

**EXCEL  
SESSION 9  
AND EXCEL  
AVTEC Mini-  
Bridging  
SESSION**



**STUDENTS TOUR  
PROCESS TECHNOLOGY**



**STUDENTS INTERACT WITH  
COLLEGE STUDENTS AND  
FACULTY**



**STUDENTS  
PARTICIPATE IN A LIFE  
SKILLS ACTIVITY**

# EXCEL ALASKA NEWSLETTER



Process  
Technology  
Tour

## Two more successful sessions put on by EXCEL Alaska!

At the start of November (2nd-7th), EXCEL Alaska held a session 9 in Kenai, which introduced 16 students from 9 different western Alaskan villages to a taste of college life. The students were able to visit college classes, interact with college students and faculty, and experience dorm life.

Christa Jones, Tony Wilson, Dyllon Mills and Carlene Liskey helped the students

### On EXCEL Session 9

This has been the best week of my life!

-Kayla Berry

understand what the college life is like, while also pushing them to try new things. In addition to learning about campus life, students completed a job application and resume, as well as, properly introducing themselves with a firm handshake, keeping eye contact when speaking and actively listening.

More over, the students also learned about positive coping strategies and ways of dealing with stress, and who to go to for help when having suicidal thoughts. At the end of the session, the EXCEL Alaska staff had the students fill out a survey to get a feel on how things went and the feedback was amazing.

One student wrote, "EXCEL session 9 was the best week of my life. At first I was shy and I wanted to go home, but now look at me, I love life and I don't want to leave this session." Another student wrote, "EXCEL session 9 is fun and I learned how to communicate and network to become successful."

Overall, Session 9 was a major success.

## EXCEL Alaska AVTEC Mini-Bridging Session

EXCEL Alaska hosted 18 students from 12 western Alaska villages at the AVTEC Mini-Bridging session in Seward from December 1st-10th. This session is set up for juniors and seniors interested in attending a trade school. It was jam-packed with activities to help make the transition into trade-school successful. Christa Jones, Dyllon Mills, Carlene Liskey and Rene Welty were there to help guide them in the right direction.

Students attended classes in the trades they were interested in (Heavy Equipment, Welding, Construction Technology, Industrial Electricity, Culinary Arts, Office Technology, and Maritime) which allowed them to test drive the trade and see if they really liked it or not. In addition to attending classes, students completed a job resume, cover letter, job application and participated in a mock interview. They also took the TABE assessment, which is an entrance requirement for AVTEC.

One day was set aside for a trip to Anchorage to participate in real life budgeting. Students learned how to use public transportation, went to a car dealership to look for a car, looked on craigslist for housing and went grocery shopping to learn how to comparison shop. Some students were even able to get their drivers permit at the DMV. 13 students signed up for drivers education and 12 passed, with 10 getting their permits in hand.

Lastly, the students completed Drug and Alcohol prevention and suicide prevention training. As you can see, students that attended this session, were immersed into real-life situations that will help guide their future success in trade school and beyond.

UP NEXT: EXCEL Alaska Credit Recovery Session January 11th-26th.

## AVTEC, Seward Alaska



Top Photo: Students sport their interview outfits they got from the trip to Anchorage.

Middle Photo: Students participate in Carpentry.

Bottom Photo: Students take in a beautiful sunrise in Seward, Alaska.