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MOUNT ROGERS
Regional Adult Education Program
www. mrraep.com 800-322-7748

January

NEWSLETTER



Please Note the January GED testing dates

Bristol Public Library

January

11 Saturday

21 Tuesday

29 Wednesday

Galax/Crossroad

January

7 Tuesday

18 Saturday

30 Thursday

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Staff Spotlight

Hannah Ingram



This January, we're thrilled to shine the spotlight on Hannah Ingram, who joined MRRAEP in 2020 amidst the challenges of the pandemic. With her background in theatre and a knack for adapting to new opportunities, Hannah has brought her energy and creativity to the world of adult education.

When Barter Theatre temporarily closed its doors, Hannah pivoted to a new role, diving into adult education with enthusiasm. She didn't just stop at learning the ropes—she pursued and earned her Career Coach certification, furthering her ability to guide and inspire students.

Hannah believes adult education is for everyone. She loves helping students realize that small, consistent efforts can lead to big changes in their lives. Her extensive career history—ranging from cruise ships to eBay marketing and even dressing as a Disney princess—has given her a treasure trove of transferable skills. She now uses this experience to help students uncover and leverage their own skills to achieve their goals.

As a self-described "floater," Hannah's day-to-day responsibilities are as diverse as her background. She supports students and colleagues on an on-call basis, coordinates National Career Readiness Credential (NCRC) testing, and manages adult education components for initiatives like VHCC's "Project Independence" and "Tools for Success" scholarship programs. Her role involves everything from tracking certifications to motivating students with regular progress updates.

What keeps her going? The joy of seeing students succeed. Whether it's a heartfelt thank-you or feedback about how their studies with MRRAEP have impacted their lives, these moments remind Hannah of the transformative power of education.

Hannah values the patience she's learned in this role, recognizing that while she can guide and encourage, students ultimately take their own steps toward success.

Outside of work, Hannah spends time with her husband Matt and their two dogs. She loves to read, play The Sims, and is currently chasing the elusive work-life balance. Later this month, she's fulfilling a bucket-list dream by traveling to Hawaii, a trip she proudly planned using saved-up points!

Hannah's quirky talent for memorizing license plates and her dream job as a theatre professional make her a truly unique and fascinating member of the MRRAEP team. Her favorite advice? "Be excellent to each other," a quote from Bill & Ted's Excellent Adventure that reflects her approach to life and work.

Thank you, Hannah, for bringing your passion and creativity to MRRAEP. We're lucky to have you on our team!



Student Shoutout

Sommer Sykes



SOMMER SYKES

**Recently earned her Phlebotomy Technician certification (TOP SCORE) through VHCC +
Passed 14 Northstar Digital Literacy assessments +
Passed Money Essentials (Essential Ed) +
Passed Job Seeking, Job Ready, Job Keeping in Work Essentials (Essential Ed)**

"I was working as a manager at McDonald's. It was very stressful mentally and physically and I felt I needed something more and different in life. My doctor was right next door to my job at the time; we would talk about work a lot and how stressful it was. She's actually the one that told me about the VHCC Phlebotomy program. I decided to take a leap of faith – I left my job of three years and immediately signed up for the Phlebotomy class! My Phlebotomy teacher Ms. Cindy Fleenor was awesome. She was very patient and taught in a way that was easy to understand.

I now feel more accomplished because I did something that I thought I was never going to do – I decided to go to college and I made it happen. The RSVP grant incentives were very helpful. The weekly stipends and other reimbursements & incentives make it possible for people like me to be able to go to college.

I would recommend the MRRAEP Adult Education program to future students. I am now more confident in several areas I studied as part of the grant's Adult Ed requirements. Everything was communicated well as far as what is needed and expected. Communication with MRRAEP staff was very professional and upbeat. I appreciate Hannah Ingram for always checking in and recognizing our work. I learned helpful skills for building resumés and job searching. The accreditation certificates show that I completed these skills and will be very helpful for my job applications and interviews.

I definitely feel ready to "level up" in my life! I am motivated to apply what I learned this semester as I move forward in my next steps. I received the highest score in my class on our Phlebotomy exam – it's a good start! I look forward to getting a job as a phlebotomist and I'm thinking strongly about taking on Medical Assistant training next."

WELCOME Katie Fuller!

**Katie is the Adult Ed instructor
for the evening Male GED class**



FROM THE DESK OF...

SHANNON MUTTER

PROGRAM MANAGER



This is one of my favorite places to visit. I have not had the privilege of visiting in the winter but this picture was taken in the winter there. Do you recognize this famous scene?

I hope your Christmas and New Year were spectacular! I am so happy you had some time off and also happy you are back and ready to serve our students.

Just a few reminders to get our brains (not trains) back on track!

*** If you have a student who is also working on an occupational certificate such as CNA, Phlebotomy, HBI Pact, you will need to list them on your attendance as an IET student.**

** Be sure to take a look at your students' hours---are they close to 12 – if so, give them some distance learning to get them over the hump. Are they close to 40- try putting them on CASAS Academy for part of their class time before giving the posttest.*

*** If your new student scores NRS 4 on the pre-test, be sure to explain to them they are eligible for the fast track to GED and can take a GED ready as soon as they get 12 hours!**

*** Be sure to review the goals sheet with your students—are they on track or do they need to adjust? Are they on the right educational pathway for the employment or further education they need?**

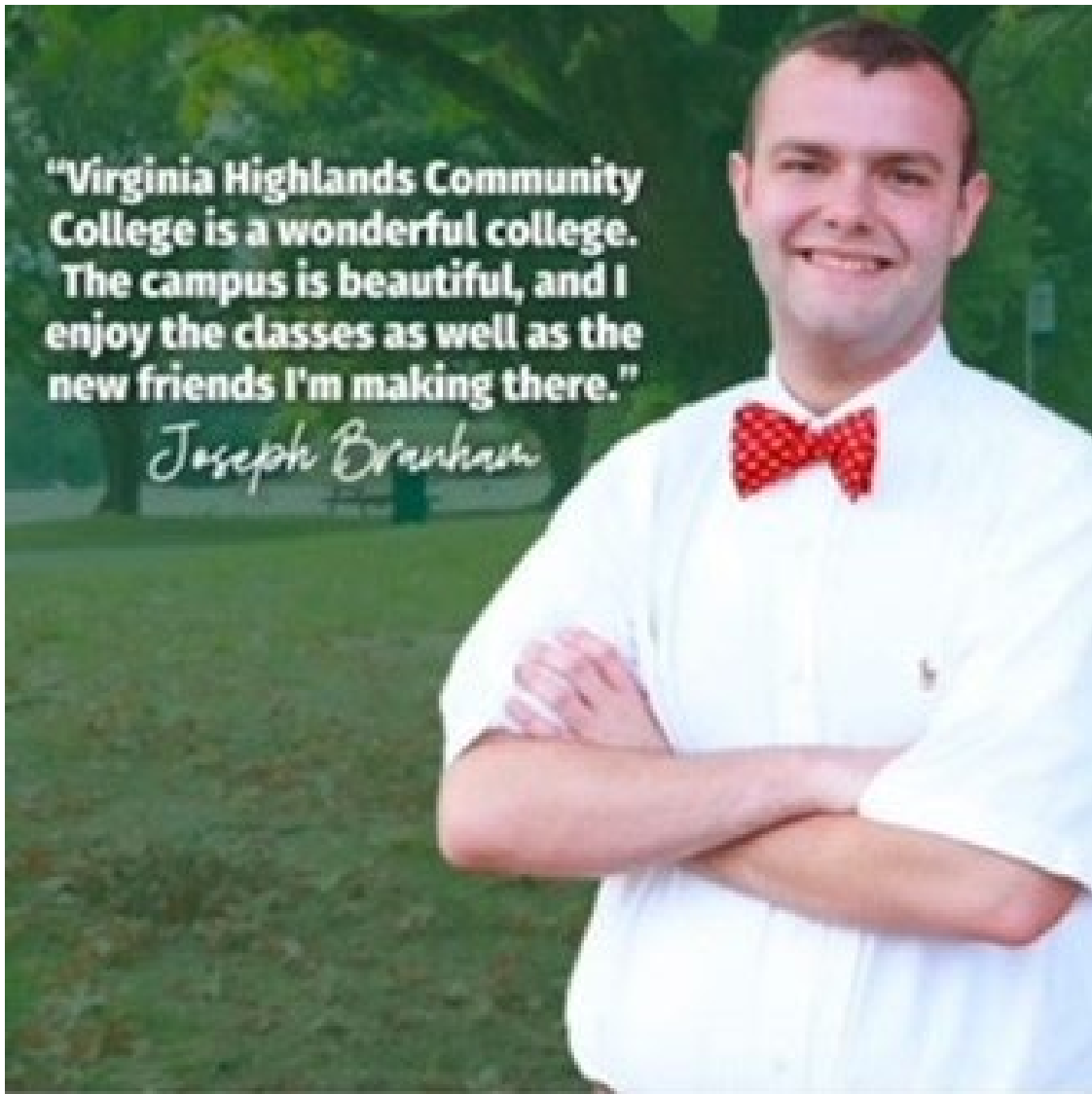
*** Be sure to double check distance learning time from the break. Students hopefully put in some time and we want to be sure to give them credit for the hours they earned.**



We have a wonderful program and we really need to get the news out about just how great our program is! You can help with this and it only takes a few minutes each month. Nothing like a good challenge to start the year off, right?!! We want everyone to know about what's going on in your classroom! Send us a picture and tell us about it! Here are some suggestions but feel free to be creative:

- * New student- snap a picture and caption it why they came to the class or how they heard about it.
- * GED subject passed!
- * GED completer
- * Posttest gain
- * Class picture participating in a fun activity

*** Ask your students what they like about our program and send the quote in with a picture. Take a look at this example:**



This will only take a few minutes, but we want to make it worth your while so...for every picture you send in, your name will go in for a monthly drawing for a gift card! Let's flood our social media this year about our great classes and students!

ALL PHOTOS AND CAPTIONS NEED TO BE EMAILED (Do Not Use Text or FB Messages) TO TINA MCKINNEY AT: tinamcrsvp@gmail.com

Kayla Hagy

Data Specialist

Happy January!

I hope you all had a well deserved relaxing break.

December attendance and any ASPD's or portal submissions that haven't been submitted yet are due the first day you come back to class.

If anyone has any students that they're struggling to get in to post test. Please reach out to one of us and we'll help.

Any pretest before 6/30/23 has expired.

Celebrations: 🎉 🍀 🎊

Sue Dickens had a GED completer

Rodney had a GED completer

Kim & Joybeth had a GED completer

We are up to 10 GED Completers this program year!

There were 20 GED Ready or GED tests taken and passed in December.

Cindy Campbell and Lorraine Hedgepeth

Instructional Specialists



VALRC

Virginia Adult Learning
Resource Center

Check out [PROGRESS, 2024, Volume 34, No. 2, September Issue](#)

that features the Science of Reading.



Important rule change from GED:

Please tell your students before they go to take the last test that they should not open the email from GED unless they have access to a printer. It can only be printed when it is opened the first time. After that, it will print COPY on every time it is printed. They can come back to you to print it. Please copy it and put it in their folder. To get a duplicate copy, they will have to pay approximately \$20 and wait for it to be mailed. Please see the email dated January 6th for more information.



Please check your email from Dec. 16, 2024. The final CASAS directions are there. Please print out a copy of each attachment so you will have them when you need them.



The handbooks are coming! There have been several changes since our last handbook. So in January, you will receive a new handbook. You will have a hard copy and a flash drive.. Several of you have been asking for this, and we are pleased to grant your wish.



January Birthdays

1 Shirley Carlson
3 Sue Dickens
7 Kayla Hagy
8 Sonia Vanhook
30 Don Williams



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Our mailing address is:

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