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### Power Hour:

## Career and College Exploration Course

On June 18, the Learning Center launched the first

weekly Power Hour, a nine-week series of 21st century workforce skills paired with career exploration. Over lunch, students get to discuss how to turn their career dreams into reality with practical strategies to create clear, attainable goals.

Staff has chosen the Dream Catcher program developed by Essential Education, partnered with a collaborative learning activity that reinforces in-demand workforce skills.

Last week, students had a terrific roundtable discussion topic: "What's your burning desire?" Students considered their career dreams and possible barriers to actualizing them. One student needed help in mapping out a plan of action. Another student wasn't certain what was standing in the way of sustaining the motivation they needed while working towards a goal. The course will work on creating realistic, individualized solutions for each concern. The Dream Catcher program is fueling wonderful discussions, indeed.

The Power Hour classes will continue through August 13, exploring how to increase students' ability in collaboration, resilience, digital fluency, problemsolving, and communication.

Teamwork makes the dream work!



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#### Learning Center Summer Hours Monday - Thursday: 9 a.m. to 4 p.m.

The MCC Learning Center prepares and empowers adults to achieve their educational, career, and personal goals.





# **Student Spotlight!**

# John-Mark Michaelson Miles City , MT

John-Mark told us that during his high school years, his circumstances became challenging. "Life got complicated," he said. "I had to focus on surviving and handling responsibilities that made it hard to stay in school. I always planned to finish; it just had to happen on my own terms, when I was ready."

That's when he began looking into earning his HiSET diploma through Miles City Adult Education.

For John-Mark, persevering with his HiSET studies was difficult at times.

He said, "Staying motivated was the hardest part. There were moments when I felt overwhelmed or questioned if it was even worth it."

Even though things were tough, the idea of what would be possible after he graduated helped him focus on his goal.

"I reminded myself why I started. I wanted more for my future," he said.

Studying wasn't all a slog, though.

"Science came naturally to me," he said. "It just clicked. I also really enjoyed reading and writing because they gave me a way to express myself and process everything going on. Math was more challenging, but I stayed focused and got through it."

John-Mark was also fortunate to have a dedicated group of people cheering him on.

"I had a small but solid support system -- people who encouraged me, checked in, and reminded me that I could do this. Even just knowing someone believed in me made it easier to keep pushing forward," he said.

And now that he's graduated, John-Mark has many new opportunities.

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"It's opened doors. I have more options now for college, for work, and for my future. I feel proud of myself."

He continued, "Earning my HiSET reminded me that I'm capable of achieving real goals, and it gave me the confidence to go after the next ones."

For anyone considering studying to earn their own HiSET diploma, John-Mark has this advice: "Go for it. It's not about where you've been; it's about where you're headed. Getting your HiSET is a big step toward building a better life. It won't always be easy, and it won't be as hard as you are thinking it will be, but it is worth it. You're more capable than you think."

