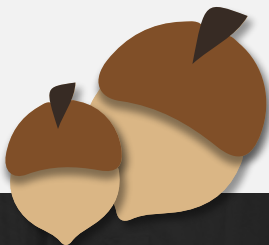
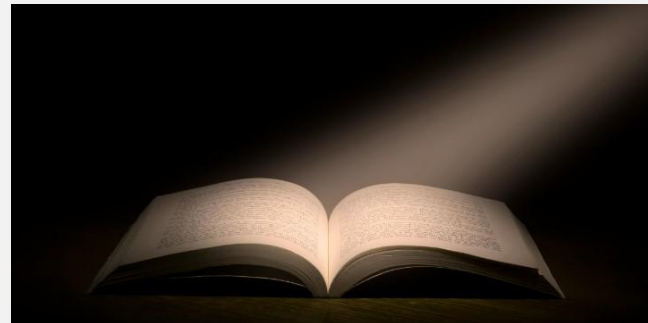


Alexandria



“Education is the passport to the future,  
for tomorrow belongs to those who  
prepare for it today .”

- Malcolm X



# Meet Your Awesome Mentors!

## Mrs. Fritz

This is her 1st year working with LU!  
She has a B.S. in Psychology & M.A. in Clinical Counseling. Her experience is working with students in undeclared majors and college and career readiness. Her passions are traveling the world and being a mom and wife.

**Fun Fact:** Traveled 10 countries & lived in Puerto Rico

**Favorite Book:** Unbroken, A WWII Story

**Personal Quote:** "If you want to lift yourself up, lift up someone else." -Booker T Washington

**Favorite way to relax:** Reading in the sun

**Dream Travel Destination:** Thailand; New Zealand-South Island

**Superpower Wish:** The ability to manipulate time

**Fantasy Dinner Guest:** Barry Sanders

**Bucket List Adventure:** A Missionary trip with family

**Craziest thing you have Eaten:** Shark, Beef Tongue, and Alligator



## Mrs. Smith

This is her 7th Year with LU ❤️  
She has a BBA in Marketing/Advertising from WMU. Her passion is Competitive Cheer. She has been a Competitive Cheer official for over 30 years and coached for 30 years. Right out of college, she worked as an advertising director for a small group of newspapers in Allegan County. She was a Parent Educator for the Allegan Area ESA, an interim Athletic Administrator in Kent City, and a Substitute Teacher in Caledonia!

### Fun Facts

**Favorite movie:** Elf

**Personal quote:** "She knew she could, so she did."

**Favorite way to relax:** Working in the yard/garden

**Go to Karaoke Song:** Neon Moon

**Dream Travel Destination:** Greece

**Fantasy Dinner Guest:** Peyton Manning

**Bucket List Adventure:** Mini-Triathlon



# Director of Career & Technical Education

**Joe Lienesch** has held various educational roles, including Director of Career and Technical Education (CTE) at Kent ISD, Principal at KCTC, and Principal at Caledonia High School. Moreover, he started his career in education as a Special Education administrator and teacher. He holds a bachelor's degree in Psychology and Special Education teaching and a master's degree in educational leadership from Grand Valley State University. Initially pursuing business and marketing careers in college, his career path shifted towards education after his impactful experiences as a summer camp counselor. Lienesch values the Kent Career Tech Center, Launch U, and CTE for their focus on post-secondary education and career outcomes for young adults. He aims to support the creation of engaging educational environments - providing students with a positive educational experience. Outside of education, Joe enjoys hobbies like bass fishing, family time, and home remodeling.



# Skills For Success



## Time Management

- Create a Schedule
- Use a Planner & To-Do-List
- Prioritize Tasks
- Break Tasks into Smaller Steps
- Limit Distractions
- Know your Deadlines
- Seek Help When Needed!

\*\*Studies show that people who write down their goals and Tasks are 42% more likely to achieve them than those who don't. This simple act of writing can significantly boost accountability and focus, making effective time management much more attainable!

## Visualize Success!



“Success is the sum of small efforts, repeated day in and day out.”



- Robert  
Collins



## Study Hacks

- Create a Study Space
- Use Color Coding
- Study for 25 min. Take a Break for 5.
- Create a Routine
- Summarize info. in your own words.
- Utilize Technology and Online Tools
- Reflect & Adjust



# TRIVIA

What is the most popular major to graduate with in the U.S.?

Which is the correct Answer?

- A. Healthcare
- B. Business
- C. IT
- D. Psychology

[Click Here for the Answer](#)



# LU Highlights



## Welcome to Our New General Associate Students!!

- LU gained a new cohort of 23 10th & 11th graders.



## Kids Food Basket

- GA students learned about the organization and then went into the fields to support the project in picking fruit and vegetables. .



## Seniors took the ALEKS

- Aleks is placement testing for GRCC 13th year classes.



## Job Shadowing

- 12th graders learned what a job shadow is, how to get one, and the importance of networking and gaining firsthand experience to make informed career decisions.



# LU Highlights



## Vision Boards

- Juniors & Seniors took a career assessment and chose 2 careers to further explore. They did some research and made vision boards.



## Choosing Electives

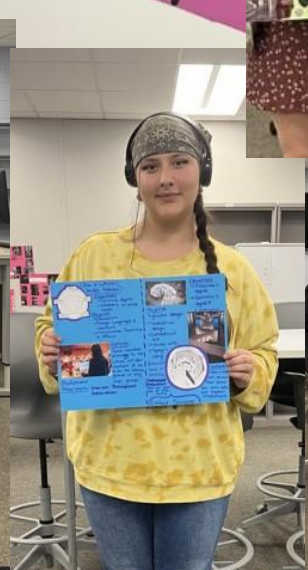
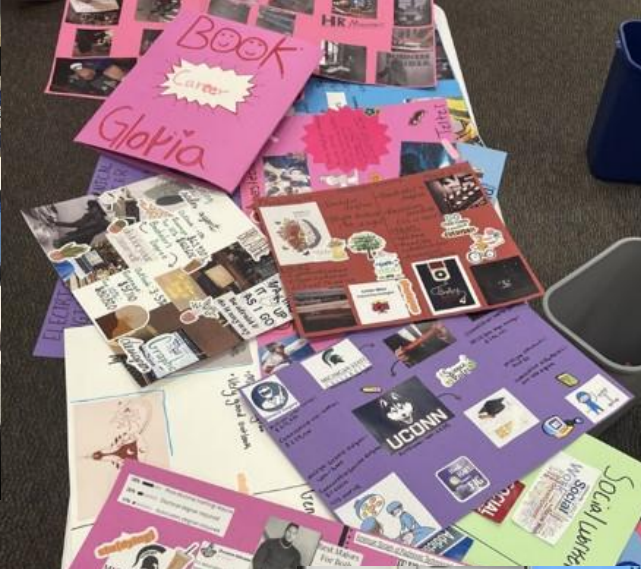
- Students met with our GRCC team to discuss choosing college electives for next year!



## Future Focus - Reverse Job Shadows

- 11th Graders Learned About Various Careers Through Guest Speakers; Reverse Job Shadows during our Future Focus Series.





# Future Focus Series

Thank You to our AMAZING Speakers !





# Special Reminders

- 🍂 Email LU Mentors and Professors for Absences
- 🍂 Complete Monthly Progress Reports
- 🍂 **No Class** Nov. 26-29th  
GRCC Thanksgiving Break
- 🍂 End of Semester Celebration - Dec. 13th
- 🍂 New Wing Coming Next Semester!!



 Khan Academy Quizlet Evernote Trello Coursera Grammarly Duolingo Anki StudyBlue Pomodoro Timer SimpleMind My Study Life Chegg Study Magoosh

# Tech Tips

Take some time to explore these useful apps and online tools for studying, staying focused, time management, and supporting YOUR success!



# Recommendations

Share Your Opinion!!

[Click Here](#)

## Books

- The Giver
- The Maze Runner
- Animal Farm

## Movies

- Pursuit of Happiness
- Free Guy
- West Side Story
- The Perks of Being a Wallflower

## Podcasts

- Stuff You Should Know
- The Youth Mindset
- The College Info Geek
- The Mindful Kind



Free GRCC Mental Health  
Workshops

- Call 616-234-4130
- [Sign up online](#)

GRCC Personal Counseling  
Services

- Call 616-234-4130 to schedule an appointment
- Telehealth appointments
- In person appointments

# Health & Wellness



You  
Rock!

