

We are literally TWO days away from December!!! At the beginning of the school year, did you think it would ever actually come?! Great job everyone—let's finish STRONG!!

1. Do you ever feel awkward in front of an audience? Wonder what you should do with your hands? Here is the answer: a [speaker's guide to effective gestures](#).
2. **Funniest Christmas Gifts** EVER for those of us who LOVE Anatomy: iheartguts.threadless.com
3. During the upcoming ACTE Vision Conference in Phoenix (this week), **LaDonna Selvidge** will be announced as a representative for the **Health Science Vice President**. It's been nine years since our last Oklahoma VP—and it's time to have another! Oklahoma has one of the largest state associations and I assure you we have more health science members than any other state, so don't forget to vote when ACTE sends out the ballot! LaDonna has been an amazing leader in Oklahoma ACTE—**be sure to check out the email sent to your inbox on 11/19/23** to review her credentials!
4. **Scientists** 3D print robotic hand for the first time with human-like bones, ligaments, and tendons made with elastic properties using new laser scanning technique ([More](#))
5. **The myth of the fast learner: Achievement gaps are the result of opportunity gaps, not individual differences in learning speed.** Researchers found after looking at nearly 7K students using different kinds of educational technology, in more than 1.3 million interactions that students learn at surprisingly similar rates—there are no fast or slow learners. Students master concepts through opportunities to practice them. Along with detailed, timely feedback students consistently make progress regardless of where they began. [An astonishing regularity in student learning rate | PNAS](#)
6. This is soooo interesting! WIRED breaks down **how our organs and body parts age from head to toe.** [How Your Body Ages From Head to Toe | WIRED - YouTube](#)
7. Presented in two comprehensive parts, the second annual [Post-Graduation Readiness Report](#) analyzes recent **high school graduates' preparedness to navigate significant life decisions.** **Some of the key findings include:**
 - Less than half (45%) pursued a 4-year college pathway
 - 30% were not aware of CTE programs
 - 51% ranked family as the greatest influence on their decisions[Download the 2023 Post-Graduation Readiness Report](#) for insights into the findings of this annual survey and recommendations to give students more confidence in making decisions about life after high school graduation.
8. Both **Kahoot!** and **Blooket** **offer fun question-and-answer-style quiz games** to promote learning through testing. In each case there are pre-populated options that allow teachers to pick and set a quiz with a lot of ease, ideal for saving time. Which is best for your class? This **side-by-side comparison guide** aims to help you find out. **Full Story:** [Tech & Learning](#)
9. **First-of-its-kind study** reveals **new cause behind brain hemorrhages** that do not involve injured blood vessels, as previously believed; research finds interactions between aged red blood cells and brain capillaries can lead to cerebral microbleeds ([More](#))
10. From Starla's Teach Tips recent newsletter: Vaping.....sneaky behavior!

*Let's face it...our students have bought the "ticket" that vaping is harmless or less dangerous than smoking. It is the "new cool" and they are locked into all the tasty flavors. Many make a game out of vaping in school (bathrooms) or behind your back in the classroom! It is the newest frustration that many of you are experiencing. So...what to do? Well...let's control the classroom and educate them to help them make better choices. **To sign up for Starla's newsletter (and find the answer to this teaching dilemma, shoot her an email at sewan15@yahoo.com***

11. **Gamify your classroom with Flashcards.** Visible Body Flashcards are a popular study tool because they encourage students to actively retrieve information instead of just rereading their notes. **Classroom Flashcard activity: Host a game show!**
 1. Create a Flashcard deck, or use one of our [50+ pre-made Flashcard decks](#).
 2. Project the Flashcard deck during class so it's visible to all students.
 3. Divide your class into teams.
 4. Show the first side of the Flashcard, then have each team write down the answer and "buzz in" by raising their hand or using a buzzer sound app. The students who buzz in first will win the point.

12. **Scribble** is an online tool that makes **researching and creating collections of work from various sources** a more straightforward process. It works as a Chrome browser extension and a website to combine features that allow teachers and students to more easily save research. This can mean highlighting online text or working with documents. Crucially, it can all be done easily and is saved to the cloud, which makes access and collaborating far simpler. **Full Story:** [Tech & Learning](#)
13. **What will your students thank you for?** Listen to this 2 minute video to find out how to connect with students like never before: [What will your students thank you for? | CharacterStrong](#)
14. Look what I found today!! The Perry Outreach Program will be coming to OKC on **Saturday, January 27, 2024 from 9am-3:30pm**. This event will be for high school students who gender-identify as **women** or nonbinary, in **grades 10 and up** who are interested in **exploring careers in orthopedics** or engineering are encouraged to apply. In addition to six hands-on mock surgical exercises, participants will hear lectures from **local women surgeons and engineers**. They are accepting online applications for this event until the deadline of January 2, 2023! [Click here](#) for a downloadable/printable flyer for this event.

To wrap up this short week post-Thanksgiving, give a final nod to Native American month, and get a start on your holiday shopping, I found this: Mattel honors first female Cherokee chief, Wilma Mankiller, [with her own Barbie doll](#).

"A champion is afraid of losing. Everyone else is afraid of winning."

-Billie Jean King

Sincerely,
Lara Morris
State Program Manager | Health Careers Education



1500 West Seventh Avenue
Stillwater, OK 74074-4398
405.743.5106
405.747.9327 cell
lara.morris@careertech.ok.gov
www.okcareertech.org