



News from Alaska EXCEL

Third Quarter of the 2019-2020 School Year!

As we write our third quarter newsletter, each of us are working from our "remote" locations. In other words, the Covid-19 virus has us "hunkered down" at home. Certainly this virus has handed us some challenges to delivering education to our rural students. As with all of our partners and neighbors, we have had to postpone business as usual.

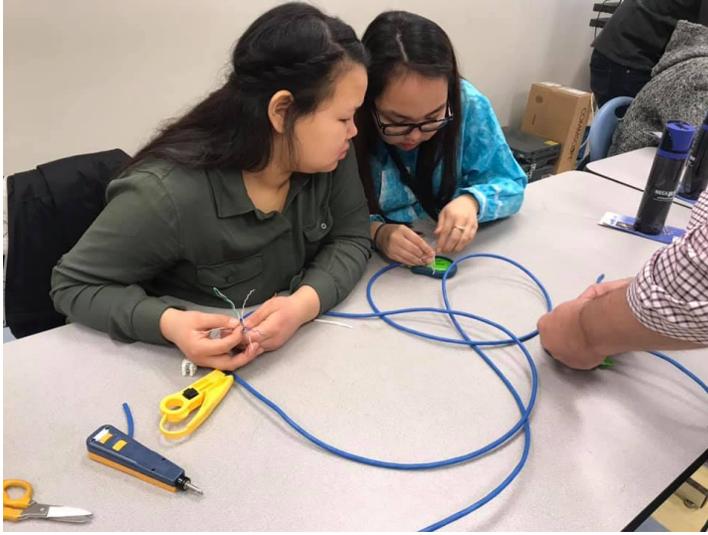
Right now we have plans to jump right back into hosting camps as soon as allowable as well as safe for all.

We sincerely hope all of you are staying well and are able to make the most of the situation, be it working from home, or discovering your amazing talents in old, or even new, hobbies.

EXCEL 10

Because of your continued support, we have been able to reach other districts and bring students from even more areas of Alaska to explore their possible futures.

The start of 2020 brought 10th grade students to us for 8 days of investigating different career industries. There are so many career



opportunities for young people to investigate. The activities the students participate in push them outside their comfort zones and help them learn to communicate with adults and peers in business environments. Listed below are some of the highlights. It's amazing how much they do in such a short amount of time.

- Learned how to exercise correctly to improve physical health
- Learned suicide prevention and coping tactics
- Completed a job application, resumé, cover letter, and mock interview
- Toured jobs at the Anchorage Museum and the IBEW Apprenticeship program
- Learned personal social skills such as hand shakes, eye contact when speaking, and active listening
- Started or updated Personal Learning & Career Plan (PLCP) on the Alaska Career Information System (AKCIS)
- Learned to navigate the public transportation system in Anchorage
- Practiced and earned Alaska drivers' permits
- Earned .5 high school credit in Career Development Life-Work Planning

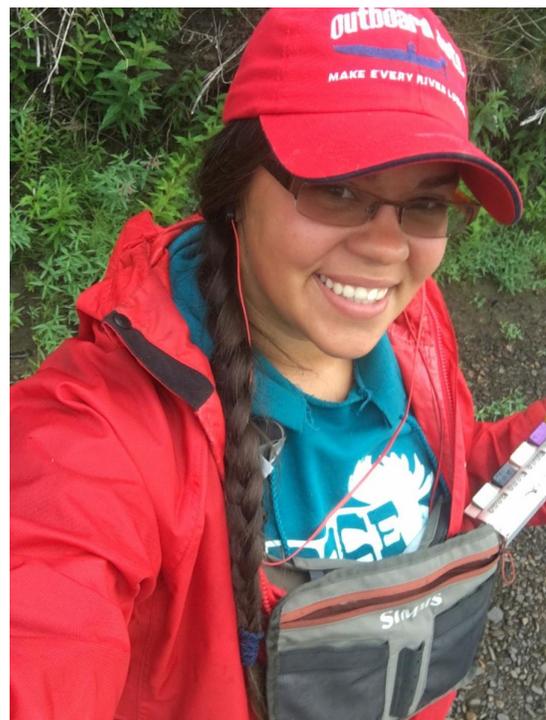
Did you know? In this EXCEL 10 session, students said from the healthy living lessons they learned "meal planning can save loads of money when you stick to (your) list and you can eat well."

Welcome, Amanda!

Please join us in welcoming Amanda Hoeldt. As you know we like to grow our own, and here we have another example. Amanda is a former student, hailing from Aniak. She grew up there, graduated from Aniak Jr./Sr. High School, and spent a lot of time on the river there.

Following her graduation from high school, Amanda attended Montana State followed by University of Alaska Fairbanks where she completed her Bachelor of Science degree in Biology with minors in Fisheries Science and Alaska Native Studies.

One of her favorite hobbies is beading but she also enjoys fur sewing and reading. She is very devoted to a subsistence lifestyle and spends a great deal of time working on her traditional cultural skills or learning traditional ways to use and preserve the resources the land provides.



Amanda found out about EXCEL when she was still in high school. She recognized education in rural Alaska had many challenges and not very many opportunities. EXCEL provided some much needed enrichment to her education.

The connection to Alaska's youth and helping them explore and discover their possible life pathways is one of Amanda's favorite things about EXCEL. And one of our favorite things about EXCEL is our staff, people just like Amanda.

EXCEL 9

Thinking back to your high school career, did you know what you wanted to become? This EXCEL session helped students make important decisions about their futures.

The second session of the new year was EXCEL 9. All the students had significant accomplishments. EXCEL 9, an EXCEL Foundational session for 9th-graders, is designed to introduce students to various career pathways through interactive field trips and job tours. The students practiced valuable employability skills, such as time management, teamwork, consensus building, and problem-solving. Additionally, students started their PLCPs on AKCIS.



Each student completed a resumé, cover letter, and job application as part of a mini career workshop. Each took a look into their work values and the importance of finding an appropriate and fitting career. Features of EXCEL 9 include the following:

- Completion of the Drug and Alcohol Prevention Training
- Completion of a healthy lifestyles lesson about the importance of drinking water
- Completion of social media training - appropriate uses and what to be wary of and avoid
- Attended job tours at the Alaska Zoo and the Anchorage Museum
- Utilized AKCIS Junior to learn about career interests and values
- Learned how to complete a job application and to write a resumé and cover letter
- Learned personal social skills such as hand shakes, eye contact when speaking, and active listening

Did you know? Students in this EXCEL 9 session said they wanted to be nurses, pilots, marine biologists, mechanics, carpenters, and more! They want to graduate from high school and go to college.

BOARD NEWS

The EXCEL Board of Directors met on February 28th. Included in this meeting was board elections. We are grateful for the expertise of the board and the time they have devoted to making us a great organization.

Executive Board:

- Board Chair - Colin Stewart - Lower Kuskokwim School District
- Vice Chair - Brenda Pacarro - Calista Corporation
- Secretary/Treasurer - Sam Hill - Arctic Slope Regional Corporation
- Member-at-Large - P.J. Simon - Doyon Limited
- Member-at-Large - Wayne Morgan - Aniak Traditional Council

Advisory Board:

- Meg Smith - Donlin Gold, LLC
- Patty Woody - Yukon-Koyukuk School District
- Sam Robert Brice - Bilista Holding, LLC
- Susan Hoeldt - Yukon Kuskokwim Health Corporation

EXCEL 7/8

You are a part of helping students make informed choices for their futures.



with us.

Another Foundational session for the 2019-2020 school year is under our belt with the EXCEL 7/8, finished on February 28th. Our youngest students, many of which were first-timers with EXCEL at this 7/8 session, spent five days with us and their accomplishments were many. This session introduces students to a variety of leadership traits and employability skills. Starting these traits early, students practice them and become ready to utilize them in their daily lives. Some of what is included in our curriculum for both EXCEL 7 and EXCEL 8 is time management, teamwork, consensus-building, and problem solving. Students were split into teams and completed a series of activities designed to push them outside their normal comfort zones, all the while working on their leadership skills. Below are some of the areas they covered during the time they were

- Stress and coping skills
- Healthy lifestyles lesson regarding the importance of oral hygiene

- Consensus-building and flexibility training
- Working within a team and communication training
- Resiliency and motivation training
- Lessons on goal-setting

Each evening, the students met with their team leaders to review their daily scoring guides and discuss how they might improve their leadership skills the following day.

Did you know? In our mock interviews, student find the importance of a good job interview. They gain valuable experiences to help them with the REAL interview.

Welcome, Emily!

We would like to welcome Emily Rickman, the newest member of our instructional staff at EXCEL. She holds a bachelor's degree in Aviation Technology & Aviation Management with a minor in Business Administration. Emily comes to us from Junior Achievement and as you may know, some of the JA curricula addresses becoming an entrepreneur. Emily and her husband, Sawyer, took this to heart and own their own business in Anchorage, AK Coffee Company.

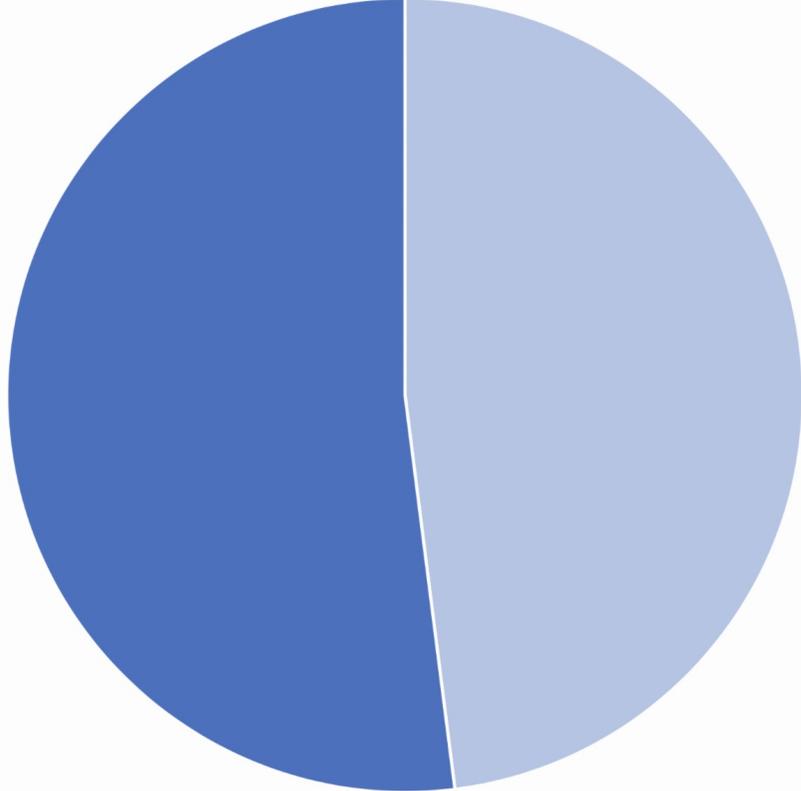
Emily found out about Alaska EXCEL a little over a year ago when we were building a partnership with Junior Achievement. (We love the curriculum for our rural partners.) She loved the heart and mission of EXCEL and jumped at the opportunity to work for us when an opening became available. Emily feels Alaska EXCEL is a beautiful and effective tool to empower Alaska's youth. She has a life-long passion for loving ALL of Alaska and its youth and hopes to creatively inspire them to think about their futures. Emily says, "One of the most irreplaceable characteristics of Alaska EXCEL is the team and the warm family environment and I know our students feel the same way."

We are very lucky to have Emily on our team and look forward to putting her talents to work!



Find out more about Alaska EXCEL by visiting our [website](#).

Here is a snapshot of our fundraising efforts toward our \$200,000 goal.



■ Donations to date ■ Still needed

To give to Alaska EXCEL please click on the DONATE button below.

[Donate Here!](#)

EXCEL 10/11/12

Our new partnership with NSBSD enables us to reach a potential of over 800 more secondary level students with over 1,300 students in the primary grades who will be our future students!

This combination Foundational Session was a special addition for our newest district partner, North Slope Borough School District (NSBSD). Each Specialty Session has the first prerequisite of a Foundational Session and this was a wonderful way to open doors to so many students.

We had the students for seven days and accomplished a substantial amount. They were introduced to different post-secondary options (UAA and Alaska Job Corps) and provided

food for thought about careers they might be interested in for their futures. They learned how to apply for jobs, what their qualifications are, how to complete an application, create a resumé and cover letter, and interview for a position.

Some of the other activities are listed below. We design these activities to push students out of their comfort zone and to teach them to effectively communicate in the working world. Since all these students were from NSBSD, they were treated to a visit to their native corporation, ACRC, in Anchorage.



- Drug and Alcohol Prevention training
- Job tours at the Alaska Communication Systems (ACS)
- Introduction to personal social skills such as hand shakes, eye contact when speaking, and active listening
- Lessons regarding real-life budgeting and independent living skills
- Created and updated a Personal Learning Career Plan on AKCIS
- Navigated public transportation in Anchorage
- Wrote thank you letters
- Studied and tested for drivers' permits

Each student successfully who completed this session earned .5 high school credit in Career Development - Life Work Planning.

Did you know? Students found out about jobs at Arctic Slope Regional Corporation (ASRC). Some said they would like to be future accountants, geologists, security guards, construction workers, and human resources specialists working for their corporation.

UPCOMING EVENTS:

We are restructuring our upcoming sessions and Summer XL to accommodate more students because of the Covid-19 outbreak. Of course our doors are not open at the time of this writing and we sincerely hope the near future will put us back on the campus. Because none of us could see this coming and we don't know what the future holds, please check back with us frequently for more news and updates. Look on our [Facebook](#) page for updates as well.

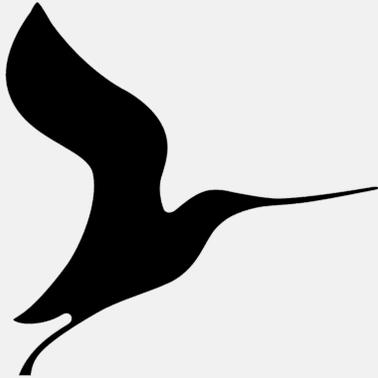


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Purpose: Education for Life

Core Values: Student-Centered (what we do is about our students), Experience (learning by doing), Relevance (connect learning to life), Loyalty (we are always there for our students and our partners)

Vision: By 2040 Alaska EXCEL will be the standard for success in experience-based learning

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