

EXCEL Alaska Quarterly Newsletter - September 2018 Newsletter



The first quarter of the 2018-2019 school year is behind us. Look at how EXCEL Alaska is expanding students' horizons!



GRI



With a partnership between EXCEL Alaska, Alaska Department of Fish & Game, Kuspuk School District, and the Native Village of

Napaimute, twelve high school students participated in the George River High School Internship (GRI) program in late July. Students learned how to locate monuments, survey cross sectional profiles, conduct Wolman pebble counts, measure stream velocity and calculate discharge, collect water quality point measures, conduct juvenile depletion trapping, measure length and weights of juveniles, and collect aquatic invertebrates and riparian vegetation. Whew! For their efforts, students earned .5 science credit in River Systems Ecology and earned a stipend. Often, students who have completed the MSE and GRI programs are now working for ADF&G and the Native Village of Napaimute.



Students also spent time at the George River Weir where they had a more in-depth experience with Amanda Hoeldt, the ADF&G site technician. Additionally, students utilized their leadership skills to run a 10-day camp based on their previous experiences on the Math Science Expedition.

Thanks to the Native Village of Napaimute, Dan Gillikin and EXCEL Alaska for their efforts to this program and to the ADF&G – Office of subsistence for the funding.

The next GRI will be held July 2019. If you know of a student who would like to apply for the opportunity, they must complete an application, resume, cover letter and have recommendations to be accepted. For more information contact Tony Wilson: twilson@excelalaska.org.

Accuracy * Working with Others * Accepts Advice



Did you know? - Almost half of talent recruiters at Fortune 1000 companies report trouble finding qualified candidates with two-year STEM degrees. (Bayer Corporation, Facts of Science Education XVI, 2013)



MSE



This year marks the 14th Annual Math Science Expedition (MSE). Twenty-four students completed the program representing Aniak, Kalskag, Sleetmute, and Bethel. Students were engaged in approximately six hours of classes each day, including hands-on Fish Biology, Wilderness First Aide, and Leadership Development. Students also

focused on social development, work ethic, and daily group chores.

Primarily using the scientific process, students identified 1500 juvenile salmon at four different stations, measuring the lengths and weights of each. They also studied the condition of the river at each station gathering water quality, temperature, as well as other factors to determine the health of the salmon fry. Doug Molyneaux, retired fish biologists with the ADF&G had coordinated efforts to take the data gathered and offer it to various organizations such as UAA and the US Fish & Wildlife to develop further. Molyneaux has started to meet with Kuspuk students to prepare Science Fair projects based on the data gathered on the expedition. Included in his plans are to visit 5th and 6th grades in the village elementary schools to provide a simulation of the experiments from the MSE.

We thank Molyneaux, along with Dave Cannon, Ken Harper, and Dan Gillikin's efforts on this project. They have made a positive impact to our students and motivate them to care for our rivers and streams which feed the Kuskokwim.

Thanks to Renfro Air and Kuspuk School District for the transportation from the villages to Bell Creek. We would also like to express our gratitude to community members Jim Boelens, Dan Gillikin, Eddy Hoeldt, Al Kvamme, LaMonte Albertson, Archie Morris, for the

boat rides, from about 20 miles up the Aniak River to home. And finally a special thanks to Sue Hoeldt who has been involved with the MSE program since 2006 and has been an integral part in the planning and implementation of the MSE.

Dependable * Math * Follows the Rules



Did you know? - CTE enables students to master STEM skills and competencies that have value across a variety of industries and careers. (CTE: *Readiness for All Careers*, February 2018, www.acteonline.org)



EXCEL 11



Fourteen students joined us from September 10th to the 19th for EXCEL 11, representing EXCEL 11 is designed to give students a taste of different post-secondary options and get them to think about their future career paths. The session set up in a simulated corporation, run by the students. Each student completes a job application, resumé, and cover letter and then interviews for a position



within the corporation. The students learn independent living skills by budgeting their money for food and leisure. The students purchase all their own food for the session and prepare their own meals.

Other activities included in EXCEL 11 push students to step outside of their comfort

zones and teach them to effectively communicate with adults and peers in business environments. In this EXCEL 11, students visited UAA, AVTEC, Kenai Peninsula College, and GCI. Students also met and introduced themselves to Governor Bill Walker this session!

Students experienced the following:

- AVTEC visitors - TABE entrance exam
- Drug and Alcohol Prevention Training
- Job Application, Resumé, Cover Letter, and Mock Interview
- Job tours at Kenai Peninsula College, AVTEC, UAA, and GCI
- Personal social skill such as:
 - Hand shakes
 - Eye contact when speaking
 - Active listening
- Real life budgeting skills and independent living skills
- Created and updated a personal Learning Career Plan (PLCP) on AKCIS
- Navigated public transportation in Anchorage
- Wrote formal thank you letters and properly address envelopes
- Drivers permits

Students earned .5 high school credit for Career Development Life Work Planning.

Communication * Problem Solving * Respect Others



Did you know? - 79% of CTE concentrators go on to postsecondary, advanced training, the military, or employment. (2016-2017 Alaska Statewide Averages - DEED)



Heavy Equipment Operation



The ever-popular EXCEL/NIT Heavy Equipment Operation Camp was, as always, well attended and enjoyed by all eight completing students. NIT instructor, Dan Tucker, taught NCCER curriculum for Loader, Dozer, Excavator, Grades, and NIT's Trenching and Shoring. Students spent many hours on the operating the equipment, gaining a significant amount of experience, particularly on the loader, dozer, and excavator

Heavy . One of the NIT instructors reported, "These students have blown my mind with how adaptive they are to the machines."

Students attending the HEO camp earned:

- Flagger Certification
- First Aid/CPR Certification
- Industrial Forklift Certification

Each student successfully completing the HEO camp earns .5 Heavy Equipment Operations High School Credit.

Fit For Duty * Pass a Drug Screening * Have a Driver's License



Did you know? - Career & Technical Education (CTE) students are 21% more likely to graduate than their non-CTE counterparts. (2016-2017 Alaska Statewide Averages - DEED)



EXCEL / NIT Carpentry Camp

Running concurrently with the EXCEL / NIT HEO Camp, EXCEL/NIT NCCER Carpentry camp hosted nine students to completion. Because of the hands-on delivery of this camp, it's always popular. Students worked under the lead instruction of Ray Tubbs, and the NCCER Core



curriculum was delivered by Tony Wilson. On site at NIT, students worked together and built not one, but two 12'X16' cabins. The cabins were sold to 49th State Brewing Company for employee housing and will be moved to their brewery in Denali. Future carpentry sessions will find students building more cabins for 49th State. Each of the nine students earned .5 high school credit in NCCER Carpentry.

Safety-conscious * Graduate from High School * Math



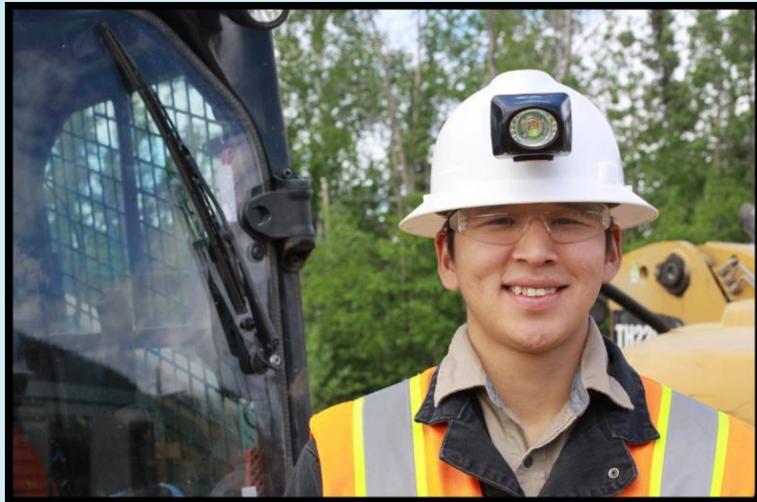
Did you know? - CTE students are significantly more likely than their peers to report developing key skills during high school:

- Ability to problem-solve
- Timely project completion
- Capacity to conduct research
- Demonstrate work-related skills
- Effective communication
- Efficient time management



MAPTS Follow-up, From Three Months to Two Years

Ole Rivers was one of the most recent graduates from the MAPTS/EXCEL partnership. Ole was selected for the MAPTS Capstone Project prior to his graduation from high school in Scammon Bay and almost immediately after graduation, rushed off to Delta Junction to attend the surface mine training program offered by UAF through the Mining and



Petroleum Training Service (MAPTS). As with all participants of the Capstone Program, Ole went straight to a 2-week paid internship, in his case, with Brice Environmental Service. Brice Environmental liked him so much, they chose to keep him for the entire summer on a clean-up project on Shemya, one of the islands in the Aleutian Archipelago. The project Ole was involved in was to remove three old military hangars, to help to reduce the environmental impact on the island.

We caught up with Ole shortly after his two-week internship, still happily working with Brice Environmental. He was hearing good things from co-workers, they liked him, everyone thought he was a “good kid.” Though he was the youngest on the island, Brice found value in someone who works hard and learned his “employability skills” well with EXCEL. It was refreshing to hear from someone so young to express a “gratitude” for limited internet, he wasn’t on his phone constantly and was able to visit and get to know those with whom he worked. He reported EXCEL and MAPTS prepared him to be reliable and a more positive person; a positive and sociable employee to everyone around him.

Ole worked with Brice as a laborer, a tough shift, from 7:00PM to 7:00AM every day, observing the haul trucks, loaded with old lumber, watching for debris which may have fallen from the trucks. Some of the debris is being removed from the island, sold to a Seattle salvage firm for recycling, yet some was being transferred to a fire pit where an excavator operator would indicate where he wanted the load dumped. All of this is to burn debris to clean up the island. After about three hours of this task, he would spend the evening at the “fire pit” to ensure the fire did not spread.

Ole saw this as a career with potential growth for him and was hopeful to be there throughout the summer. He thought with a career such as this, he would be able to maintain a subsistence lifestyle, one which he was raised to enjoy. He did, in fact, work with Brice the entire summer and earned money he earmarked for tuition for his first semester at UAF. Indeed, we caught up with him at UAF and though he was a bit

homesick, he was enjoying his first semester and, if you can believe it, loving his math class!



Jeff Liskey was one of our participants the year we piloted the MAPTS/EXCEL Capstone Project. When we last talked with Jeff, he was working for Brice Civil Constructors, one of the family of Brice companies who have embraced the Capstone project from the beginning, offering students an opportunity to experience work as a paid intern after completing the 2-week surface mine training with

MAPTS in Delta Junction. Several of the students have been hired in a variety of positions at different companies subsequent to their internship experience. This past summer was Jeff's second season working for Brice Civil Constructors and was enjoying his position as Driller's Assistant very much. Jeff has his eye on becoming a driller and feels this position will lead him into a career. One of the things he values is the rotation schedule of two and one (two weeks working, one week off) along with the 12-hour work schedule. Jeff was raised in Tuluksak, Alaska, a village on the Kuskokwim River, where he still lives and the 2 and 1 work rotation schedule allows him to return home on his week off to visit family and maintain the subsistence lifestyle with which he grew up. Brice generously pays for his travel to and from work.

According to Jeff, EXCEL and the MAPTS Capstone project helped him get his job as Driller's Assistant through the summer surface mine training and internship opportunities, including the Mining Safety and Health Association (MSHA) certification, a requirement to work in any mine. Additionally, EXCEL was instrumental in helping Jeff obtain a driver's license, also a requirement for the position of driller's assistant. Jeff feels he could not have been able to secure this job without the help of EXCEL Alaska. He is very grateful to EXCEL and the MAPTS Capstone Project and the training he was fortunate enough to attend. In his words, "I'm very thankful for the opportunities I got with EXCEL Alaska because with them I was able to get certificates that helped me get this Driller's Assistant job. I like working in Fairbanks and the people I work with at the mine."

Knowing How to Learn * Employability Skills * Jobs



Did you know? - Postsecondary CTE concentrators achieve significantly higher earnings than those who majored in academic fields, particularly those employed in an industry related to their CTE Program of Study. (Jacobsen and Mokher, *Florida Study of Career and Technical Education*, 2014, as cited in the 2014 National Assessment of CTE Final Report)



EXCEL 10

From September 24th through October 1st, fifteen students joined us for EXCEL 10. Designed to give students a taste of different industry careers, EXCEL 10 encourages students to think about their future career paths. The activities included in EXCEL 10 push students to step outside of their comfort zones and teaches them to effectively communicate with adults and peers in business environments.

With different careers in mind, students toured jobs at Providence Hospital and the University of Alaska Anchorage. Below are some highlights of what your students completed.

Students completed the following:

- Self Defense Class
- Exercise correctly to for healthier hearts
- Suicide Prevention and Stress and Coping lessons
- Job Application, Resume, Cover Letter, and Mock Interview
- Job tours at Providence Hospital, and UAA
- Personal social skills i.e.: Hand shakes, eye contact when speaking, active listening
- Personal Learning Career Plan (PLCP) on AKCIS
- Navigate public transportation in Anchorage
- Alaska State Driver's Permits or Alaska State Identifications



Fit for Duty * Respect Others * Dependable



Did you know? - The average high school graduation rate for students 43% of CTE participants are female. *2016-2017 Alaska Statewide Averages*



EXCEL / NIT Welding



Eighteen students representing eight different villages across Alaska joined EXCEL Alaska and partner Northern Industrial Training (NIT) for an introduction to welding. Each student attending had the opportunity to complete the NCCER Core modules and become NCCER Core certified, as well as gain some hands-on welding experience, potentially leading to future jobs. Tony Wilson prompted the NCCER

Core instruction while Randy Newman instructed the welding. Students practice the use of wire-fed welding, arc welding, and the ever-popular plasma cutter. Throughout the course of the week, students completed several group projects, including a book shelf, coffee table, two fire pits, and two coat racks. Judging from the end-of-the-session surveys, the students were the most proud of the fire pits because of the challenges involved in their construction. The session was a great success. Our thanks to Northern Industrial Training for the use of their facility for the week.

Honesty * Accuracy * Self-disciplined



Did you know? - Students who participate in career guidance and career courses demonstrate greater knowledge of jobs, higher self-esteem and better grades, and are more engaged in career and academic planning. (CTE: *Readiness for All Careers* February 2018, www.acteonline.org)



Did you notice? After each session report in this newsletter (and in previous newsletters) there are three words, or set of words, separated by an asterisk, such as "Fit for Duty * Respect Others * Dependable."

Want a Great Career?



Alaskan Employers Expect:

WORK ATTITUDES	SKILLS/COMPETENCIES
RESPONSIBLE/Self-DISCIPLINED Is a self-starter, committed to and accountable for work assigned. Does not do just the bare minimum to get the job done. WILLING TO LEARN/PRIDE IN DOING A GOOD JOB Is flexible, ambitious, shows initiative, efficient. Willing and able to respond to change in work assignments. Learns new technology and new ways of doing things. Willing to do the job over until it is done correctly. Able to see long term results of efforts on the job. SAFETY-CONSCIOUS Always thinks about safety in every aspect of the job, takes responsibility for own safety and others. Makes and carries out safe situations in the workplace. Does not have to be told to use safe procedures, concerned for the safety of others. MANAGES STRESS AND PERSONAL PROBLEMS Manages job pressures constructively. Does not allow personal problems to interfere with work.	COMMUNICATION READ: Has the ability to comprehend written material and take appropriate action. SPEAK: Be able to express ideas clearly and concisely to individuals and in groups. Has good customer communication skills, gives clear directions. MATH Able to apply basic and applicable math skills to accomplish tasks. PROBLEM SOLVING Has the ability to identify source of problem, demonstrates good common sense, is creative and innovative. INFORMATION MANAGEMENT & TECHNOLOGY Can use computers to process information, is familiar with common on/hardware applications and tools in the workplace. KNOWING HOW TO LEARN Is able to teach oneself new skills, to seek and use new information appropriately. APPLYING WHAT IS LEARNED Processes various skills including the more complex kinds of thinking, such as reasoning, analysis, and problem solving. LOOKING FOR WORK Is able and confident to identify job opportunities, to complete a job application, to prepare a resume, dress appropriately and promote oneself during an interview.
WORK ETHIC HONESTY AND INTEGRITY Actions are based on a personally held set of values, can be trusted to follow the rules even when supervisors are not present, keeps one's word in consistency with the company mission and vision. ACCEPTS ADVICE, SUPERVISION, CRITICISM Has high self-esteem and does what is asked, accepts criticism and uses it to improve. DEPENDABLE / FOLLOWS THROUGH Works diligently to complete tasks, acts as supervisor or provides support or delays. GOOD ATTENDANCE / ON TIME Can be depended upon to be at work on time for very good reasons. ACCURACY OF WORK / NO WASTE Is careful and avoids mistakes, corrects errors, takes pride in work well done, holds high standards. VOLUNTEER Volunteering shows initiative and a commitment to community.	OPEN DOORS TO EMPLOYMENT GRADUATE FROM HIGH SCHOOL A high school diploma is a minimum education requirement for employment. HAVE ENGLISH PROFICIENCY Many services are available for people who speak English as a second language. Employers need workers who are proficient in English, as this can be a matter of safety in many areas. HAVE A VALID DRIVER'S LICENSE A driver's license is a formal form of ID and demonstrates initiative. Keep a clean driving record as many companies will not hire someone with a DUI. GAIN TRAINING/EDUCATION Some employers say if you have mastered soft skills, they will give you the rest. Citizens require job specific training or experience. BE ABLE TO PASS A DRUG SCREENING Many companies have a zero tolerance for substance abuse. Often it means employees do not show up for work, or can be a safety hazard if they have been using drugs or alcohol in the recent past. NARROW GAPS IN EMPLOYMENT If you have poor work history or you are an ex-offender, utilize resources offering help. Many companies hire ex-offenders, the longer the present year self-provisionally, and rebuild your resume. POSSESS BASIC EMPLOYABILITY SKILLS Utilize some of the soft skills programs to help you develop the competencies, attitudes, and values employers are seeking. SOCIAL MEDIA With the ever-increasing use and variety of social media, many employers check social media for potential employment situations and to see if the applicant would be a good fit for the culture of the organization. Use social media wisely. FIT FOR DUTY Be able to pass a medical assessment to be sure an employee can safely do a specific job or task under the working conditions.

Each of these has been taken directly from the *YES! Employability Skills* program, and all the skills are embedded in the curriculum for EXCEL Alaska. We use them in foundational sessions as well as specialty sessions and they are one of the reasons our students are so successful. Not only are they good for the workplace, but they are wonderful for classroom management. Students understand what Alaska employers are looking for and they hear it again and again when they are participating in their mock interviews, job tours, and from other instructors in other programs, such as MAPTS and NIT. If you would like to know more about the *YES! Employability Skills* program, or if you would like posters for your workplace or school, please contact us, or partner, [APICC](http://APICC.org).



Sessions in Process or Coming Soon!

The rest of the year is ahead of us! Please check into the following:

- **EXCEL 11** - October 18 - 27
- **EXCEL 12** - November 1 - 11
- **EXCEL 9** - November 26 - December 1
- **AVTEC Mini-bridging** - December 3 - 8
- **Postsecondary Prep and Credit Recovery** - December 5 - 14
- **EXCEL 9** - January 14 - 19
- **EXCEL 10** - January 24 - 31
- **EXCEL 7** - February 5 - 8
- **EXCEL 8** - February 18 - 22
- **Postsecondary Prep and Credit Recovery** - February 27 - March 8
- **Industry Boot Camp** - March 19 - 30
- **Introduction to Aviation** - March 21 - 30
- **EXCEL 12** - April 3 - 12
- **TBD Mini-bridging** - April 15 - 20
- **EXCEL Academic Decathlon & Career Fair** - April 30 - May 3

For an application, click [here](#). Applications are submitted through your school's principal or counselor. If you have any questions about any of EXCEL's camps or sessions, please



Look forward to more in the next EXCEL Newsletter!

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

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- Martha Peck - NYCP Industry & Community Outreach Manager
- Joe Thornton - NYCP Post-secondary Outreach Manager
- Tony Wilson - Student Services Manager
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- Konrad Koscik - Facilitator
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- Marquis Revels - Facilitator
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