

# APICDA SCHOLAR

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Cover Photos: (Top left) Atka students with new backpacks from APICDA Programs, photo by Marii Swetzof; (Top right) Unalaska High School Science teacher Mr. Gregory and Fisheries Science student Natalie Buttner transferring Coho Salmon at Iliuliuk River while Superintendent Dr. Robbie Swint, Jr. observes, photo by John Conwell; (Bottom left) APICDA-Seabird Youth Network Intern Thomas Lekanof recording data with Ann Harding; (Bottom right) Supplemental Education Scholarship recipients who completed NIT Microsoft Office training in Akutan, photo by Chris Chappel

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# ABOUT US

## Purpose

The Aleutian Pribilof Island Community Development Association (APICDA) is a non-profit organization that serves residents of the following communities:

**Akutan • Atka • False Pass • Nelson Lagoon • Nikolski • St. George • Unalaska**

APICDA is a Western Alaska Community Development Quota (CDQ) organization dedicated to strengthening local fisheries-based economies by increasing direct fisheries participation in the Bering Sea and Aleutian Islands (BSAI), building support infrastructure and offering programs to assist the advancement of priority goals of the communities we serve. APICDA generates revenue through the management of CDQ quota, fisheries investments in the BSAI, and tourism operations. With guidance from the Board of Directors and staff, APICDA reinvests proceeds in its communities through a portfolio of regional education and training, public infrastructure development, economic development initiatives, job creation, community wellness, and cultural awareness initiatives.



Akutan beach. Photo by Nikita Bereskin, submitted for 2019 APICDA Photo Calendar Contest\*

**\*APICDA Photo Calendar Contest**

APICDA hosts an annual photo contest to capture images that represent everyday life in our communities, the beautiful region, Indigenous culture and the fishing industry. Photos featured in APICDA's calendar, Christmas card, and publication covers will earn case prizes. To participate, please visit APICDA's website ([apicda.com/photo-contest](http://apicda.com/photo-contest)) for contest details and eligibility. High resolution photos are accepted through Sep. 30 at [photos@apicda.com](mailto:photos@apicda.com). Please email [photos@apicda.com](mailto:photos@apicda.com) to request a 2022 APICDA calendar.



# GET TO KNOW US!

APICDA Employee Spotlight - Ellen Lawlor Krsnak



**Where are you from?**

I’m the daughter of the late Patricia (Pat) and Joe Lawlor. Pat & Joe moved to Alaska, from Iowa, after World War II to homestead in Fairbanks. They raised nine children in Fairbanks, and I am the youngest.

**What is your job at APICDA?**

In my role as APICDA’s Communications Director, I am responsible for managing our publications, website, social media, Photo Contest, Aleutian Marketplace program, and assisting co-workers with writing and/or graphic art-related tasks. It’s a joy to work at APICDA and engage with residents and co-workers to promote our programs and help fulfill our mission.

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

Prior to joining APICDA’s team in 2014, I worked at Catholic Social Services and the March of Dimes Birth Defects Foundation in Anchorage. My career in the non-profit sector provided me the opportunity to join caring people doing purposeful mission-driven work. In addition, these organizations valued my contribution and allowed me to grow professionally. Having spent years doing communications work, I became certified in 2013 and earned my Accredited in Public Relations (APR) credential.

**What is your educational background?**

I hold a bachelor’s degree in Political Science from Humboldt State University and a master’s degree in Public Administration from Virginia Commonwealth University. It took me over a decade to earn these degrees because I often attended school part-time to be able to work full-time and support myself. It is hard to juggle both, but not impossible, and I learned a lot about budgeting and time management.

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

I feel very fortunate to be a part of APICDA’s hard-working and creative team. Our close-knit team, in partnership with our member communities, is focused on funding and building sustainable programs that benefit our residents and region; it is thrilling to be a small part of something so significant.

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

I encourage students to be “joiners” and embrace opportunities for joy and new experiences. A tremendous amount of learning takes place outside of the classroom with work, friends, recreational activities, guest lectures, art exhibits, and excursions. Be open to trying new things, meeting new people, and expanding your worldview.

**Who are your mentors?**

I’m grateful to have had so many mentors throughout my life and career who have taught me the value of compassion, reliability, and responsiveness. I can honestly say, I’ve learned from every supervisor and co-worker I’ve ever had. My ability to welcome and embrace life and work lessons from a wide variety of people has truly enriched my life.

**Tell us something about your life outside of work?**

In addition to being a huge fan of the arts and a volunteer usher at the Performing Arts Center, I’m married and have a 20-year-old daughter who has been my greatest teacher.



# APICDA SCHOLARSHIPS

## College Scholarships

APICDA has two college scholarships for graduating high school seniors and current undergraduate college students enrolled or accepted to a nationally or regionally accredited college or university.

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



This program is named in honor of the late Emil Berikoff, Sr. of Unalaska, who served on the APICDA Board of Directors for 15 years prior to passing away in 2011. His contributions as a trusted board member and to the region were invaluable.

Applicants may be enrolled part-time (minimum 4 credits per quarter or 6 credits per semester) or full-time and must maintain a 2.0 GPA per term. Applicants must meet EBMS residency requirements and demonstrate financial need, with a family income cap of \$183,270.

[See page 16 for tips on how to write a winning personal statement for your EBMS application!](#)

#### EBMS Deadlines:

- April 1 for the summer term
- July 1 for fall, winter and spring terms (school year)
- November 15 for winter and spring terms

### Haginaa Kidul (*Helping to Grow*) College Scholarship

This competitive scholarship program is available to residents of the APICDA CDQ member communities of Akutan, Atka, False Pass, Nelson Lagoon, St. George, and residents of the non-CDQ Aleutian-Pribilof region communities of Adak, Cold Bay, King Cove, Sand Point and Unalaska. Scholarships are awarded up to \$2,000 each per year (subject to change annually).

#### Eligibility Criteria

- Must be a full-time, permanent resident
- Enrolled as a FULL-TIME student
- Must maintain a minimum 3.0 cumulative GPA
- Must show intent to return to Aleutian-Pribilof region indefinitely after completion of degree program
- Submit a complete application by June 1

**Applications for all APICDA College Scholarship programs must be complete and received by APICDA by 5:00 PM AKST on the day of the deadline. We encourage applicants to apply early to ensure a timely submission of a complete application.**

To apply or learn more, visit [www.apicda.com/college-scholarships/](http://www.apicda.com/college-scholarships/), email [education@apicda.com](mailto:education@apicda.com) or talk to your local APICDA Community Liaison Officer (CLO) (see page 19 for contact information).

## Vocational Training / Workforce Development Scholarships

APICDA offers two vocational training scholarships to adult residents.

### Haginaa Kidul (*Helping to Grow*) Vocational Training Scholarship

This scholarship program is available to residents of the APICDA CDQ member communities of Akutan, Atka, False Pass, Nelson Lagoon, St. George, and residents of the non-CDQ Aleutian-Pribilof region communities of Adak, Cold Bay, King Cove, Sand Point and Unalaska. Scholarships are awarded up to \$2,000 each per year (subject to change annually).

#### Eligibility Criteria

- Must be a full-time, permanent resident
- Must be age 18 or older
- Accepted to an accredited training program or vocational-technical institution
- Must show intent to return to Aleutian-Pribilof region indefinitely after completion of degree program
- Submit a complete application no later than 30 days prior to the program start date

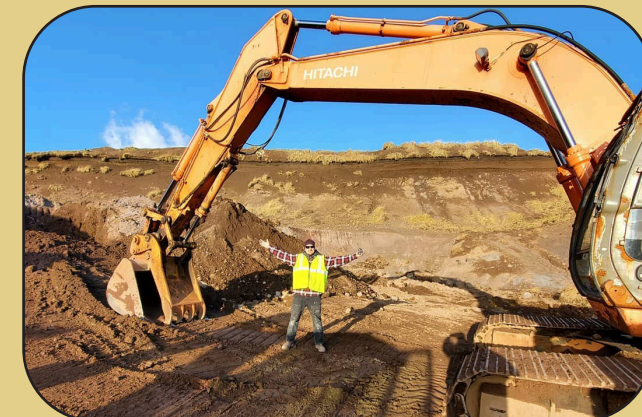
### Supplemental Education Scholarship

This scholarship program is available to qualifying residents of APICDA CDQ member communities and residents of Unalaska. Scholarships are awarded up to \$4,000 each per year, based on financial need.

#### Eligibility Criteria

- Must be age 18 or older
- Accepted to an accredited training program or vocational-technical institution
- Maintain a 2.0 GPA or passing grade
- Submit a complete application no later than 10 business days prior to the program start date

To apply or learn more, visit [www.apicda.com/workforce-development/](http://www.apicda.com/workforce-development/), email [education@apicda.com](mailto:education@apicda.com) or talk to your local APICDA CLO (see page 19 for contact information).



Michael Swinney posing with an excavator at the 2019 NIT Community Heavy Equipment Training in Atka. Photo by Paul Carpenter.



Additional APICDA Scholarships

EBMS GPA Scholarship

EBMS recipients who earn a 3.5 term GPA or higher are eligible for this scholarship. There is no application process; GPA Scholarship awards are automatically disbursed during the fall and spring terms.

<u>Term GPA:</u>	<u>Award Amount:</u>
3.5-3.74	\$500/term, up to \$1,000 per school year
3.75-3.99	\$750/term, up to \$1,500 per school year
4.00	\$1,000/term, up to \$2,000 per school year

Work Invest Now (WIN) Scholarship

Participants of APICDA’s College and Youth Internship Program are eligible for this scholarship. Successful youth interns earn a \$500 WIN Scholarship per internship, which is temporarily held by APICDA until the student graduates high school and later applied towards college education or vocational-technical training expenses.

Successful participants of the College Internship Program are eligible to receive a \$2,000 WIN Scholarship to be disbursed during the fall and spring terms of the following academic year.

**Students (youth and EBMS recipients) must apply for the APICDA Internship Program by March 15 and successfully complete an internship to be eligible for the WIN Scholarship.** See page 9 for information about the Internship Program.

Regional Scholarships

The Aleut Foundation Scholarships

The Aleut Foundation (TAF) offers scholarships to shareholders and descendants of The Aleut Corporation. TAF’s mission is to enhance the life and culture of Aleut people through funding their post-secondary education and career development. Visit [www.thealeutfoundation.org](http://www.thealeutfoundation.org) for more information about scholarship offerings.

TAF Scholarship Deadlines:
Summer Term: April 30 <sup>th</sup>
Fall (School Year) Term: June 30 <sup>th</sup>
Winter/Spring Term: November 30 <sup>th</sup>
Vocational/Career Development: Open Year-Round



APICDA INTERNSHIP PROGRAM

This program is available to residents of APICDA CDQ member communities and Unalaska. APICDA Internships provide opportunities to gain income, valuable working experience and (for some) earn additional scholarships. Internships are up to 12 weeks (three months), and may be arranged at local community agencies, at APICDA and its subsidiary companies, and other entities that directly serve the Aleutian-Pribilof Island region.

Some internship positions are prearranged, and others are developed as applications and intern requests by agencies are received. APICDA lists the positions available, and applicants interview for positions based on interest, experience, and availability.

The table below describes three types of APICDA Internships.

Youth Internship	College Internship	Employment Internship
For students ages 14-17	For EBMS recipients	For adult residents
Deadline: March 15	Deadline: March 15	Deadline: Open year-round
Successful participants receive a \$500 banked WIN Scholarship (up to \$2,000 total scholarship funds to be later applied to college education or vocational-technical training expenses).	Successful participants receive a \$2,000 WIN Scholarship to be disbursed during the fall and spring terms of the following academic year.	Successful internships may potentially lead to additional employment opportunities at the hiring agency.

To apply or learn more about APICDA’s Internship Program, visit [www.apicda.com/internships/](http://www.apicda.com/internships/), email [education@apicda.com](mailto:education@apicda.com) or contact your local CLO (see page 19 for contact information).



Jeremiah Balamoutoff, 2020 City of False Pass Public Works Laborer Employment Intern. Photo by Celeste Kukahiko.

2021 APIA-APICDA Internship Highlight

On July 22, 2021, Lori Jackson, APIA Medical Director and Family Nurse Practitioner, and APIA-APICDA interns, Julie Berikoff and Lisa Tran, arrived on St. George Island. The small team of three flew to St. George to help prepare the new Health Center for the grand reopening in mid-September and meet with patients during their visit. For interns Julie and Lisa, traveling from their hometown of Unalaska to work in another community in the Aleutian/ Pribilof Island region was a new experience.

“I had the opportunity to give direct patient care, give vaccinations, run different lab work tests, and do blood work,” said Julie. “I really enjoyed interacting with all the kids and elders in this village and building relationships.” During patient visits with Lori, Lisa and Julie provided patients with the most current information about COVID-19 and other health topics such as hypertension and smoking cessation. They also helped organize the new Health Center’s pharmacy and emergency room and created educational flyers for the community.

When asked how she believes the new Health Center will impact the community, Lisa said, “The new facility serves as a more welcoming resource for individuals seeking healthcare services in St. George. Not only does the new clinic benefit the residents and visitors of St. George, but more room, upgraded systems, and new equipment means that providers and staff are able to run visits more efficiently.”



“Working in St. George has been an amazing experience. I feel so fortunate and thankful that this opportunity was possible through the help of APIA and APICDA. I am also thankful for the community’s kind welcome and acceptance. This trip has given me valuable experience, and it has reinforced my belief that rural Alaskans deserve the best healthcare available.”

- Lisa Tran



“My internship was beneficial because I was able to expand my medical knowledge and I received lots of hands on experience. I most definitely would recommend others to apply for an APICDA internship because there is always an opportunity to find an organization within your field of interest. In addition, APICDA helps fund your post-secondary education, which I am very grateful for.”

- Julie Berikoff

2021 APICDA Internship Highlights

We asked our summer interns to share some information about themselves for the newsletter including the most rewarding aspect of their internship experience and how their community benefitted.



Ariel Go - College Intern at the Qawalangin Tribe of Unalaska

“In addition to practicing and developing my people and communication skills, building positive relationships with others around me at work has allowed me to learn a lot. Because of APICDA, I was fortunate enough to gain experience and skills early on in my college career, which will be useful for future internships and for my resume. I would definitely recommend others to apply for an APICDA internship.”



Daniel Shellikoff - College Intern at the Aleutian Pribilof Islands Association, Inc. (APIA), Anchorage

“My internship has got me back into a full time job and let me examine and catalog beautiful artifacts and works of art. My community has benefitted from the knowledge I possess from our Aleutian Region. I would recommend an internship with APICDA so that you can get experience in the work force and working with your own people.”



Elizabeth Mears - College Intern at the Qawalangin Tribe of Unalaska

“The key takeaways I have gained from my experience is to take advantage of all the learning opportunities available. Being an intern has truly been beneficial for my career and my community because I work for a local non-profit in Unalaska that has many ties to other workplaces and community members. The APICDA internship is a great way to sample a job at an organization you are interested in.”

Additional 2021 APICDA Internships

Name	Community	Business/Hiring Agency
Makena Sandell	False Pass	False Pass Tribe
Lisa Tran	Unalaska	Oonalaska Wellness Center
Kayla Villamor	Unalaska	Iliuliuk Family & Health Services Clinic
Kiara Villamor	Unalaska	Iliuliuk Family & Health Services Clinic
Rissa Bucaneg	Unalaska	Iliuliuk Family & Health Services Clinic
Mia McWilliams	Unalaska	Matson - Dutch Harbor
Thomas Lekanof	St. George	Seabird Youth Network
Maurice Lekanof	St. George	Seabird Youth Network
Cordell Merculief	St. George	Seabird Youth Network
Kayla Kashevarof	St. George	APIA - ETR Division
Eldred Paradeza	Unalaska	Unalaska Community Broadcasting (KUCB)



# YOUTH PROGRAMS

The following youth programs on pages 12-15 are available to residents of APICDA CDQ communities and Unalaska. If you need financial assistance to attend any one of these programs, APICDA may be able to help. Please email [education@apicda.com](mailto:education@apicda.com) to ask about available financial assistance.

## Introduction to Nautical Skills

### Calling all **AK HS** Students

Ready to begin your Voyage into a High Paying and Adventurous Maritime Career **Online?**

This **SIX WEEK ONLINE** course is the starting point for student entry into the AVTEC Young Mariner Training Program. Many students who have completed the high school Nautical Skills course have become **fully licensed merchant mariners** while still in high school, completely **debt free!** The course is delivered by a USCG Licensed Maritime Training Instructor. Topics include maritime career awareness; chart navigation; safety of life at sea; time, speed, and distance problems; nautical courtesy; basic rules of the road; and knot tying. **Students who complete the Nautical Skills course are eligible to receive tuition and room and board funds to assist them with participation in a wide range of maritime training at AVTEC.** Funding opportunities and discounts are only available to AK HS Students.

**SPRING REG DEADLINE 1-11-22**

*or sooner if it fills.*

**Space is VERY Limited!**

**REGISTER ONLINE HERE:**

**[www.avtec.edu/HSNS](http://www.avtec.edu/HSNS)**

AVTEC, as an employer and service provider, complies with Alaska Human Rights Law and federal civil rights laws. Individuals with disabilities who require reasonable accommodations are welcome to contact AVTEC at [admissions@avtec.edu](mailto:admissions@avtec.edu); or (907)224-3322, or for individuals with hearing impairments via Alaska Relay at 711 or (800)770-8973. \*AVTEC is a division of the State of Alaska, Department of Labor and Workforce Development\*



### What are you waiting for? **Climb Aboard!**

#### Spring 2022 Dates:

January 18 – March 1, 2022

#### Tentative Fall 2022 Dates:

September 13 - October 26, 2022

#### Tuition:

*Most AK districts have funds to assist with tuition*

**\$150**

#### Registration Fee:

**\$50, non-refundable**

#### Navigation Tool Kit ([click to view kit](#)):

**\$168**

*Tool Kits are NOT consumable and can be reused from year to year. Please check in with your organization for availability of a used kit before you order.*

#### Two Weekly Live Webinars

via Zoom [zoom.us/test](https://zoom.us/test)

**Tues & Thur 8:30-9:30am**

*Reliable internet connection, webcam, mic, speakers, and ability to print is required.*

#### Online Activities:

Delivered daily via AVTEC Online

[online.avtec.edu](http://online.avtec.edu)

#### Course Questions :

Deb Burdick, [debra.burdick@avtec.edu](mailto:debra.burdick@avtec.edu)

#### Registration/Admissions Questions:

Teri Laird, [teri.laird@avtec.edu](mailto:teri.laird@avtec.edu)

**907-224-6196**



## Voyage School

This program is for middle school and high school students who are willing to travel outside of their community to attend courses (phases) at a residential school in Anchorage. There are several phases to choose from which are designed for students to gain life skills in areas of personal and social development, leadership, service training, city life familiarization, and career development. Please call (907) 222-2712 for more information.



## 2022 Voyage School Phase Descriptions

### February 2022

**Grades 9-12 - Applications due by January 28**

#### First Responder Phase (Feb 14-25)

- Earn an Emergency Trauma Technician certification
- Practice life-saving First Responder techniques
- Explore careers such as paramedic, law enforcement, fire fighter

#### Culinary Arts Phases (Feb 14-25)

- Obtain Food Worker certification
- Learn methods for healthy cooking
- Explore recipes from around the world

#### Natural Resource Management (Feb 14-25)

- Explore careers in Oil, Gas, Mining, and other industries
- Explore careers in Environmental Sciences
- Earn industry training certificates

### March 2022

**Grades 9-12 - Applications due by February 25**

#### Driver's Education (March 14-25)

- For students needing a learner's permit or driver's license
- Practice driving in the Voyage Driver's Ed Car
- Learn about vehicle ownership, insurance, and maintenance

#### Snow Science Phase (March 14-25)

- Learn avalanche and cold weather safety
- Participate in winter activities

### April 2022

**Grades 7-12 - Applications due by March 18**

#### First Trek (April 4-8)

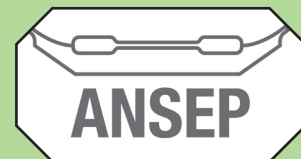
- Grades 7-9
- For younger students new to Voyage Phases
- Focuses on team-building and communication
- Career exploration and planning for the future

#### Outdoor Leadership (April 18 - May 6)

- Grades 9-12
- Hiking, biking, and camping excursions
- Learn wilderness safety and first aid
- Earn Leave No Trace certification

## Alaska Native Science & Engineering Program (ANSEP)

ANSEP offers educational and career-readiness opportunities for students of all ages. ANSEP's various programs help set up students for success in Science, Technology, Engineering, and Mathematics (STEM) education and careers. Students who participate in ANSEP's programs have opportunities to enroll in college courses while in high school, and students who are housed at the UAA dorms while attending ANSEP programs benefit by getting a feel for the college experience.



### Upcoming summer ANSEP programs:

- **Career Explorations** – A five-day educational, hands-on experience that promotes STEM education and careers. For 6-8<sup>th</sup> grade students. Students accepted to the program will reside at the UAA dorms. Applications will be available early 2022. Email [ansep\\_msa@uaa.alaska.edu](mailto:ansep_msa@uaa.alaska.edu) or call 907-786-0905 for more information.
- **Acceleration Ready (Math & English)** – A one-to-two-week math and English program that introduces 8-11<sup>th</sup> grade students to the ANSEP Acceleration Academy component and engages students in hands-on, problem-solving projects in STEM careers. Students learn about the UAA Math & English Placement testing platforms and available resources to help them meet or exceed the ANSEP Acceleration Academy's minimum Math and English placement requirements. For more information, contact Mike Ulroan by emailing [mikeu@alaska.edu](mailto:mikeu@alaska.edu) or calling 907-786-1148.
- **Acceleration Academy (Summer)** – A five-week opportunity for incoming high school students to advance one full level in math or science by enrolling in and completing a university math or science course. This program takes place on campus at UAA; students are housed in the dorms during the session. Email [uaa\\_ansepacceleration@alaska.edu](mailto:uaa_ansepacceleration@alaska.edu) or call 907-786-0905 for more information.

To apply or learn more about ANSEP opportunities, please visit [www.ansep.net/](http://www.ansep.net/) or reach out directly to one of the contacts listed above.

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

The ACPE Success Center offers free one-on-one services to Alaskan students which include assistance with financial aid applications such as the Federal Application for Student Aid (FAFSA), career exploration, college and career applications, scholarship searches and portfolios, college enrollment coaching, and more!

To learn more or book an appointment, visit [www.acpe.alaska.gov/planning/success-center](http://www.acpe.alaska.gov/planning/success-center), email [ACPESuccessCenter@alaska.gov](mailto:ACPESuccessCenter@alaska.gov) or call toll-free 1-800-441-2962 opt. 4.



# BEHAVIORAL HEALTH CAREERS CAMP

January 19th - February 23rd, 2022

Mondays & Wednesdays, 4:30-6:00pm AKDT

Cost: **FREE!** Includes 1 college credit!

This virtual camp is for current Alaskan high school students in the Aleutians and Bristol Bay Regions who are interested in exploring the behavioral health field. Careers include psychiatry, social work, art therapy, counseling and much more. Students will hear from leaders in the field about how they got to be where they are. Students will also learn about addiction, suicide prevention and wellness strategies. Participants will earn 1 (one) college credit, as well as certifications in QPR Gatekeeper, training in opioid overdose response (with Narcan® kits available) and one-on-one resume development.

Students must be 14 years old on or before January 2022.

Students must also have access to computer and internet.

Register By January 14, 2022

Contact Olivia at  
[oliviab@apiai.org](mailto:oliviab@apiai.org)

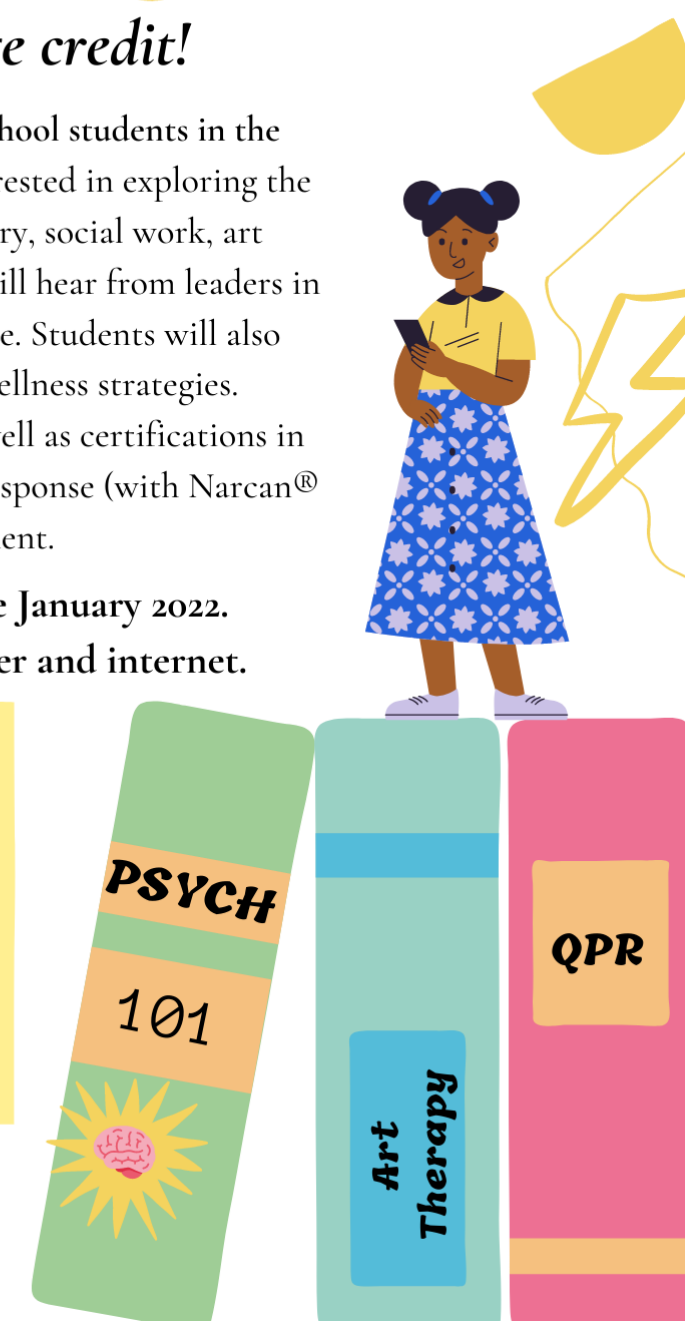
Or scan this QR  
code with your  
camera app!



@unangaxyouth



<https://www.facebook.com/APIAI>





# WRITING SUPPORT CORNER

## Write a Winning Personal Statement

By Kathy Kysar

Most scholarship applications and college admissions require a personal statement of some sort. Using the APICDA Emil Berikoff, Sr. Memorial Scholarship (EBMS) Application as an example, here are some tips to make sure yours rises to the top!

### Prepare/Brainstorm

Think before you write, making sure to address every part of the prompt. For example, here are the four parts of the EBMS Personal Statement prompt:

1. Your education/professional development goals
2. Why you wish to attend school
3. What you plan to do after receiving your degree
4. What contributions you believe you will be able to make to the communities of the APICDA region or to Alaska in general

It will make your essay stand out if you are as specific as possible. Tell YOUR story, one that can’t be attributed to someone else. Give specific examples, even anecdotes (stories), for different parts of the prompt. For example, if your goal is to be the first person in your family to earn a 4-year degree, say so. If your mother inspired you to become a nurse because of her taking care of your aging grandparent or knowledge and use of herbal remedies, say so by telling a story.

Sometimes, it’s difficult to answer these questions on your own, so don’t hesitate to ask friends or family for advice. Also, remember, you don’t have to use every piece of advice that someone gives to you.

### Outline

Take each part of the prompt to use as a separate paragraph. It is best to keep them in the order that they were originally stated in the prompt. In this example, that means that you will have four body paragraphs, an introduction, and a conclusion for a total of six paragraphs. Creating an outline is an easy way for you to get your initial examples and anecdotes down on paper in an organized format. You can just use key words or shortened notes instead of writing out the entire example or anecdote on your outline.

Your introduction should first contain a hook, an attention-catching opening statement to grab your reader. Types of hooks include quotes, dialogue, statistics, questions, and more. Google is your best friend when trying to come up with a good hook!

Next, your introduction should state who you are, as in where you’re from and your family background. You can also state any special personal or family circumstances affecting your need for financial assistance. Finally, the last sentence in your introduction should be your thesis statement, which sums up the four topic sentences from your body paragraphs.

Your conclusion should be a mirror image of your introduction with some key insights added. Begin your conclusion with a restatement of your thesis followed by a reference to who you are and your family background. The last statement in your conclusion should refer to the hook in some way.

Your outline will look something like this:

- I. Introduction
  - A. Hook
  - B. Personal details (make this your own)
  - C. Thesis statement
- II. Body paragraph 1: Education/professional development goals
  - A. Specific example 1
  - B. Specific example 2
- III. Body paragraph 2: Why I wish to attend school
  - A. Anecdote 1
  - B. Anecdote 2
- IV. Body paragraph 3: Plans after obtaining degree
  - A. Specific example
  - B. Anecdote
- V. Body paragraph 4: Local and state contributions that I plan to make
  - A. Specific example 1
  - B. Specific example 2
- VI. Conclusion
  - A. Restate thesis (reword it)
  - B. Personal details (add something new)
  - C. Reference to hook

### Draft

Simply write out your outline in paragraph form with complete sentences. Don’t forget to have a topic sentence for each of your four body paragraphs.

### Revise

Revising is different from proofreading, because here is where you will rearrange sentences, replace dull words with more interesting words, and get rid of any use of passive voice. Avoid using dull words such as “really,” “basically,” “goals,” and “dreams.” Ask your school counselor or English teacher to read it and make suggestions. Trust me, your first draft is far from perfect.

Proofread

This is where you polish your spelling and grammar mistakes, make sure the formatting is correct, and check for appropriate use of formal language as opposed to informal (casual) language. Again, this is a good place to ask someone with more experience at writing to correct errors for you. Leave plenty of time to proofread. It is helpful to put your Statement aside for a few days, and then come back and look at it with fresh eyes.

Submit

Double check that you’ve fulfilled all requirements, including word count, if there is one specified. Also, make sure it’s in the requested format (PDF, Word document, etc.).

Following these simple steps will ensure that you put your best foot forward when applying for scholarships and college admission!

References

“How to Write a Powerful Personal Statement.” How to Write a Powerful Personal Statement | Grammarly Blog, 16 July 2021, www.grammarly.com/blog/personal-statement/?&utm\_source=google&utm\_medium=cpc&utm\_campaign=10273012991&utm\_targetid=dsa-1233402314764&gclid=Cj0KCQjw-NaJBhDsARIsAAja6dPunRmX348DY-pUXdbjGCqsQp2Gm9PIbbs6aoG08CDNHrRhNRVIOMaApjvEA Lw\_wcB&gclsrc=aw.ds. Accessed 30 Aug. 2021.

“Tips for Writing a Scholarship Personal Statement.” LaGuardia Community College, www.laguardia.edu/uploadedfiles/main\_site/content/supporters\_friends/docs/scholarship\_personal\_statement.pdf. Accessed 30 Aug. 2021.



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 907-795-5403.

APICDA COMMUNITY LIAISON OFFICERS (CLO’S)

Each APICDA member community has a CLO, who is your local contact for information about APICDA. When you need information about programs, contact your CLO.

Have questions? Your CLO can assist you with the following:

- College Scholarship applications and information
- Workforce & Vo-Tech/Supplemental Education Scholarship applications and information
- Enrollment in local training sponsored by APICDA (must be 18 or older)
  - Internship applications and information
  - APICDA-sponsored community activities

Listed below are the current CLOs for APICDA communities.

<b>Akutan</b> - April Pelkey	Email: <a href="mailto:akutanclo@apicda.com">akutanclo@apicda.com</a>
<b>Atka</b> - Marii Swetzof	Email: <a href="mailto:atkaclo@apicda.com">atkaclo@apicda.com</a>
<b>False Pass</b> - Melanie Hoblet	Email: <a href="mailto:falsepassclo@apicda.com">falsepassclo@apicda.com</a>
<b>Nelson Lagoon</b> - Katie Johnson	Email: <a href="mailto:nelsonlagoonclo@apicda.com">nelsonlagoonclo@apicda.com</a>
<b>Nikolski</b> - Lorraine DeLeon	Email: <a href="mailto:nikolskiclo@apicda.com">nikolskiclo@apicda.com</a>
<b>St. George</b> - Sarah Merculief	Email: <a href="mailto:stgeorgeclo@apicda.com">stgeorgeclo@apicda.com</a>
<b>Unalaska</b> - Harriet Berikoff	Email: <a href="mailto:education@apicda.com">education@apicda.com</a>



APICDA CLOs and Program staff at 2019 Community Conference



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**Karina Garay**  
B.S. Nursing  
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