

## APICDA Scholar

### Psychological First Aid Training

By Celeste Kukahiko, T&E Assistant

By now, we are all familiar with the CDC's guidelines on how to protect ourselves and others from COVID-19. Washing your hands and disinfecting high-touch surfaces, wearing a mask in all public places, and practicing safe social-distancing are important, effective measures that help curb the spread of the virus. While these are highly popular areas of discussion, one topic that is less discussed is how to care for our mental health and that of others.

No matter where we live or what our profession is, we are all being affected by COVID-19. While one person's experience may be different from the next, stress is something we all experience. Stress is a normal response to challenging situations, but too much of it can be unhealthy. While it's crucial to be mindful about protecting ourselves and others from COVID-19, it's equally as important to recognize in yourself and others when distress is present and what you can do to help.

At a time when so many people are stressed out and trying to make ends meet, I wanted to know what advice trusted agencies like the CDC were offering to the public. While browsing the internet, I found an affordable online course that addressed one of my main

questions: What can I do to support myself and others right now? The course, offered by the American Red Cross, is called "Psychological First Aid: Supporting Yourself and Others During COVID-19."

Psychological first aid is the practice of recognizing and responding to people experiencing crisis-related stress. It's a tool that can be used to help any distressed person either before, during or after having experienced crisis related stress.

Knowing how to perform psychological first aid can help you create a more compassionate space for yourself and others, and learn how to identify what kind of support a person may need in the event of a high-stress situation. In addition, it can teach you about support systems, coping mechanisms and how to incorporate self-care into your life to help you better support yourself and others.

If COVID-19 is causing you to feel overwhelmed or distressed, you are not alone, and there are ways to help yourself and others cope.

Visit the American Red Cross website to learn more about psychological first aid and register for the free course: <https://www.redcross.org/take-a-class/coronavirus-information/psychological-first-aid-online-course>



Photo by Laura Delgado  
False Pass



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Training & Education  
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# Employee Spotlight — Chantae Kochuten



Chantae has been with APICDA for seven years. She is originally from False Pass. Before taking on her current role as Program Manager, she worked in several de-

partments at APICDA, including administration and operations.

## *What is your job at APICDA?*

As the Program Manager, my job is to manage various community programs offered by APICDA. Currently, I manage the Training & Education program, Community Development Grant Program, School Grant Program, CLO Program, and the Community Dividend Program. In addition, I travel in the region to our communities to interact with community members and share information about APICDA and the programs that we offer.

## *How did you work your way into the position that you have now?*

I started at APICDA as an intern at the front desk. At the conclusion of my internship, I was asked to stay on full-time and they offered to work with me while I finished my degree. During my seven-year tenure with APICDA I've worked my way up into the position that I currently have through hard work and my willingness to take on new opportunities.

## *What is your educational background?*

I received my bachelor's degree in business management with a minor in communications from the University of Alaska Anchorage in 2015. I returned to UAA in the spring of 2018 to pursue an associate's degree in accounting and completed that in the spring of 2019.

## *What do you like best about your job?*

The most satisfying part of my job is being able to stay connected to the region through my work and participate in the development of our communities.

## *What advice do you have for teens and college students?*

I am a believer in the benefit of having a mentor and would encourage those who wish to excel in a specific position or career field to get a mentor who is successful in that area. Having a mentor will enrich your education with personal expertise and real-life experience.

## *Who are your mentors?*

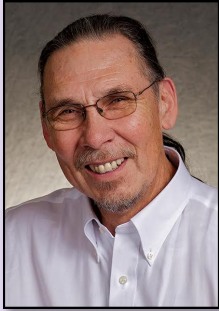
I have a couple of mentors for different areas I am involved in. I consider my supervisor to be a mentor to me both in life and in the workplace. I also have another mentor who helps guide and educate me in regards to being an effective board member.

## *Tell us something about your life outside of work.*

Outside of work I love camping, fishing, traveling and berry picking in the summers. In the winters I spend my free time riding snow machines and traveling when I can.



# APICDA Programs



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

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



## Training & Education Programs

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

### Emil Berikoff, Sr. Memorial Scholarship

This scholarship program provides postsecondary education scholarships to qualifying undergraduate students 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 fall, winter and spring terms
- \* **NOV. 15** for the winter and spring terms

For information about applying, please contact the Training and Education department toll-free at (888) 927-4232, by email at [education@apicda.com](mailto:education@apicda.com) or visit [www.apicda.com](http://www.apicda.com).

### Supplemental Education Scholarship

This scholarship program provides supplemental funding for qualifying APICDA community residents seeking certificate or vocational-technical training. Applications must be complete and received at least 10 business days prior to the payment due date.

#### **Eligibility Criteria:**

- \* Current resident of an APICDA community
- \* Accepted to an accredited program
- \* Maintain a 2.0 GPA or passing grade

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

## **NEW Haginaa Kidul (*Helping to Grow*) Scholarships**

APICDA and its board recognize the interconnectedness of students, families and communities in the Aleutian/Pribilof region. We believe that expanding access to education and training offerings beyond CDQ member communities will help increase opportunities for networking, collaboration and information sharing, and in turn will help grow and strengthen our regional economy.

### **Haginaa Kidul College Scholarship**

- \* Be a full-time, permanent resident of an APICDA CDQ community or the Aleutian region communities of Adak, Cold Bay, King Cove, Sand Point, or Unalaska
- \* Registered to attend college full-time
- \* Plans to return to community indefinitely
- \* Apply on or before June 1 annually

### **Haginaa Kidul Vocational Training Scholarship**

- \* Be a full-time, permanent resident of an APICDA CDQ community or the Aleutian region communities of Adak, Cold Bay, King Cove, Sand Point, or Unalaska
- \* Accepted to an accredited program
- \* Plans to return to community indefinitely
- \* Apply no less than 30 days prior to start date

## Additional Educational Information

### Postsecondary Paths (there are more than one!)

When you hear the phrase “postsecondary education,” you might automatically think about a four-year college or university; however, the term accounts for more than just that. The term refers to any educational program after high school or GED and it includes options such as vocational-technical school, community college, and apprenticeships.

If you’re unsure of which postsecondary path is the best fit for you, make sure to research the different types of programs available to you. If you’re still unsure, consider checking out the Alaska Commission on Postsecondary Education’s blog to take a short quiz to help you narrow down your interests

**Website URL:** <https://acpe.alaska.gov/PLANNING/Training-Details/ArticleID/96/Postsecondary-Paths>

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### Horatio Alger Association—State Scholarship

The Horatio Alger Association is a scholarship organization dedicated to supporting high school students who come from backgrounds of adversity. The Association offers undergraduate scholarships in the amount of \$10,000 each to qualifying applicants from across the nation.

*The deadline to apply is **October 25, 2020**.*

Please see the following scholarship criteria:

- \* Demonstrate critical financial need
- \* Be involved in community service events
- \* Maintain a minimum GPA of 2.0



**Website URL:** <https://scholars.horatioalger.org/about-our-scholarship-programs/state-scholarships/>



# Educational Resources

## Statewide Library Electronic Doorway (SLED)

Created by Alaskans for Alaskans, SLED is an information delivery service website that links people to high quality Alaska information. Whether you're looking for information for a short essay or peer-reviewed journal articles to support your senior project, SLED has the resources to help you find the information you seek. The website is free and easy to use. Try it out as a resource for your next assignment or project.

Here are examples of a few databases featured on SLED:

**The World Almanac for Kids** – Offers content suitable for all reading levels (grades K-12) and features a wide collection of topics such as world history, social issues, language and literature, science and technology, and much more.

**Learning Express** – Offers study guides, tutorials, practice tests, and more for students, adults who are changing career paths, and anyone seeking to improve computer, job, or study skills.

**Website URL:** <https://lam.alaska.gov/sled>



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## Alaska Commission on Postsecondary Education (ACPE) Success Center

The ACPE Student Success Center is available to serve students via email and telecommunication during COVID-19. The Center offers free resources to students, such as one-on-one coaching on applying for financial aid, free publications, a blog that features helpful articles and tips for students, and more!

To contact Student Success Center staff, call toll-free 1-800-441-2962, opt. 4, or email [acpesuccesscenter@alaska.gov](mailto:acpesuccesscenter@alaska.gov)

**Website URL:** <https://acpe.alaska.gov/PLANNING/Success-Center>

# Resume Writing Tips



Kathy Kysar, UAF  
Writing Support Specialist

Coming from the French word, *re'sumer*, which means to sum up, when writing a resume', you should do just that. It should be a brief statement of the main points that you want your potential employer to know about you. Follow these tips to make sure you put your best foot forward!

You never get a second chance to make a first impression, so present yourself appropriately.

## Contact Information

- ◆ Full name in **bold face** (no nicknames)
- ◆ Mailing address
- ◆ Working phone number
- ◆ Email address (**NOT** hotbabe334@gmail.com)

## Objective

- ◆ This can be tailored to the specific job you seek.
- ◆ You can use a more general objective. *Example* - To obtain employment that makes the best use of my education and skills for both my employer and myself

## Education

- ◆ Use reverse chronological order (list the most recent first).
- ◆ Show high school as well as college, until you graduate from college.
- ◆ List your high school or college GPA only if it's 3.0 or higher.
- ◆ List academic honors.

## Work Experience

- ◆ Focus on experience related to the job you seek. *Example* - You don't need to reference your past experience as a house painter if you are seeking a clerical position.
- ◆ This includes both paid and unpaid work experience.
- ◆ List the most recent first. Include job title, organization name, city and state, responsibilities, and start and end dates.

- ◆ List community service, volunteer work, and charitable activities you have been involved in, including church, local events/fairs/festivals, community clean-up, etc.
- ◆ Use action verbs such as *operated, designed, improved, trained, inspected, and completed*. (Use past tense.)

## Other Activities

- ◆ List special interests and abilities that you have, such as leisure activity skills. *Example* - team-work, organization, and problem-solving.

## Remember

- ◆ Be succinct with your descriptions. Avoid complete sentences.
  - \* Bad Example - I produced two radio spots.
  - \* Good Example - Produced radio spots
- ◆ Use design to highlight key information.
  - \* Typography (font choice)
  - \* White space (space between topics)
  - \* Alignment (line up bullets vertically)

For additional tips and resources, contact Kathy Kysar, Writing Support Specialist for the University of Fairbanks - Bristol Bay Campus, at [krkysar@alaska.edu](mailto:krkysar@alaska.edu).

## About the Author

Kathy Kysar joined the UAF-Bristol Bay Campus last February as the Writing Support Specialist for the region after serving as adjunct faculty teaching online writing courses for two years. In her new capacity, she supports all university students as a writing tutor, coach, and guide. She is available via phone, email, and Zoom, and challenges you to take advantage of her lifelong writing experience in teaching, marketing, and course design to help you become a successful academic writer, while also being available to teach workshops and partner with teachers across the region. Partnering with BBC, she is determined to make the college experience a successful and fulfilling one for all students and teachers. She can be reached at [krkysar@alaska.edu](mailto:krkysar@alaska.edu) or 907-299-9141

# Resilience Requires Mindfulness

Have you ever driven home from somewhere and when you got home, you couldn't remember how you got there? I think most of us have done that or had a similar experience. It's an activity that is just a routine. We can do it without giving it any conscious thought. It's a sort of numbness that takes over. That's when you lose mindfulness.

I recently moved to the road system after having lived in an off grid cabin for three years. Every move I made was calculated. Everything about that life took thought and planning. If I didn't think ahead, I did without. Conscious thought led my days, and routines were done deliberately with care and awareness. Numbness didn't have a chance to set in and that mindful way of being has stayed with me. The result is that I am more productive and happier with myself and the world around me.

Studies show that mindfulness breeds resilience and reduces stress. Mindfulness is the key to promote wellbeing which, in turn, leads to happiness (Jacobs, 2017). Resilience is not just "bouncing back" or "bucking up," as my father used to say. It is a system of recovery that cannot exist without mindfulness, the practice of bringing our awareness to what we are experiencing in the present, both internally and externally, without judgment (Kornfield, 2009).

## The Mindfulness-Resilience Connection

**Compassion.** Hold the intention to not judge yourself or others. Be mindful of your self-talk. However, if you do judge yourself, don't judge yourself for judging. Speak to yourself like a good friend. "Our self-criticism tends to undermine self-confidence and leads to fear of failure. If we're self-compassionate, we will still be motivated to reach our goals — not because we're inadequate as we are, but because we care about ourselves and want to reach our full potential" (Germer et al, 2019).

**Acceptance.** Accept facts which you can distinguish from feelings. Acceptance isn't about giving up. It is having the strength to let go of control and stopping the fight with reality. "What I did: Reduced social media, concentrated on contact with family and a few friends, took what action I could about the issue, participated regularly in one or two activities that brought me joy, and finally, gave it time" (H. Turley, personal communication, July 30, 2020).

**Openness.** View even the most difficult situations as opportunities for growth. Trust that they have something to teach you. "Change happens gradually ... finding some way to help others is very beneficial. My duet played music for elderly homes and a VA memory unit, enough that the residents recognized us and talked to us" (H. Turley, personal communication, July 30, 2020).

**Creativity.** Draw on your power to visualize and create results you desire. At the same time, in the spirit of acceptance, don't fixate upon your own expectations. "Being resilient requires careful thought and creativity, because the solution has not been invented yet. Right now, everyone is having to reinvent their lives, economy, and expectations. There's no going back to normal. That's both scary and exhilarating" (P. Freshney, personal communication, July 29, 2020).

**The bottom line is that resilience requires you to live deliberately, mindfully.**

Written by Kathy Kysar

### References

- Germer K. O'Leary, W., & Kessler, R. (2019, January 29). The Transformative Effects of Mindful Self-Compassion. Retrieved from <https://www.mindful.org/the-transformative-effects-of-mindful-self-compassion/>
- Jacobs, T. (2015, September 25). More Evidence That Mindfulness Breeds Resilience. Retrieved August 03, 2020, from <https://psmag.com/social-justice/more-evidence-mindfulness-breeds-resilience>
- Kornfield, J. (2009). *The Wise Heart*. Random House: New York.

The UAF Bristol Bay Campus has resources available to help you succeed in online courses this fall. Please don't hesitate to contact any of the following:

**Writing Support Specialist,** Kathy Kysar  
([krkysar@alaska.edu](mailto:krkysar@alaska.edu))

**Math Support Specialist,** Jordan Lisac  
([jmlisac@alaska.edu](mailto:jmlisac@alaska.edu))

**Career & Academic Advisor,** William Corbett  
([wjcorbett@alaska.edu](mailto:wjcorbett@alaska.edu))

**Student Services Manager,** Deven Lisac  
([dllisac1@alaska.edu](mailto:dllisac1@alaska.edu))

# Have a fabulous fall semester!

## Congratulations to the following College Graduates!

Alanna Kochuten— Unalaska

Kayla Nalam — Unalaska

Louise Nevzoroff — Atka

Reanna Marquez — Unalaska

Sean Peters — Unalaska



## Contact your Community Liaison Officer (CLO) to secure your APICDA scholarship

*Give your CLO a call today to start the discussion.*

**Akutan — April Pelkey**

Phone: (907) 698-2449

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**Atka — Marii Swetzof**

Phone: (907) 839-2218

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**False Pass — Melanie Hoblet**

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Contact [falsepassclo@apicda.com](mailto:falsepassclo@apicda.com)

**Nelson Lagoon — Katie Johnson**

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**Nikolski — Vincent Lestenkof**

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