

APRIL & MAY 2021 ISSUE

WINDFINDER

Official newsletter of the
University of Alaska Fairbanks Bristol Bay Campus



Student Services

The Bristol Bay Campus is here to support the community members in their endeavors toward higher education, whether that is attending college/university, obtaining the GED, gaining hands-on experience or finding on-the-job training.

We have a variety of higher education endorsements and certificates available online, as well as many different associate, bachelor and graduate degree programs. We also offer dual-credit courses to enable high school students to get an early start on their college education.

The Student Services Team can find tutors, proctor tests and assist with admission applications, registration for classes and transferring of credits from other institutions. If there is a class you want to take to improve your job skills, let us know and we can help to get one set up.

Call us at (907) 842-5109 for more info! Ask to talk to Deven Lisac, Ashley Miller, Jami Swazer, Jordan Lisac or Kathy Kysar.



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SHOUTOUT TO OUR STUDENTS!

GED Graduates

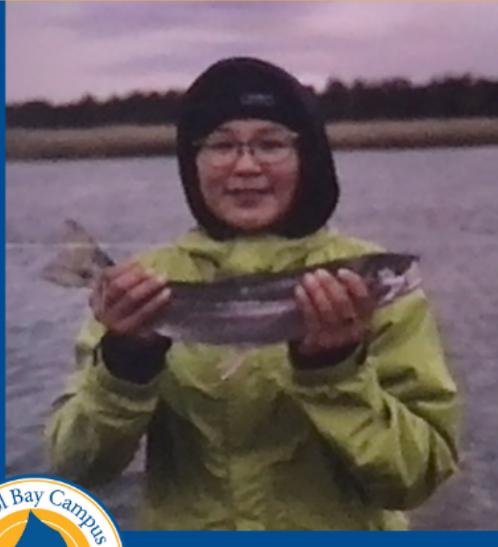
The UAF Bristol Bay Campus Adult Learning Program had two students earn their GEDs recently! Congratulations to Jaron Wassillie (left) and Jayden Nika (right)!



Congratulations to the UAF Bristol Bay Campus students of the month for April! These students earned this honor due to their hard work and dedication!

APRIL

STUDENT OF THE MONTH



NYSSA TALLEKPAEK

“ I am a person with a lot of questions and take every opportunity that is given to me. There are many things I would like to do, see and experience. My goal is to aim for a welding career once I graduate high school. Also, it is important for me to simply save energy now that I know the basics of energy through coursework at the UAF Bristol Bay Campus ”

APRIL

STUDENT OF THE MONTH



DION PLEASANT

“ What I like to do is try my best at anything and everything. It is my goal to graduate high school and gain acceptance into college. My favorite pastime is hunting and excelling at life, no matter what. I will keep moving forward until my goals are complete and will not stop without success. ALWAYS stay on the right path. ”

SKIN SEWING CLASS



Residents of Unalaska recently had the opportunity to learn skin sewing from Emma Hildebrand. Hildebrand grew up in Northway, Alaska, but currently resides in Anchorage.

Hildebrand led nine students through the intricate work of beading and sewing to create moccasins to fit a newborn, all via Zoom. Students were mailed kits packed with tanned leather cut to size and beads customized to each student's preference.

Hildebrand not only detailed how to craft the moccasins but also shared tutorials on other crafts such as quilling and tufting. She has been teaching and sharing her knowledge with students of the university since 1996.

To read more about Emma Hildebrand, please visit <https://tinyurl.com/da7when7>

MINDFULNESS-RESILIENCE CONNECTION DURING A PANDEMIC

By Kathy Kysar

Compassion.

Hold the intention to not judge yourself or others. Be mindful of your self-talk. However, if you do judge yourself, don't judge yourself for judging. Speak to yourself like a good friend. "Our self-criticism tends to undermine self-confidence and leads to fear of failure. If we're self-compassionate, we will still be motivated to reach our goals—not because we're inadequate as we are, but because we care about ourselves and want to reach our full potential" (Germer et al., 2019).

Acceptance.

Accept facts that you can distinguish from feelings. Acceptance isn't about giving up. It is having the strength to let go of control and stopping the fight with reality. "What I did: Minimized the outside voices (reduced social media, pulled in to just a few close friends and family), concentrated on contact with family and the remaining friends, focused on taking what action I could about the issue, focused on regularly participating in one or two activities that brought me joy, and, finally, gave it time." (H. Turley, personal communication, July 30, 2020).

Openness.

View even the most difficult situations as opportunities for growth. Trust that they have something to teach you. "Change happens gradually ... finding some way to help others is very beneficial. My duet played music for elderly homes and a VA memory unit, enough that the residents recognized us and talked to us." (H. Turley, personal communication, July 30, 2020)

Creativity.

Draw on your power to visualize and create the results you desire. At the same time, in the spirit of acceptance, don't fixate upon your own expectations. "Being resilient requires careful thought and creativity, because the solution has not been invented yet. Right now everyone is having to reinvent their lives, economy and expectations. There's no going back to normal. That's both scary and exhilarating." (P. Freshney, personal communication, July 29, 2020)

The bottom line is that resilience requires you to live deliberately, mindfully.

Top 10 Reasons to Take Online Classes

BY KATHY KYSAR



1. You can choose from a large variety of courses.

We offer a variety of courses from quick, weekend classes on skin sewing or ivory carving to semester-long courses in Environmental Studies, Writing, and Nursing.

2. It doesn't cost as much.

Take advantage of learning online without breaking the bank. Fewer fees than traditional university courses. Also, more and more online courses are using open educational resources, free online textbooks and materials.

3. Increase your opportunities for networking.

You will meet and interact with fellow students and make professional connections with like-minded people who are interested in the same fields.

4. You can customize your learning environment.

Whether you're at home, on the road or at work, you can create your own perfect room to study class materials and do homework assignments. Online learning offers better opportunities to concentrate by not being around other people.

5. Enjoy a flexible schedule.

One of the great benefits of taking an online class is that you can still work full time and manage time to earn a certificate or degree in your off hours. If you work nontraditional hours, you don't have to lose sleep, arrange for childcare or waste time commuting to physical classrooms.

6. Boost your career advancement opportunities.

If advancing your career is dictated by your higher-education accomplishments, then you take only the courses you need to get a promotion by upgrading knowledge and skills.

7. It's eco-friendly.

In the debate of online classes vs. traditional courses, you don't have to commute to a college or university to take the courses you need to complete a degree. You'll save money on gas, vehicle maintenance and other travel expenses.

8. Join virtual study groups.

It's possible to form study groups online with the other students in your course without having to use additional software. Collaborate and expand your network directly in the learning management system. Ask about our math and writing tutors!

9. You can review course materials repeatedly.

Even if it's 3a.m., you have access to online course materials such as videos, podcasts written materials to reinforce course concepts and theory you might be stuck on. It's so much easier to flip through screens, use the "find" function to quickly zero in on relevant paragraphs quickly and take online notes to help you understand the class materials.

10. You can learn at your own pace.

The pressure to keep up with other students in a face-to-face environment is removed. You might knock out some courses in record time because the concepts and material are easy for you to understand, or you may need extra time to make some of the more abstract concepts stick with you. The point is, you are in control of your progress through any online college course you take.

*Remember, the Bristol Bay Campus is here to help you become and/or remain successful. Weak internet connection? Let us help you find creative solutions!

UPCOMING CLASSES

UPCOMING ONLINE CLASSES

Summer

- Energy Efficient Building Design & Simulation (ENVI F122)

Fall

- Introduction to Sustainable Energy (ENVI F220)
- Climate Change, (ENVI F250)
- Home Energy Basics (ENVI F120)
- Solar Energy Basics (ENVI F170)
- Biomass Energy Systems (ENVI F175)
- Heat Pump Systems (ENVI F150)
- Writing Across Contexts (WRTG F111)



Our collaborations with the Aleut Community of St. Paul Tribal Government and Pribilof Islands School District helped us to continue providing educational opportunities in the learning center. Individuals of different age ranges have taken courses such as Home Energy and Marine Debris: Issues & Solutions. Coming soon, we have **Solar Energy, Painting & Drone Piloting.**

SEEKING LOCAL ARTISTS

We are currently searching for local artists interested in teaching courses in our Bering Sea Learning Center in St. Paul!

Contact Katiana Candyfire at
907-546-4053 or kscandyfire@alaska.edu.



Congratulations!

class of 2021



JOHN DEWEY

Congratulations to the class of 2021!

The virtual commencement ceremony took place at noon on Saturday, May 8. We incorporated video clips along with photos and personal quotes from students, faculty and staff.

This event has been recorded and uploaded online, so your friends and family can watch it from anywhere in the world.

https://media.uaf.edu/media/t/1_xhjh0xzc