

LaunchU

March 2023



March is Women's History Month



NATIONAL WOMEN'S HISTORY MONTH
Generations of Women Moving History Forward
MARCH

What to expect:



Student Spotlight: Allison



Student Birthdays



Soft Skill: Cultural Competence



Career Explorers: Andres Carmona-Franco,
Architect/Interior Designer at Tower Pinkster



GRCC Today article: Launch U students participate in
NASA HUNCH competition



Mental Health Awareness: Basic Needs



Special Reminders



In Case You Missed It





Hello! I'm...

Allison! I am a student at Rockford High School, KCTC, and I am in the IT program for Launch U. I also play travel hockey on an all-girls team. My future plans are to finish GRCC and get my associate's degree and then transfer to a different school and get my bachelors degree. I also want to go to a school where I can play hockey.



Some highlights from Launch U have been getting certifications that articulate in to college credit and knowing that if I stay on track I will have my associates degree one year out of high school.



Some advice for incoming students is to manage your time wisely. You will have a good amount of work so make sure you use all your class time so you can get everything done. Over my time in KCTC, Launch U, and going to regular school I have barely had any homework because I used good time management.

Student Birthdays

2nd
Eric

7th
Zane
Hannah

9th
Kai

10th
Ella
Sophia

14th
Hayden

13th
Betsy

20th
Joseph
Kiersten
Angela

25th
Nolan

24th
Ian

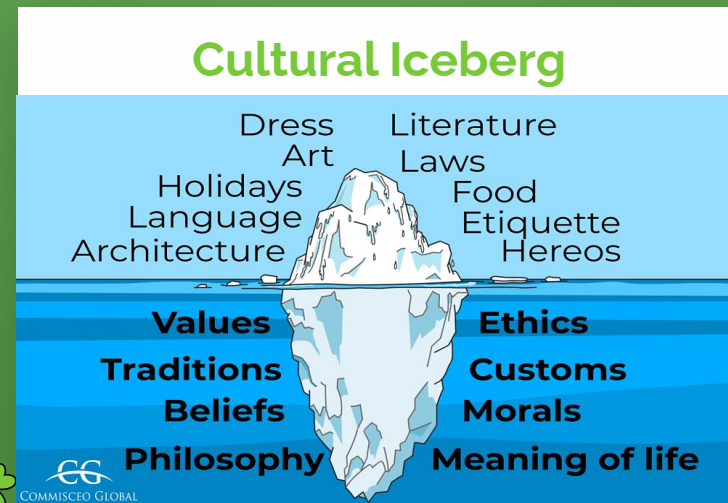
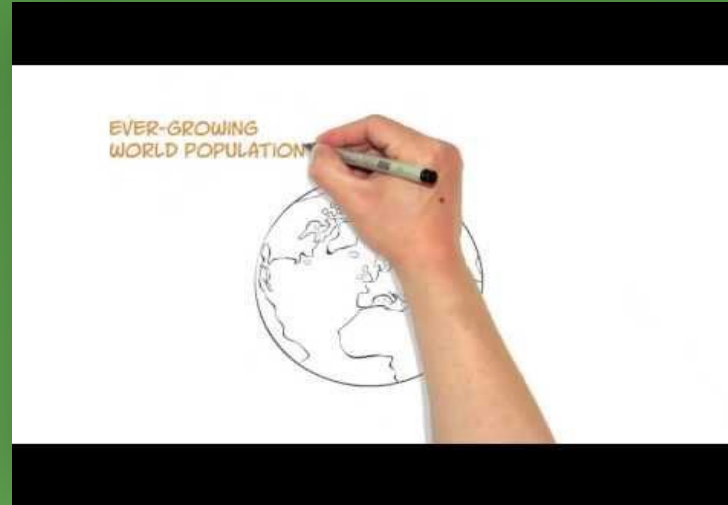
16th
Leonardo

30th
Judzia

Soft Skill: Cultural Competence

Cultural competence is the ability to communicate effectively and interact with people across cultures through positive behaviors, attitudes and policies. The word “culture” refers to the beliefs, values and thoughts of a racial, ethnic, religious or social group. Competence implies the ability to function effectively.

[What Is Cultural Competence and Why Is It Important? | Indeed.com](#)



Why is Cultural Competence Important?

1. Appreciation for other perspectives
2. More ideas
3. Enhanced creativity
4. Improved listening
5. Heightened empathy and adaptability



“Luck
is what happens when
preparation meets opportunity.”

- Seneca



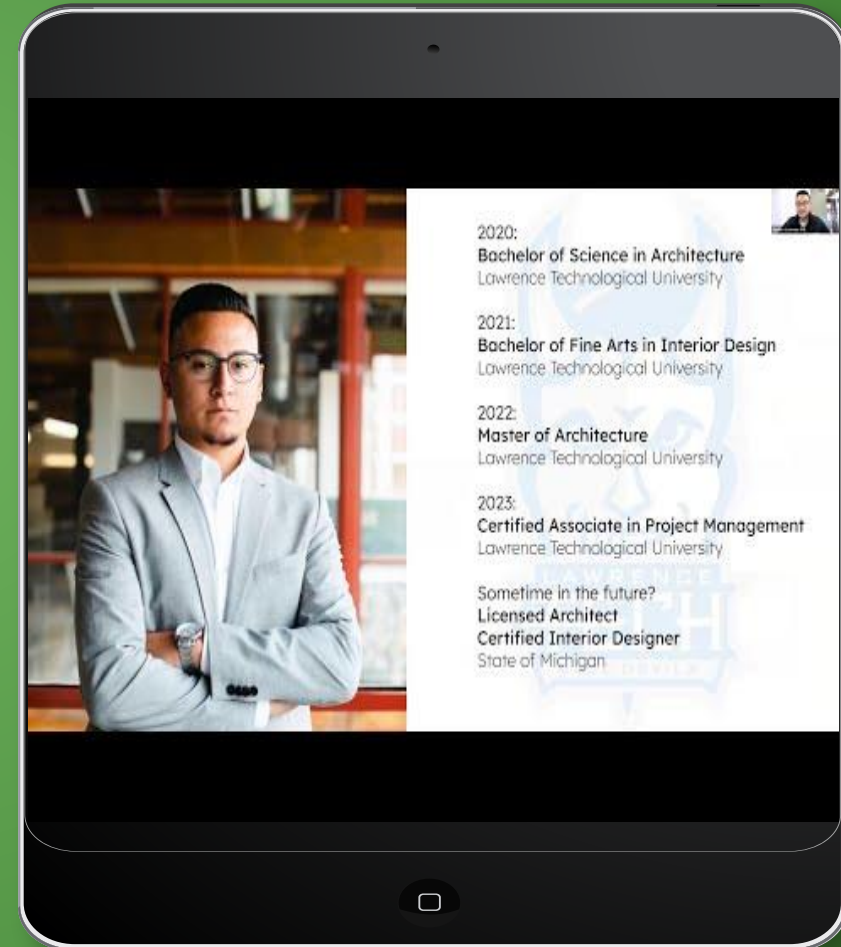
Career Explorers

In this episode:

Hear how Andres Carmona-Franco, an architectural/interior designer at Tower Pinkster, started his career and learned about new and exciting opportunities within his field.

This Career Pathway includes: Architecture and Construction

Career Explorers is a flexible virtual career exploration experience to help students learn about occupations in a variety of pathways.



GRCC students in NASA competition to make nutritious, tasty meals in edible containers to blast to International Space Station



“Teams of Secchia Institute of Culinary Arts students are competing to send into space meals that can be enjoyed by astronauts – containers and all.

It is the third year Grand Rapids Community College’s culinary students and faculty are competing in the NASA HUNCH competition, with a top prize of having their creations being rocketed to the International Space Station. Students on Saturday competed in a preliminary round against students from the Regional Career Technical Center from Ypsilanti at the Grand Rapids Public Museum...

[H]ealth and biomedical science students Abby Tichelaar and Cole Herring are working on edible cargo boxes with a goal of eliminating waste on space missions, where space on aircraft is at a premium. Tichelaar and Herring attend Launch U, a partnership between GRCC and the Kent Intermediate School District...

The team has been working since late October, faced with nutritional guidelines from NASA and a research project looking at how foods affect astronauts in low gravity... The biomedical team is working on packaging that will hold nutrition bars, then be broken down into an edible solution and make snacks such as gummy bears. GRCC’s 2020 team made it all the way to the finals, finishing second in the competition.”

<https://grcctoday.wordpress.com/2023/02/13/grcc-students-in-nasa-competition-to-make-nutritious-tasty-meals-in-edible-containers-to-blast-to-international-space-station/>

Watch a brief video of Abby and Cole explaining the NASA HUNCH ECTB project.



NASA HUNCH Health and Biomedical Science 2022



School: Secchia Institute for Culinary Education, GRCC

*Students: Abby Tichelaar and Cole Herring
GRCC Launch U Middle College Engineering
and Mechanical Design Program*

Coaches: Jennifer Struik, MS, RD, and Werner Absenger, Ph.D., MS

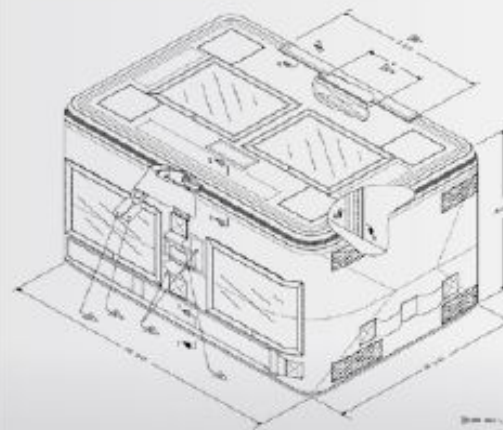
Team: GRCC Raiders Edible Packaging



Abby Tichelaar and Cole Herring

WHY AN EDIBLE CARGO TRANSFER BOX (ECTB)?

- This ECTB is being designed for extended space missions or missions where space on the aircraft is limited. The goal of this project is to eliminate unnecessary waste.
- The design given to us by NASA is a polyester bag that, when emptied, didn't have a use and therefore was no longer necessary on the aircraft.
- The implementation of edible packaging will allow for recycling and repurposing and the ability to store larger quantities of food on the aircraft.
- Provide nutrition of prebiotics and probiotics to optimize the astronaut's gastrointestinal microbiome.



Mental Health Awareness: Basic Needs

"Maslow called the bottom four levels of the pyramid 'deficiency needs' because we do not feel anything if they are met but become anxious or distressed if they are not..."

Once we have met our deficiency needs, the focus of our anxiety shifts to self-actualization, and we begin... to contemplate our bigger picture. However, only a small minority of people are able to self-actualize because self-actualization calls upon uncommon qualities such as independence, awareness, creativity, originality, and, of course, courage."

Our Hierarchy of Needs | Psychology Today

United Way

- Food assistance and pantries, utility assistance, CoVid 19 Kent County Resources
- Call 211
- Go to the website: [Call 211 for Essential Community Services | United Way 211](#)

Feeding America

- [Map for local food resources.](#)
- [Mobile Food Pantry](#)

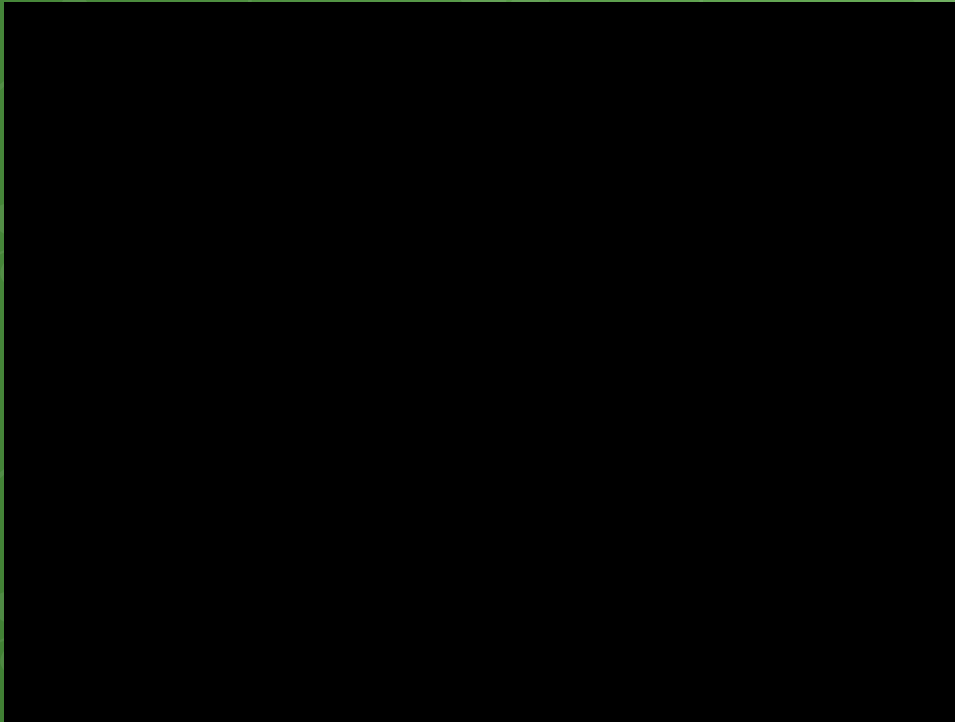


Special Reminders

-  Launch U Applications due: March 24th
-  Kent ISD Spring Break: March 31st-April 7th



ICYMI



Engineering and Mechanical Design students test out different paper airplane designs.