

EXCEL Alaska December 2017 Newsletter



A short newsletter from EXCEL Alaska, how we rounded out 2017 and wishing you a very happy 2018!



EXCEL 9 - EXCEL House,
Anchorage
December 2017



PLCPs * Career Exploration * Pre-employment Skills

Completing our *second* EXCEL 9 session for the year, we are delighted to tell you how much the students accomplished! EXCEL 9 sessions are designed to introduce students to various career pathways through interactive field trips and job tours. They practice valuable employability skills, including, but not limited to time-management, teamwork, and critical thinking. In this session students start their Personal Learning & Career Plan (PLCP) on the Alaska Career Information System (AKCIS). As part of Mini-career workshop, students learn pre-employment skills as they start practicing are how to fill out a job application, resume and cover letter writing,

as well as taking a look at their own work values and how important it is to find a well-fitting career.



- In this session students successfully completed:
- Drug and alcohol prevention training
 - Healthy lifestyle lessons; the importance of drinking water
 - Proper use of social media
 - Educational tours of the Alaska Zoo and the Alaska Crime Lab
 - Service learning project; created beaded bracelets for elders at South Central Foundation
 - AKCIS profiles
 - Mock job application, resume, and cover letter
 - Lessons in personal social skills, i.e. hand shakes, active listening



Mini Bridging Session, AVTEC in Seward November/December

Intro to AVTEC's training programs

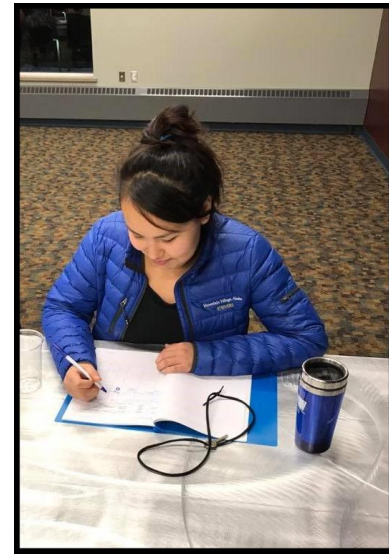
Seventeen students from nine different western Alaska villages attend the 2017 EXCEL Alaska AVTEC Mini-Bridging session. While at AVTEC, students had the opportunity to take The Adult Basic Education (TABE) exam, as well as participate in a variety of AVTEC trade classrooms.

They had invitations to spend their days in:

- Culinary Arts
- Maritime
- Industrial Electricity
- Plumbing and Heating
- Combination Welding
- Diesel Heavy Equipment Technologies
- Business Office Technology

Evenings found them working on career development strategies.

Somewhere, in this crazy schedule, they also found a little opportunity for leisure time and a daily workout. At the start of the session only two students had an idea of what they wanted to do after high school, however, by the end of the Mini-bridging Camp, 12 students said they would like to attend AVTEC to become successful in their future careers.



EXCEL 12, EXCEL House,
Anchorage



Healthy Lifestyles * Driver's Licenses * Independent Living Skills



Just last week, 17 students were at the EXCEL House in Anchorage for some specialized training, curriculum designed for young adults gearing up to experience supporting themselves. In the ten short days they were here, though short might be debatable if you talk to the students! They were up very early to participate in what their day held and were still up late to make sure they completed homework assignments sent from their home schools. With individual wants and needs in mind, lessons were tailored to suit each student's "after high school" plan and the next steps for accomplishment.

EXCEL 12 activities are designed to also push students outside their comfort zones and to teach them to effectively communicate with adults and peers in business environments. Some of the highlights:

- Completed *Healthy Lifestyles* lesson; balanced diets
- Preparing meals, including planning meals and shopping for food
- Received either Alaska State Driver's permits or licenses
- Researched local jobs for which they were qualified, prepared resumes and cover letters, completed mock-interviews*
- Campus tours
 - Alaska Job Corps
 - AVTEC
 - Kenai Peninsula College
 - University of Alaska Anchorage
 - GCI
- Personal finance presentation**
- Opened savings or checking accounts***
- Started scholarship essay
- Completed college budget sheets for college costs
- Completed Accuplacer test for University of Alaska placement
- Budgeting activity (including salary, housing, transportation)
- Completed TABE test for AVTEC

*Our undying gratitude to Calista Corporation and Donlin Gold for their roles in the mock-interviews. Without this part of the experience, the lessons would not be so meaningful.

**Thank you Dan McCue, of Alaska USA FCU, for the personal finance presentation. Students were able to utilize this information for subsequent exercises within this session, and will carry these skills into life.

***At Alaska USA Federal Credit Union. Thank you to the patience of the staff for processing 17 brand new accounts!



Serving Students for Successful Futures

Working towards our goal!

This 2017-2018 school year alone, we have served over 200 students. We still have all of January through August to go! We are on our way to a record setting year, serving more students than ever! We thank all of our for your support and wish you the best ever for the coming new year.



EXCEL Upcoming Events

The beginning of 2018 will find the EXCEL Alaska staff and students hard at work with the following:

- EXCEL 7 January - 23-26
- EXCEL 8 January - 26-30
- EXCEL 10 - February 1-8
- EXCEL Mini Bridging Session - February 12-16
- EXCEL 10 - February 22 - March 1
- Industry Boot Camp/Driver's License School - March 20-31
- Introduction to Aviation - March 22-29
- Math and English High School Credit Recovery - April 5-7
- EXCEL Mini Bridging Session - April 9-13
- Academic & Trades Decathlon - TBD
- EXCEL Capstone - May 21-June 19
- Summer XL Camp - June 3-30
- Advanced Fish & Game Internship - July
- Math/Science Expedition - August

If you know of any students interested in applying for any of EXCEL's camps or sessions, please have them contact Tony at twilson@excelalaska.com



Look forward to more in the next EXCEL Newsletter!

In the meantime, keep up with us on [Facebook](#).

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