Course Spotlight: CE01 Career Exploration

MDLP's newest elective, Career Exploration, facilitates the exploration process of six major career fields: Agriculture, Food, and Natural Resources; Arts, Communication, and Information Systems; Engineering, Manufacturing, and Technology; Health Science and Technology; Human Services; and, Business, Management, and Administration. Students will gain a deep understanding of the resources, education, and career opportunities available within the major fields while applying their own strengths and interests to the process of career exploration.

Time Management Tips for Online Students

MDLP gives students the flexibility to take classes anytime, anywhere. The trick is making adequate progress toward successful course completion. Doing so requires discipline, commitment, and organization - traits any successful student should possess, no matter what path they are taking to earn their high school diploma. Unlike their peers in the classroom, who have regular face-to-face time with teachers and peers, online students have no in-person reminder of progress goals and due dates. Being able to work at their own pace on their own time is a benefit of taking online courses, but many students struggle with managing their time.

The following time management plan can help students successfully complete their MDLP courses:

1) Analyze how you are currently spending your time. For two days, track how you spend every hour of the day. Include eating, sleeping, reading lessons, completing course work, playing video games, watching television, posting on social media, reading, exercising, etc.

2) Create a priority list that includes how you have spent your time, including any social or family commitments. Group the items based on whether they are one time, daily, or recurring tasks. Rank each of the items on your list based on order of importance.

3) Enter your items on a calendar or planner, estimating and blocking out time for each item. Enter all the recurring items first, and then add your most important items followed by least important.

4) Make adjustments in your planner based on your current time management habits. Review and repeat daily. As you go through your day, tackle tasks based on how you organized your planner. Check off your completed tasks, and copy uncompleted tasks to the next day.
Parents: How to Help Your Student Develop Effective Study Skills

Success in MDLP does not come from any single thing – it is about the right mix of knowledge, skills, and dispositions. Strong study skills are an important ingredient in this recipe, and they are very much learned behavior. As a parent, how can you help your student develop the study skills he needs to achieve academic success?

- Create a designated study space for your student
- Keep a planner that outlines your student's daily and weekly tasks
- Help your student take effective notes
- Study for tests with your student
- Encourage your student to avoid cramming
- Teach your student to ask for help
- Avoid social, family, and electronic distractions

CPR Requirement for Graduation

Having someone in the family who knows CPR just may save a life someday, including your own. According to the American Heart Association, "approximately 350,000 people experience cardiac arrest every year in the United States. Most of those occur outside of a hospital. Of those, 90% do not survive mainly because they do not get help quick enough. In cardiac arrest, every second counts. The likelihood of survival goes down 10% with each minute after the attack." Emergency rescue workers may not be able to get to the victim as quickly as they need to and a bystander who knows CPR may be their only hope. If a cardiac arrest victim is treated with CPR within the first few minutes, this doubles or even triples their chances of survival. That is why it is so important for everyone to know CPR - including high school students.

Students graduating after January 1, 2020 are required to complete CPR in order to earn an Arizona high school diploma. Section 15-718.01, Arizona Revised Statutes, "requires school districts and charter schools to provide public school pupils with one or more training sessions in cardiopulmonary resuscitation (CPR), through the use of psychomotor skills in an age-appropriate manner, during high school." Students who attend MDLP full-time are required to complete a short CPR module as one of their courses. Students who attend another school and take only one or two courses online will complete CPR at their home school as part of a PE class.