

## APICDA Scholar

### STUDENT SPOTLIGHT

Ashley Merculief

Ashley is from the island of St. George and studies nursing at the University of Alaska Anchorage.

#### *What is a cause you are passionate about?*

Growing up in St. George, I hold a special place in my heart for rural places. I would love to get more involved with improving healthcare access and quality for rural Alaska.

#### *What have you learned from other students?*

I enjoy learning about other students' mindsets on how they tackle assignments and tests. I sometimes get overwhelmed trying to focus on too many things at once, and I've picked up some valuable techniques/positive mindsets for completing tasks from other students. Most recently, another student shared how they think of assignments as tasks that need to be pushed behind you in order to propel you forward. I think it's a fun and positive way to look at it.

#### *What has been your favorite class and why?*

My favorite class thus far has been obstetrics (labor/delivery) nursing. I really knew nothing about childbirth or babies so I found the class very interesting and informative.

#### *How do you study best?*

I really study best on my own and under pressure. I know some people study well in groups or with a partner, but I've always been one that retained material best when I have quiet time to myself to study it. Also, those that know me well know that I tend to do things pretty last minute, studying included. I feel that the stress of an approaching exam or deadline is really what kicks my motivation into gear. I would not recommend this method to everyone, but it works for me.

#### *What advice do you have for new college students?*

I'd say my biggest piece of advice for new college students is to make connections! Honestly, I still sometimes put off reaching out to professors and peers because I'm so used to working independently, but it can be really helpful. For example, when first starting nursing school, one of the students in my cohort initiated a WhatsApp group chat with all 40+ of us students. I can't even begin to tell you how helpful something as simple as that has been, whether it be for reminders, questions/clarifications, or even just moral support. That's pretty large-scale, but even if you can start a group text with a few people in some of your classes each semester, I think you will find it very helpful. Also, don't be afraid to reach out to your professors for any clarifications or if you're struggling! They are there to help.



Ashley Merculief

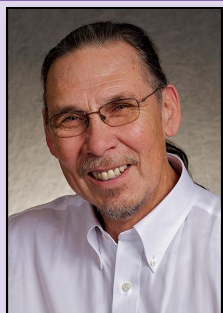


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Training & Education  
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# APICDA Scholarship Programs



**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.



## Emil Berikoff, Sr. Memorial Scholarship

This scholarship is for undergraduate college students enrolled either part-time or full-time at a nationally or regionally accredited college or university. Applications must be complete and received at APICDA by the following deadlines:

- \* **APRIL 1** for the summer term
- \* **JULY 1** for fall, winter and spring terms (school year)
- \* **NOV. 15** for the winter and spring terms

To apply or get more information, visit [www.apicda.com/scholarships](http://www.apicda.com/scholarships), email [education@apicda.com](mailto:education@apicda.com) or talk to your CLO (see page 8 for contact information).

## **Training & Education Programs**

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

## Supplemental Education Scholarship

This scholarship is for APICDA community residents seeking certificate or vocational-technical training. Scholarships are awarded up to \$4,000 per year, based on financial need. Applications must be complete and received by APICDA at least 10 business days prior to the program start date.

### **Eligibility Criteria:**

- \* Must be age 18 or older
- \* Accepted to an accredited program
- \* Maintain a 2.0 GPA or passing grade

To apply or get more information, visit [www.apicda.com/vocational-training-scholarships](http://www.apicda.com/vocational-training-scholarships), email [education@apicda.com](mailto:education@apicda.com), or talk to your CLO (contact info on page 8).

## Emil Berikoff, Sr. Memorial (EBMS) GPA Scholarship

Did you know that earning good grades in college can get you additional scholarship money from APICDA? All full-time EBMS recipients who earn a 3.5 term GPA or higher are eligible for this award.

### If you earn a:

- \* 3.5 — 3.74 GPA
- \* 3.75 — 3.99 GPA
- \* 4.00 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 Scholarship Programs

## 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

This scholarship program is for competitive, 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 June 1 annually.

#### **Eligibility Criteria:**

- \* Current 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
- \* Maintain a minimum 3.0 cumulative GPA
- \* Plans to return to community indefinitely after completion of degree program

Scholarships are awarded up to \$2,000 per year.



### Haginaa Kidul Vocational Training Scholarship

This scholarship program provides supplemental scholarships to qualifying applicants accepted to or enrolled in an accredited vocational-technical or certificate training program. Applications must be complete and received in the APICDA office no less than 30 days prior to the program start date.

#### **Eligibility Criteria:**

- \* Current full-time, permanent resident of an APICDA CDQ community or the Aleutian region communities of Adak, Cold Bay, King Cove, Sand Point, or Unalaska.
- \* Must be age 18 or older
- \* Accepted to an accredited training program
- \* Plans to return to community indefinitely after completion of the training program

Scholarships are awarded up to \$2,000 per year.

# APICDA Internship Program

## 2021 Internship Opportunities Are Available!

APICDA offers paid internships to residents in each CDQ member community and Unalaska. This includes youth ages 14-17, college students receiving the EBMS, and adult residents. Our internships support residents in gaining valuable work experience and temporary income for up to 12 weeks. Internship opportunities are available year-round and can be set up at local businesses in your community, or at APICDA or other organizations in Anchorage that serve the Aleutian/Pribilof region.

The priority deadline to secure first-come-first-served internship placement is March 15 annually. Applicants are encouraged to apply by the deadline; however, applicants may still apply past the deadline.

To apply or get more information, visit [www.apicda.com/internships](http://www.apicda.com/internships), talk to your CLO (see contact information on page 8) or email [education@apicda.com](mailto:education@apicda.com).

## Work Invest Now (WIN) Scholarship

Did you know that our internship program offers an additional scholarship opportunity? Youth who successfully complete an internship can bank a \$500 WIN Scholarship per internship for up to four internships. That's a total of up to \$2,000 in potential scholarship funds that can be applied later towards postsecondary education (college) or vocational-technical training.

College students receiving the EBMS who successfully complete an internship are eligible to receive a \$2,000 WIN Scholarship to be disbursed during the fall and spring terms of the following academic year.

There is no application or deadline for this program as applicants must apply for the internship program to be considered for an award.



*2020 Qawalangin Tribe Interns  
Lisa Tran (left) & Julieanne Berikoff (right)  
Unalaska, AK*



# Youth Resources

## Alaska Vocational Technical Center (AVTEC) Young Mariner Training Program

If you are a high school student and you want to pursue a career in the maritime industry, then this program is for you! AVTEC's Young Mariner Training program is a six-week, online introductory nautical skills course that students can take to become fully licensed Merchant Mariners *before* graduating high school. This means that students who successfully complete the course have the training and credentials necessary to start earning and working in the maritime industry completely debt-free right out of high school!

This program teaches students about maritime careers, chart navigation, safety of life at sea, time/speed/distance problems, knot tying and more. Students who complete the course become eligible for tuition and room/board funds to attend a variety of additional maritime training at AVTEC in Seward, AK.

### Upcoming Courses:

- \* Fall: September 14 — October 25, 2021 (**Registration Deadline: 9/3/2021**)
- \* Spring: January 18 — February 28, 2022 (**Registration Deadline: TBD**)

Classes are on Tuesday and Thursday mornings via Zoom meeting.

To register or learn more, visit [www.avtec.edu/HSNS](http://www.avtec.edu/HSNS), email [teri.laird@avtec.edu](mailto:teri.laird@avtec.edu) or call 907-224-6196. If you need financial assistance to attend, please contact us by emailing [education@apicda.com](mailto:education@apicda.com). If you need assistance getting set up to attend this course at your school, please talk to a teacher to attend the program during school hours.



*Photo of Dayton Hoblet  
False Pass, AK*

# Kathy Kysar's Writing Tips

## Use Active Verbs to Land Your Dream Job!

They say that one picture is worth one-thousand words, but how much is one word worth? It could be the price of your future. That's why it's important to use the right words on your resume and cover letter. Many people fall into the trap of using passive verbs, so here are some tips to help you steer clear of that pitfall!

Active verbs are also called action or dynamic verbs and they focus on the subject; whereas, passive verbs focus on the object of that action. Active verbs provide clarity and demonstrate confidence (Indeed, 2021).

Cover Letter Example:

*Passive: "The number of fish caught was increased by my net repair."*

*Active: "My net repair increased the number of fish caught by 25%."*

You'll also notice that in the active example, the description is measurable. Concrete facts always outweigh abstract generalities. You can catch your use of passive verbs by running a grammar check on your resume or simply by looking for "to be" verbs such as "is," "am," "have been," "was," and "are." You may unknowingly combine these with passive verbs.

Be specific when using active verbs to increase impact. Use active verbs from the job description when writing your resume or cover letter. For example, if the employer is looking for someone with leadership skills, use verbs such as advocated, bolstered, drove, engaged, elicited, and spearheaded rather than simply using the word led (Malacoff, 2019). There is power in words, and they can give you the ability to say more with fewer words.

If you improved or increased something:

- Boosted
- Accelerated
- Enhanced
- Expanded
- Strengthened

If you started a project:

- Created
- Constructed
- Launched
- Established
- Initiated

If you facilitated or managed something:

- Directed
- Organized
- Supervised
- Spearheaded
- Coordinated

For day-to-day activities:

- Supported
- Informed
- Resolved
- Assisted
- Upheld

# Kathy Kysar's Writing Tips, continued

If you achieved something:

- Awarded
- Exceeded
- Earned
- Succeeded
- Honored (with)

Also, active verbs show, rather than tell, about your experiences and strengths. Start each bullet point on your resume with an active verb.

Example:

*Incorrect: I took care of ill, injured, and disabled patients.*

*Correct: Administered nursing care to ill, injured, and disabled patients.*

Finally, using a thesaurus can help you replace ordinary verbs with more compelling ones. Here are a few ideas to get you started (Kolmar, 2021).

- Cut costs: decreased, streamlined, economized, reduced expenses, controlled costs
- Led: orchestrated, conducted, directed, spearheaded
- Created: designed, crafted, developed, formulated, conceptualized
- Boosted: increased, accelerated, improved, optimized
- Improved: advanced, enhanced, increased, strengthened
- Trained: facilitated, educated, instructed, taught, guided, coached

## References

- Indeed. (2021, February 22). *How to Use Active Verbs in Your Resume and During Your Interview*. Indeed Career Guide. <https://www.indeed.com/career-advice/resumes-cover-letters/active-verbs>.
- Kolmar, C. (2021, February 23). *Best Words To Describe Yourself On A Resume*. Zippia. <https://www.zippia.com/advice/words-to-describe-yourself-on-a-resume/>.
- Malacoff, J. (2019, May 23). 64 Action Verbs That Will Take Your Resume From Blah to Brilliant [web log]. <https://www.glassdoor.com/blog/resume-action-verbs/>.
- Schooley, S. (2019, August 13). *25 Action Words to Include on Your Resume*. Business News Daily. <https://www.businessnewsdaily.com/4777-action-words-for-resume.html>.

The UAF Bristol Bay Campus has resources available to help you succeed in your courses. 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**, Deven Lisac  
([dlsac1@alaska.edu](mailto:dlsac1@alaska.edu))

**Student Services Manager**, Deven Lisac  
([dlsac1@alaska.edu](mailto:dlsac1@alaska.edu))



## About the Author

Kathy Kysar is the regional Writing Support Specialist for the UAF-Bristol Bay Campus. She supports all university students as a writing tutor, coach, and guide. Kathy 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. She can be reached at [krkysar@alaska.edu](mailto:krkysar@alaska.edu) or 907-842-8316.

## Recent Graduates & CLO Contact Info.

### Congratulations to our recent College Graduates!



Sarah Stepetin,  
Akutan



Taytum Robinson,  
Unalaska



*Photo by Nikita Shangin  
Akutan, AK*

**Contact your Community Liaison Officer (CLO)  
for more info about APICDA's training and education programs!**  
*Give your CLO a call today to start the discussion.*

**Akutan — April Pelkey**  
Phone: (907) 698-2449  
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