



Fall 2019

Volume 4, Issue 1

APICDA Scholar

Tips for “Living Your Best Life” in College

1. **Get out there!**—Attend fairs and events on campus, join a club or a team, or make your own club.
2. **Connect**—Start networking with other college students and with professionals you meet throughout your college experience.
3. **Budget**—Work over the summer to save money and lessen your college expenses. If you live on campus, ask your financial aid office about work study. If you’re taking out loans, borrow only what you need to avoid re-paying more later.
4. **Intern**—Working as an intern allows you to gain experience and explore your interests. It also makes you stand out to future employers. Some internship options to explore are at APICDA, your college or university, and career fairs.
5. **Know Your Resources**—Many colleges offer free services, such as one-on-one tutoring and group study, so make the

most out of your tuition and go check them out! It’s also a good idea to visit your school’s financial aid office.

6. **Remain Flexible**—Your interests may change throughout your college experience, so choose a degree program that suits you but continue to be open to other opportunities as they arise.
7. **Realize Your College Experience is Unique**—Avoid comparing your college experience with the experiences of others. Your journey is your own and it won’t be the same as anyone else’s.
8. **Practice Self Care** —Balancing your responsibilities and priorities in college can be a real challenge at times, so it’s highly recommended to take your mental health seriously to avoid becoming overwhelmed.

By Celeste Kukahiko, excerpted from:
Hannestad, Katie (2017, August). 8
Ways to Get the Most Out of Your
College Experience. *Dept. of Education Homeroom Blog*.



Provided by APICDA



INSIDE THIS ISSUE

Student Spotlight.....	2
APICDA Programs.....	3
HS Educational Opportunities.....	4
Safety Tips.....	5
Opportunities After HS.....	6
Planning Your School Schedule....	7
Grad Announcements & CLOs.....	8

Training & Education
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Student Spotlight — Nikka Dirks



Nikka Dirks interned with us at our Anchorage office this summer. She worked with the Tourism and Media Departments and helped with a number of projects, like preparing social media content and assisting with grocery

and supply orders for our camps in Nelson Lagoon and Nikolski. Nikka is a student at UAA pursuing a degree in health sciences, and she is a recipient of the Emil Berikoff, Sr. Memorial Scholarship.

What APICDA community are you associated with?

My family is from Atka, Alaska.

Why did you decide to go to college and what are you studying?

I decided to go to college because I've always enjoyed learning. I wasn't sure what I wanted to study, but by my sophomore year I knew I was interested in science. I'm going into my senior year studying Health Sciences.

What is a cause you are passionate about?

I'm very passionate about environmental health. I think it is important to address issues such as indoor and outdoor air pollution in order to preserve our environment. Little changes such as carpooling, taking the bus, riding a bike, and using reusable bags and water bottles make a big difference.

What have you learned from other students?

I've learned different ways to study from other students. I've taken tips from several classmates and formed my own ways to study successfully. It helps to make connections with other students in order to discuss assignments, important due dates, and even meet up outside of class for study groups. I've met a

few people that have inspired me with their work ethic. Seeing how focused they are on their studies and assignments motivates me to really focus on my own work.

Tell us about an experience you had during a practicum or internship.

I had the opportunity to intern for APICDA this summer at the Anchorage office. I learned a lot about how APICDA helps build sustainable communities in the region. I was also able to learn more about Unanga culture by working with and reading many of the APICDA publications. I received many books, articles, and videos about my culture by our cultural curriculum coordinator, Haliehana Stepetin, as well. I had a broad understanding about Unanga culture and history prior to my internship, and the resources provided by Haliehana helped me expand this knowledge.

When stressed, what is your favorite activity to destress?

When I'm stressed my favorite activity is to go hiking or fishing with friends. It allows me to get outside and breathe fresh air for a couple of hours and take my mind off my assignments. I'm able to catch-up with friends this way and not discuss anything school-related.

What advice do you have for new college students?

I would encourage new students to make two to three friends in each class that they can exchange numbers with to ask questions about assignments or meet up with and study. Don't be afraid to make new friends. It makes the semester more enjoyable when you have friends to talk to in each class. If you are struggling, don't hesitate to reach out to your professor and ask for help. Most professors are willing to be flexible if you're honest with them.

APICDA Programs



**Emil William
Berikoff Sr.
1944-2012**

Emil Berikoff, Sr. served on the APICDA Board for 15 years. His contributions as a trusted board member and to the APICDA community were invaluable.



APICDA Training & Education Programs

APICDA offers higher education and supplemental education scholarship programs to support and encourage the education and training goals of community residents.

Emil Berikoff Sr. Memorial Scholarship

A scholarship program designed to provide higher education scholarships to applicants who are APICDA community residents and accepted to or enrolled at a nationally or regionally accredited college or university. Applications must be complete and received in the APICDA office by:

- * APRIL 1 for the summer term
- * JULY 1 for the fall and spring terms
- * NOV. 15 for the spring term

For information about application instructions and requirements, please contact APICDA's Training and Education department toll-free at (888) 927-4232, by email at education@apicda.com or visit www.apicda.com.

Supplemental Education Scholarship

A scholarship program designed for APICDA community residents looking for supplemental funding for certificate or vocational training.

Eligibility Criteria:

1. Be a resident of an APICDA community.
2. Accepted to an accredited training program.
3. Maintain a 2.0 GPA or passing grade.
4. Applications must be submitted ten business days prior to payment due date.

Scholarships are awarded up to \$4,000 per year, based on financial need.

Emil Berikoff Sr. Memorial GPA Scholarship

Did you know that earning good grades can get you additional scholarship money from APICDA? All full-time returning EBMS students who earn a 3.5 GPA or higher will receive an additional award. Think of it as our way of patting you on the back for all of your hard work as a student. Below lists the award amount you'll receive based on the term GPA you earn:

- | | |
|-----------------|--|
| * 3.5—3.74 GPA | \$500/term up to \$1,000 per school year |
| * 3.75—3.99 GPA | \$750/term up to \$1,500 per school year |
| * 4.0 GPA | \$1,000/term up to \$2,000 per school year |

JH/HS Educational Opportunities & Programs

Career One Stop Scholarship Search Engine

This is a useful search engine for viewing scholarships, grants, fellowships, and other types of financial aid available to you. Scholarships can be filtered by the following:

- Institution type
- Award type
- Level of study
- Location

Website Link: <https://www.careeronestop.org/toolkit/training/find-scholarships.aspx>



Join the Regional Youth Advisory Council!

Want to make a difference in your community? APIA is still searching for eligible candidates to fill seats on the 2019 Regional Youth Advisory Council. Applicants must be:

- A current resident of a tribal community supported by APIA
- 12-24 years of age
- Passionate about issues related to their community
- Willing to make decisions on programs and activities that impact youth

To access an application, please go to <https://www.apiai.org/2019/01/announcing-the-first-apia-regional-youth-advisory-council/>



FOR MORE INFO CONTACT:
AMY CARLOUGH, MSW | YOUTH
PROGRAM COORDINATOR |
907.222.4242 OR AMYC@APIA.ORG

Safety Tips from Thea Chesley, APICDA Intern

College Safety-What You Should Know



College life will leave you with some of the most memorable and enjoyable experiences. However, safety should always be your first priority because dangerous situations can happen at any place and any

time. Here are some preventative measures to follow to keep your college experiences as safe as possible:

1. Be aware of which social media apps are tracking/sharing your location (i.e. Snapchat, Instagram, Facebook). You can access and change your location sharing options by checking the settings on your device.
2. Avoid posting or tagging your location on social media until after you've left the area.
3. Be aware of your surroundings. Always try to avoid walking alone if possible—many campuses have escort systems. In addition, try to avoid walking in dark areas, using secluded stairwells, and talking or texting on the phone when walking to your car, dorm/home, or even while getting gas.
4. Check out safety apps such as “bSafe” which features an SOS button for emergencies.
5. Carry pepper spray or a “SafeSound” personal alarm to attach to your backpack or handbag as a form of protection.
6. Know where the nearest exit signs are. This is crucial in emergency situations.
7. DO go enjoy familiar social events with your friends, but DON'T leave your beverage unattended—always keep it covered or within sight.
8. If you use Uber or Lyft, always double-check that the driver picking you up matches the information on the app. If it doesn't match, quickly seek safety away from the vehicle and report the incident to the authorities.
9. Using locks is one of the easiest preventative measures you can perform. A good habit to instill is locking your car doors or home doors immediately upon entry.
10. If you are staying in a residence hall, don't allow strangers into the building regardless of whether they tell you they're visiting a friend. Direct them to talk to their friend or staff about entering.
11. Know your Title IX and local rights. No campuses are guaranteed free of sexual harassment, sexual assault, or any other crime no matter how safe it may seem.
12. Lastly, if you see something, say something. You may feel uneasy about speaking up, but it is always better to let a situation be known and turn out as nothing instead of an event that could've been prevented.

“If you are staying in a residence hall, don't allow strangers into the building regardless of whether they tell you they're visiting a friend.”

Opportunities After High School

Intern with Dan Sullivan

What: An entry-level internship that provides hands-on experience to young adults interested in political science, public service, public relations, research, or writing. A completed internship may qualify for university credit.

Who: Recent high school graduates and college students

How: Apply online at <https://www.sullivan.senate.gov/services/internships/application>

When: Spring 2020 (January-May) or Summer 2020 (May-August)

Where: Washington, D.C.

Deadline to Apply: October 18, 2019 (for Spring 2020) or March 13, 2020 (for Summer 2020)

For more information about this internship opportunity, go to <https://www.sullivan.senate.gov/services/internships>

2020 Alaska Young Fishermen's Summit

What: Three days of training, networking, and skill development for individuals new to commercial fishing. Attendees will meet industry leaders, get to know the fisheries management process, and learn the global role of Alaska's seafood industry.

Who: Young fishermen in Alaska

When: January 21—23, 2020

Where: Juneau, Alaska

Interested in attending the 2020 Alaska Young Fishermen's Summit? Visit the Alaska Sea Grant website: <https://alaskaseagrant.org/events/alaska-young-fishermens-summit/>



Planning Your School Schedule

Whether you're in high school, college, or vocational/technical school, there's a lot to be considered when planning your schedule. From the amount of sleep you get each night to the distance between your classes, a good schedule has the potential to make your semester go smoothly. There are a few things you can do beforehand to make sure you create a schedule that works for you. Alaska Career Information System (AKCIS) Partnership Coordinator, Julia Renfro, has some tips below for creating the perfect school schedule!

1. Get to know your academic advisor! Julia suggests this is the first person you should know on campus. When planning your schedule, they'll make sure that it meets the degree program requirements while also keeping your goals and preferences in mind.
2. Timing is a crucial factor to consider when planning your schedule. You'll want to plan your schedule based on the time of day when you are most productive, but also

consider work schedules, time dedicated to studying, and your course load.

3. Be aware of the requirements of your financial aid (e.g. scholarships) so you can make necessary arrangements to remain in good standing with your awards.
4. If you plan to take back-to-back courses, plan ahead and be aware of the location of your classes before finalizing your schedule. Take it from someone who has been through it before—if having to sprint across campus every week can be avoided, by all means do it!

Check out Julia's blog for more great college and career planning content!

<https://acpe.alaska.gov/PLANNING/Training-Details/ArticleID/55/4-Easy-Steps-to-Planning-the-Perfect-School-Schedule>



"From the amount of sleep you get each night to the distance between your classes, a good schedule has the potential to make your semester go smoothly."

Have a fabulous fall semester!

Congratulations to the following recent graduates!

Spring 2019

April Pelkey — Akutan

Jaila Pili — Unalaska

Cameron Samuelson — False Pass

Rachael Yatchmeneff — False Pass

Summer 2019

Jhiddle Sugabo — Unalaska

Kiecel Tungul — Unalaska

Kanesia Price — Unalaska



Provided by Nikkita Shellikoff

**Contact your Community Liaison Officers (CLO)
to secure your APICDA scholarship**

Give your CLO a call today to start the discussion.

Akutan — April Pelkey

Phone: (907) 698-2449

akutancllo@apicda.com

Atka — Marii Swetzof

Phone: (907) 839-2218

atkaclo@apicda.com

False Pass

Currently vacant.

Contact education@apicda.com

Nelson Lagoon — Katie Johnson

Phone: (907) 989-2210

nelsonlagooncllo@apicda.com

Nikolski — Vincent Lestenkof

Phone: (907) 576-2220

nikolskiclo@apicda.com

St. George — Sarah Merculief

Phone: (907) 859-2299

Contact stgeorgecllo@apicda.com

Unalaska — Harriet Berikoff

Phone: (907) 581-1287

education@apicda.com