

APICDA Scholar

Reflection of 2018-2019 APICDA School Grants

The purpose of the school grant program is to support, encourage, and foster the education of students with regard to fisheries. APICDA awarded five school grants last year in the amount of \$12,000 for each school in Atka, Akutan, False Pass, St. George, and Unalaska.

The Akutan School used their school grant award to fund an educational trip to Seattle and Unalaska. Six students traveled to Seattle, where they toured two Trident processing plants, learned about aquatic life and historical sites on boat cruises, and visited the Seattle Aquarium and Zoo. In addition, five other students traveled with the group to Unalaska to take swimming lessons.

In Atka, five students at Yakov E. Netsvetov School took swimming lessons at the Unalaska Aquatic Center. Most students did not have any basic swimming skills prior to the trip, and all were able to swim across the pool by the time they finished their lessons. Also during their trip, they toured the U.S.C.G. Alex Haley and the community of Unalaska on a donated charter boat tour.

The False Pass School used the school grant award to fund an educational trip to several in-state destinations. Seven students visited the Alaska Sea Life Center in Seward and the Center for Alaska Coastal Studies (CACS) in Homer. Students learned about the interdependence of different ecosystems of the coastal region and adaptations of species native to those regions. They also were engaged in hands-on activities with live organisms under the supervision of CACS staff members.

St. George students attended a seal harvest and learned how to prepare halibut, smoked salmon, and other foods at the 2019 ECO Summer Camp, which was focused on traditional healthy foods. During the Bering Sea Days event, students learned about weather, marine debris, radio, journalism, archaeology, marine mammal ecology, and more.

The Unalaska City School used the school grant award for its Fisheries Science Program/Coho Salmon Hatchery. With the grant funds, the School purchased a brood stock salmon seine net that both elementary and high school students used for harvesting breeding pairs of Coho salmon.

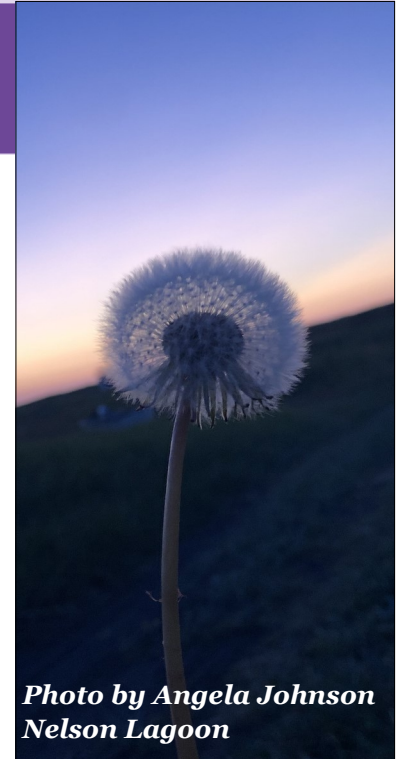


Photo by Angela Johnson
Nelson Lagoon



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Training & Education
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Student Spotlight — Karen Ravenscroft



Hello! My name is Karen Ravenscroft. My maiden name is Vincler and my parents are Raymond and Lydia Vincler. My maternal grandparents are Nick and Marie Borenin. I grew up in Akutan, where I still live, and

now my husband David and I are raising our children here.

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

I knew I wanted to become a teacher when I was in elementary school. Working as an Instructional Aide here at Akutan School only reminded me of how much I *love* learning! That is when I decided, with the support of my family, that it was time to go back to school to become a licensed teacher.

Tell us a bit about your educational experience.

My college, Western Governors University (WGU), is very unconventional in the best way. Every member of WGU staff is very involved and I stay connected with them through emails, phone calls, and video calls. My go-to person is definitely my program mentor—she is a God send. And if I have any questions, my course instructors are there to help.

What is your favorite class and why?

My favorite class, so far, is Introduction to Communications. For that class, I delivered a speech to middle and high school students about the importance of education. Whether that educa-

tion is college or a trade school, both options will lead to becoming a productive member of society and living a fulfilling life.

Where is your favorite study spot?

The best place for me to study is at the school in the evenings. If I try to study at home there is always something more pressing for me to do; whereas, at the school, studying is the only reason I'm there.

What do you do to prepare for a test?

When I'm preparing for a test, I like to make flash cards of some of the concepts that I've had difficulty with. I've also heard that when you write something down, it's the equivalent of having read it 10 times—while I'm not sure how true that is, it's a strategy that helps me.

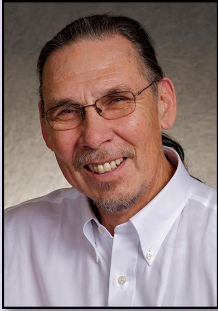
When stressed, what is your favorite activity to de-stress?

When I'm feeling drained from the amount of reading and work that I've done, I have to do something creative! I like to crochet—animals, shawls, blankets, you name it! I like to make things I've never made before and sew. I'm currently working on a quilt for my son made out of his baby shirts.

What advice do you have for new college students?

My advice to a new college student would be to set a schedule for when you will study and stick to it. There is a ton of reading in college and if you do not make the time, it will get away from you. You need to be consistent and responsible because it is up to you if you're going to learn and complete college successfully.

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 college and vocational training scholarships to support and encourage the education and training goals of community residents.



Emil Berikoff, Sr. Memorial Scholarship

A scholarship program designed to provide college 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 for the term funded are eligible for this award.

If you earn a:

- * 3.5—3.74 GPA
- * 3.75—3.99 GPA
- * 4.0 GPA

You can receive a scholarship for:

- \$500/term up to \$1,000 per school year
- \$750/term up to \$1,500 per school year
- \$1,000/term up to \$2,000 per school year



APICDA Internship Program



*Summer Language Intensive
Internship at APIA*

INTERNSHIPS AVAILABLE APPLY NOW



Must be a current resident of an APICDA community or participate in APICDA's Emil Berikoff, Sr. Memorial Scholarship program.

- **MINIMUM AGE: 14**
- **MAXIMUM LENGTH: 12 WEEKS**
- **POSITIONS CREATED BASED ON NEED OF ORGANIZATIONS AND INTEREST OF APPLICANTS**
- **INTERNSHIP PLACEMENT AVAILABLE WITH APICDA AND REGIONAL ALEUTIAN/PRILOF PARTNERS**

Please visit www.apicda.com to apply. Submit applications and questions to Celeste Kukahiko at education@apicda.com, or call us at (907) 929-5273 or toll-free at 1 (888) 927-4232 for more information.

Safety Tips from Sean Hislop, Safety Manager



Water Safety

Spring is almost here and that means summer is right around the corner. With warmer weather on the horizon, many of you may be spending some leisure time on or near water. Ocean, lakes, rivers

and pools can be a lot of fun if you know how to swim and are prepared.

I learned to swim in a pool and later took to swimming in the Rogue River in Oregon when I was older. The spot where I swam changed from year to year and I was always very cautious because there were many rocks and trees that moved and could take you under if you weren't paying attention.

You may not have had many opportunities to learn to swim if you grew up in Alaska, but it's never too late to learn. There are a lot of fun activities that revolve around water such as fishing, boating and surfing. According to the American Red Cross, you should have some basic swimming skills before participating in water related activities. Basic swimming skills include the ability to enter the water, get a breath, change position, swim a distance, and then get out safely. These abilities contribute to water competency, a term used to describe a way of improving water safety for yourself and others nearby.

Water competency is achieved by minimizing risks, improving water safety skills, and knowing how to prevent and effectively respond to water related emergency incidents. If you are not comfortable being in the water, or lack basic swimming skills, then it's recommended to sign

up for swimming lessons. If you are going to be outside on the water, wear a life jacket; it will increase your chances of survival in the event of an emergency on the water.

There are different hazards associated with each type of water and even the best swimmers can have issues in the water. Learn to safely perform these five skills in every type of water environment you may encounter (e.g. home pools, oceans, lakes, rivers, streams):

1. Enter water that's over your head, then return to the surface.
2. Float or tread water for at least one minute.
3. Turnover and turn around in the water.
4. Swim at least 25 yards.
5. Exit the water.

Take some time to explore the Red Cross website for more information about water safety. Or better yet, download the free Swim App or text "SWIM" to 90999 to get water safety tips on your phone. Have a great summer and enjoy the water!

By Sean Hislop, excerpted from:

American Red Cross (2020) <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>



Photo by Nikita Bereskin—Akutan

"...wear a life jacket; it will increase your chances of survival in the event of an emergency on the water."

Educational Opportunities & More

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 2020 Semester Report Cards are due Tuesday, June 30, 2020.

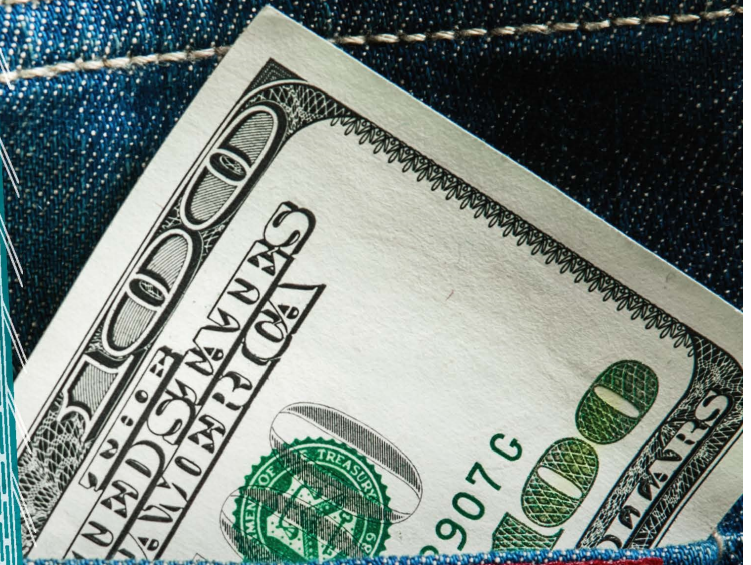
TWO CHANCES TO WIN!

- 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



Aleut CORPORATION

Volunteer Opportunity for Current & Former College Students

Kids2College is a nationally recognized program that introduces career interests to young students in their final year of elementary school. Panels of current and past college students share their personal experience, answer questions and provide advice. These panels help younger students develop a greater understanding of what college life is like.

You can be part of this opportunity to inspire young Alaskans! If you're interested in volunteering some of your time to talk to elementary students about your college experience, please contact shelly.morgan@alaska.gov for more information.



Guide to Distance Education

Distance education is a term for learning that takes place off site from an educational institution. This form of postsecondary education has become more commonplace over time. Distance education may be an ideal option for residents of Aleutian/Pribilof Island communities who want to take college classes and do not intend to leave their community.

Before knowing whether distance education is a good fit for you, it's important to acknowledge the differences between attending college on campus and receiving postsecondary education via online courses. Exploring the pros and cons of the different types of postsecondary education is an important decision that should not be overlooked by prospective college students.

Distance education courses are like traditional courses because there are still assignments, an instructor, a syllabus, and textbooks. On the other hand, distance education is quite different from traditional college courses because your class materials are online and face-to-face interactions with the instructor and other students may be limited and available only via webcam. While the lack of in-person communication associated with distance education may be a drawback for some, other students have reported feeling more comfortable to ask questions and openly share their ideas about a topic compared to how they feel when taking a traditional college course.

While distance education may be a good option for some, it may not be the best option for everyone. First and foremost, distance education courses require students to demonstrate a certain level of independence to be successful. To elaborate, distance education students must have the ability to independently ask questions outside of class when necessary, track deadlines, and submit assignments on time with minimal guidance from the instructor.



You may also want to consider how you learn best when deciding if distance education is a good option for you. If you learn well by listening and reading material, distance education may be a suitable option for you. If you learn better visually or by using your hands, you may want to look for courses that include a heavy usage of graphs, pictures, and videos, as well as practical activities throughout the course; however, hands-on activities may be hard to come by with distance education courses. If you find that distance education courses don't offer the specifications that help you learn best, it may be wiser to opt to enroll in traditional college courses that do.

Are you curious about where to look to find a school that offers distance education courses in the field of your degree program? To start, check out these websites:

<http://geteducated.com>

<http://petersons.com/online-schools.aspx>

By Celeste Kukahiko, excerpted from:

Alaska Central Information System (n.d.). I've Heard a Lot About Distance Education. *Alaska Commission on Postsecondary Education*. https://akcis.org/ViewHtmlFullPath.aspx?File=https://materials.intocareers.org/articles/distance_learning.htm

"While the lack of in-person communication associated with distance education may be a drawback for some, other students have reported feeling more comfortable to ask questions and openly share their ideas about a topic..."

Have a smashing spring semester!

We Want Your Feedback!

Do you have ideas about what you'd like to see in the next edition of the APICDA Scholar? Share them with us! We'd love to hear from our readers to gather feedback and suggestions to improve the Scholar.

Contact APICDA's Training and Education Assistant, Celeste Kukahiko by emailing ckukahiko@apicda.com or by calling toll-free 1-888-927-4232 or direct (907) 929-5273, ext. 216.



Photo by Ivy Pelkey—Akutan

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
akutanclo@apicda.com

Atka — Marii Swetzof

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St. George — Sarah Merculief

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