

Spring 2019
Volume 3, Issue 2

APICDA Scholar

Reflection of 2017-2018

APICDA School Grants

Five schools were each awarded a school grant in the amount of \$12,000 during the 2017-18 academic year, through APICDA's school grant program. The grants covered travel for educational trips to Seattle, Anchorage and school-based programs on St. Paul Island.

Six students and Jean and Ken Barbour of the Akutan School traveled to multiple destinations. The group toured the Alaska Wildlife Conservation Center and panned for gold at the Indian Valley Mine. They also visited the Ulu Factory, Alaska Fur Exchange and Alaska Wild Berry Products in Anchorage. In Seward, they explored the Alaska Sea Life Center.

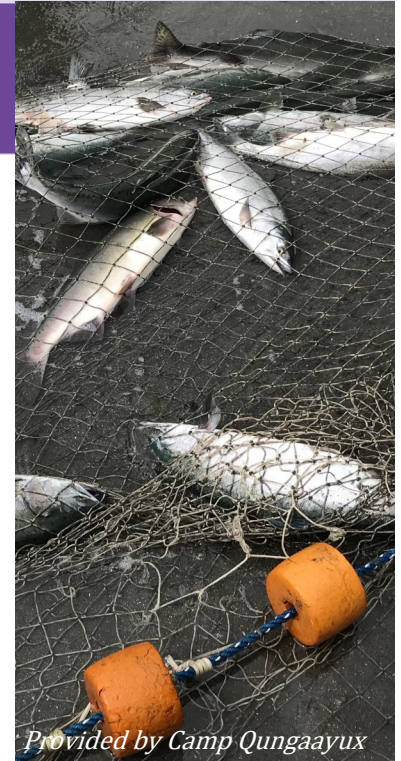
The Yakov E. Netsvetov School in Atka took six 5th-12th grade students to Northern Industrial Training in Palmer and AVTEC in Seward. While the older students were traveling, the younger students enjoyed a week-long visit with guest speakers from the Center for Alaskan Coastal Studies.

Five students and a teacher chaperone from False Pass School traveled to Seattle to learn about the area's commercial fishing industry and its relationship to the southwestern Alaska fishing industry. The group toured a Coastal Transportation warehouse and a freighter that frequently docks in False Pass. They also stopped by Lincoln High School in Tacoma to observe a greenhouse program that supplies free fresh produce to a community that qualifies as a "food desert."

The Pribilof School District and the Aleut Community of St. Paul Island partnered with St. George to use their school grant for funding of the Ecosystem Conservation Office science camp and Bering Sea Days program. Students from both communities were able to participate.

With the purchase of new supplies and materials to replace obsolete equipment at Unalaska City School's Hatchery, the school grant funding was used to maintain the school's hatchery programs and enrich students' fisheries/science education.

By Celeste Kukahiko, Training & Education assistant



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Training & Education
education@apicda.com
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Get to Know Your T&E Assistant



Celeste Kukahiko has been APICDA's T&E assistant for more than two years. Some of her main job duties are to assist students on a one-on-one basis, maintain the T&E Facebook page and develop

the student newsletter (the one you're reading right now!). Celeste works part-time and is a full-time student pursuing Counseling Psychology at Alaska Pacific University.

What APICDA community are you associated with?

I'm from Unalaska. I think it's really neat and fulfilling to be able to work for a company that serves my hometown community and others within the region.

What is a cause you are passionate about?

One thing that I care a lot about is creating more awareness and dialogue about mental health. Alaska can be a difficult place to live sometimes, especially during winter when the daylight hours are slim and seasonal affective disorder and depression affects many people. I, personally, and many others that I know have been impacted by suicide, so I feel a strong calling to pursue a career in counseling to help play a key role in ending the stigma associated with mental illness.

What is your favorite study spot and how do you study best?

My absolute favorite study spot is at my kitchen table, in the comfort of my own apartment. I like to study and do classwork at home because I have everything that I need in one place (e.g. food, coffee, my cat). I study best sitting at the table because I will almost undoubtedly fall asleep if I attempt to study while sitting on my couch or bed.

I also study better when I have minimal distractions. It can be quite difficult for me to get any quality work done when there's a lot of noise or movement surrounding me, which is another reason I like to do my studying in the quiet of my home.

What do you do to prepare for a test?

Over the years, I've developed some strategies to help me manage any pre-test jitters and feel confident about taking a test. When reading is assigned for a course, I learn best when I take notes as I read. I find it very helpful to spend some time reviewing my notes not just before taking a test, but periodically throughout the course because it helps me retain more information. I've also found that I have improved mood and energy when starting the day off with a healthy and nutritious breakfast such as a green smoothie or overnight oats.

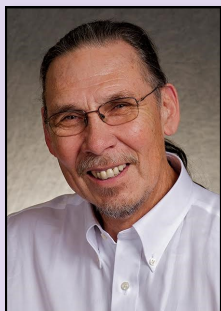
What are three things you have with you at all times as a student?

Whether I'm on campus or at home, three essential items I need to have on me at all times as a student are water, my laptop and my planner, where I keep track of daily tasks and all assignment and project deadlines.

What advice do you have for new college students?

I would advise new college students to get a planner, calendar or white board to track deadlines, as there will be many and they may sneak up on you. In addition, one essential piece of advice I have for students new to college is to make personal mental health and wellbeing a priority. Although it may occasionally feel like there is little time for yourself, it's crucial to practice self-care regularly to help you feel and perform at your best.

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 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 shoulder 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

NPR Student Podcast Challenge

What: A contest to create a 3-12 minute podcast for a chance to win a grand prize and to have your podcast featured on NPR's *Morning Edition* or *All Things Considered*.

Who: 5th-12th grade students and a school teacher

How: Create a podcast following NPR's guidelines and official rules and submit with the help of a teacher.

When: March 31, 2019 (submission deadline)

To see the NPR Student Podcast Challenge guidelines and FAQs, please visit the NPR website: <https://www.npr.org/2018/11/15/662110979/how-to-enter-the-npr-student-podcast-challenge>



CASH FOR GOOD GRADES & ATTENDANCE!*

7th-12th Grade TAC Shareholders & Registered Descendants: TAC will draw (3)-\$100 cash prize winners for the categories below. **Spring 2019 Semester Report Cards are due June 28, 2019.

TWO CHANCES TO WIN!

- Excellent GPA (3.5 GPA or above)
- Outstanding Attendance (90% attendance)

TO SUBMIT YOUR REPORT CARD, YOU CAN:

- Scan and email it to records@aleutcorp.com
- Fax it to 907-563-4328 (if you fax it, please call to ensure the fax was received)
- Mail/deliver it to 4000 Old Seward Highway, Suite 300, Anchorage, AK 99503

* For official rules and deadlines visit aleutcorp.com/youthincentive

A close-up of a blue denim wallet with yellow stitching. Inside the wallet, several US dollar bills are visible, including a \$100 bill and a \$20 bill. The Aleut Corporation logo is visible on a red tag inside the wallet.

Aleut CORPORATION

Safety Tips from Sean Hislop, Safety Manager

Campus Safety Phone Apps



In light of safety issues on campus, your cell phone can be a life-saving device if you have a personal security app installed.

There are numerous safety apps on the market today. Out of several reviews I read, I found three apps that were rated among the top ten safety apps designed for students, including Circle of 6, bSafe and LiveSafe.

Using the Circle of 6 app, you can add up to six contacts with just one touch. When you select your current location and/or type of request for help, the Circle of 6 app will send a notification to the group of friends you've added. Types of requests for help can be to have your friends text, call, physically go to your location, etc.

The bSafe app has several features such as an SOS button, voice activation, live streaming, recording, timer, and watch. The timer feature allows you to designate a friend to call for help if you do not arrive at your destination on time. The watch feature allows a friend to watch your GPS location to see that you arrive at the designated location safely.

LiveSafe works as a two-way communication system to connect you to university or campus security. It also has a panic button, an option to let your friends know if you are walking so they can track you and it comes with a feature that allows the user to report crimes.

I liked these apps because they were free at the basic level, are compatible for iOS and Android phones and have additional features that I don't have the writing space to include. While a few campuses track certain apps, others have developed their own. You should check with your college or university's campus security department to see what safety apps they recommend or track. Please research which app will suit you and your location best.

Here's a link to a website that lists some things to look for in a campus personal safety app:

<https://www.ravemobilesafety.com/blog/7-essentials-to-look-for-in-campus-personal-safety-apps>.



Scholarships & Opportunities for College Students

Credit Union 1—Bill Countryman Scholarship

To qualify for this scholarship, applicants or their parent(s) must be a Credit Union 1 member for at least one year by April 1, 2019. In addition, applicants must meet **one** of the following criteria:

- Applying for the Johns Hopkins CTY Program if currently a junior high or high school student not in 12th grade.
- Currently a senior in high school applying to an accredited college or vocational school.
- Currently enrolled at an accredited college or vocational school.

Application items to be submitted include records of community involvement, extra-curricular activities, a personal statement about future goals and plans and other items.

To apply, go to www.cu1.org/education/scholarships

Applications are due April 1, 2019.



APIA 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
- 14-24 years of age
- Passionate about issues related to their community
- Willing to make decisions on programs, projects, 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

Who Are the New “Traditional” College Students?

The perception of what it means to be a “traditional” college student is changing. For many years, the media and popular culture have perpetuated long-standing myths that most college students are fresh out of high school, pursuing ivy league universities like Harvard and Yale, and, once admitted to the college or university of their choice, will walk away with an undergraduate degree in just four years.

De facto, most college students do not fit the description of a “traditional” student. Alexandria Walton Radford of RTI International in North Carolina says that the face of the traditional college student has been changing since 1996. “What we see on movie screens and news sites is skewed to match the perceptions of the elite: journalists, researchers, policymakers,” she says.

In the article, “Today’s College Students Aren’t Who You Think They Are,” a part of NPR’s Changing Face of College series, Elissa Nadworny lists typical qualities of “non-traditional” students. About 74 percent of all college students meet at least one of the criteria of a non-traditional student, which includes being a parent, being a single caretaker/guardian, working full-time, attending college part-time, delaying postsecondary enrollment, being financially independent from parents, having parents who do not have bachelor’s degrees, and lacking a high school diploma.



As the demographics of today’s college students have changed over the last 20 years, how are postsecondary education institutions adapting to meet their students’ needs?

Check out this article for additional information about this topic:

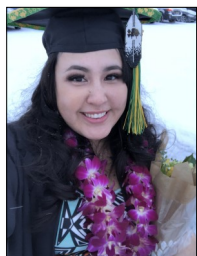
<https://fivethirtyeight.com/features/shut-up-about-harvard/>

By Celeste Kukahiko, excerpted from:

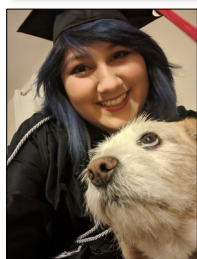
Nadworny, Elissa (2018, September 4). Today’s college students aren’t who you think they are. *NPR*. Retrieved from: [https://www.npr.org/sections/ed/2018/09/04/638561407/todays-college-students-arent-who-you-think-they-are?](https://www.npr.org/sections/ed/2018/09/04/638561407/todays-college-students-arent-who-you-think-they-are?utm_source=npr_newsletter&utm_medium=email&utm_content=20190217&utm_campaign=ed&utm_term=nprnews)
[utm_source=npr_newsletter&utm_medium=email&utm_content=20190217&utm_campaign=ed&utm_term=nprnews](https://www.npr.org/sections/ed/2018/09/04/638561407/todays-college-students-arent-who-you-think-they-are?utm_source=npr_newsletter&utm_medium=email&utm_content=20190217&utm_campaign=ed&utm_term=nprnews)

We wish you a splendid spring semester!

Congratulations to our fall 2018 graduates! APICDA applauds your accomplishments and wishes you continued success. Please congratulate the following individuals:



**Ally Keene,
St. George**



**Dasha Moyer,
Unalaska**



**Martin Gundersen,
Nelson Lagoon**



**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