

FEBRUARY & MARCH 2021 ISSUE

# WINDFINDER

Official newsletter of the UAF Bristol Bay Campus

## Welcome to our newsletter!

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 on-the-job training.

We have a variety of higher education endorsements and certificates available online, such as the Administrative Assistant Endorsement, Early Childhood Education Certification, and Medical Coding Endorsement, 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, 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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# SHOUT-OUT TO OUR STUDENTS!

## Nursing Student Pinning Ceremony

The Bristol Bay Campus held a celebratory pinning ceremony for the nursing students (Lumin Guo on the left, Jessica Denslinger on the right) on Dec. 11, 2020, at the conference room in the main building. Complying with the rules for hand sanitization, social distancing, and the wearing of masks, these students were presented with pins commemorating their graduation from the nursing program. Lumin Guo also received an award for the highest GPA.



## GED Graduates

The UAF Bristol Bay Campus Adult Learning Program had two students earn their GEDs recently! Congratulations to Aries Holder-Gutierrez (left) and Moses Kritz (right)!



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

## JANUARY

### STUDENT OF THE MONTH



### DELORES GREGORY

“ My goal at BBC is to get a better understanding of the different sustainable energy methods available to us. I'm excited to learn about new methods and practices that will help me make my home and Alaska's rural communities more energy efficient.

I am currently working on getting the occupational endorsement in Sustainable Energy because I title myself as an "energy nerd" and an "economic development nerd" who likes to learn about how these methods could be used in sustainable economic development. ”

## FEBRUARY

### STUDENT OF THE MONTH

### COURTNEY KUCHEOFF

“ My name is Courtney Kucheoff, and Tatiana Dolgushina is tutoring me for my G.E.D. I am honored to be the student of the month and very surprised by it. The reason I am going to pass my G.E.D is because I've been working hard towards passing it and I know hard work is going to pay off here soon. I am very thankful also to have Tatiana as my tutor. She's very patient with tutoring me and takes the time to work problems step by step and I've been making sure to take notes to study with, which has been very helpful in these past months she's been tutoring me. The other reason I know I'm going to pass my G.E.D is because I've built more confidence in myself and it feels pretty good to know I have come a long way, I'm also improving and reminding myself I know I can do this. ”

# ADULT LEARNING PROGRAM

Have a friend who wants to earn their GED?

Need help brushing up on your math skills?

The Adult Learning Program can help!

We serve students in Bristol Bay, as well as in the Aleutian-Pribilof region. Our program offers academic instruction to the general public and labor workforce so that individuals can advance to a higher academic level; improve job skills to begin, retain, or advance employment; enter post-secondary or vocational training; or earn a GED.

Our staff also helps students prepare for:

- U.S. citizenship test
- Praxis exam
- Accuplacer score improvement
- Business writing etiquette
- ELL (English language learner) classes

If you are in Dillingham or Bristol Bay and want more information, please call (907) 842-5109 (or toll-free at 1-800-478-5109) to speak to Sarah Andrew, Rebekah Fonkert or Rene Johnson.

If you are in Unalaska or the Aleutian-Pribilof region, please call (907) 581-1876 to speak to Tatiana Dolgushina. We hope to hear from you!



Sarah Andrew



Rebekah Fonkert



Rene Johnson



Tatiana Dolgushina

# Tips for Reducing Test Anxiety.



BY REBEKAH FONKERT  
ADULT EDUCATION PROGRAM SPECIALIST

Anxiety that strikes before and during a test is very common, and, through the years, I have gathered some tips and tricks for reducing test anxiety. These tips have worked both for myself and for students I have worked with.

1. Being prepared for your test is the best way to reduce test anxiety. Study, study, study! Do not "cram" the night before but rather study every day and review the material constantly.
2. Chew gum during your test (if allowed).
3. Practice deep breathing before and during the test. My favorite is the 4-7-8 breathing practice. Take a deep breath in through your nose for 4 seconds, and hold it for 7 seconds. Release the air through your mouth as you count to 8. Repeat as necessary before and during the test.
4. As soon as your test starts, skim it to see what will be on it and to determine how to set your pace.
5. During the test, answer the questions that are easiest for you first, and come back later for the harder ones.
6. Try your best to get a good night of sleep the night before test day.
7. Eat nutritious meals. This is especially important on the day of your test.
8. Exercise can be incredible for relieving anxious thoughts. Try to get your heart pumping every day. Exercise before your test for a great stress reliever.
9. Avoid excess caffeine on test day.
10. Avoid negative self talk. Monitor yourself carefully and replace your stinkin' thinking with positive thoughts about yourself and your abilities.
11. Try adding a calming app to your daily routine: Headspace, Calm, and Happier are all designed to help.
12. Figure out healthy activities that calm you and commit to adding them into your life; taking steams, meditating, and working on arts and crafts are a few ideas.
13. Get tutoring support! Call the campus today if you'd like to discuss working with a tutor. We have incredible support staff that can help you tackle subjects you struggle with.

If you try these tips and still need help squashing your anxiety, talk therapy is a great option for learning new relaxation techniques. Several behavioral health programs in Alaska now offer therapy via distance too. Happy studying and testing, my friends!

# STAFF MEMBER FOCUS



## KATHY KYSAR

*Writing Support Specialist* ... A small icon of a pencil, positioned to the right of the text.



Kathy Kysar joined the UAF-Bristol Bay Campus over a year ago as the writing support specialist for the region after serving as adjunct faculty teaching online writing courses for two years. In her new capacity, she supports all BBC students as a writing tutor, coach, and guide. She is available via phone, email, and Zoom, and she challenges you to take advantage of her lifelong writing experience in teaching, marketing, and course design to help you become a successful academic writer. She is available to teach workshops and partner with teachers across the region. She is determined to make the college experience a successful and fulfilling one for all students and teachers. She can be reached at [krkysar@alaska.edu](mailto:krkysar@alaska.edu) or 907-842-8316.



## ERIC GODDARD

*Assistant Professor of Sustainable Energy*

Eric Goddard has been working with the Bristol Bay Regional Career and Technical Education program to establish an online dual credit track of sustainable energy courses for high school students. The courses have recently opened up to students statewide. Four 100-level college credits will be awarded to those who complete the requirements of the track this semester: Home Energy Basics, Small Wind Systems, Solar Energy, and Intro to Biomass Systems. This puts students on track for the Occupational Endorsement Certificate and further contributing classes next year. Additionally, full tuition assistance was made available throughout the duration. Watch for future programs like this when they become available! Contact Eric Goddard ([esgoddard01@alaska.edu](mailto:esgoddard01@alaska.edu)) for more information.

# RESUMÉ TIPS AND TRICKS!

Resumé comes from the French word "rsumer," which means "to sum up." When writing a resumé, you should do just that. It should be a brief statement of the main points that you want your potential employer to know about you. Follow these tips to make sure you put your best foot forward! *You never get a second chance to make a first impression, so present yourself appropriately.*

## Contact information:

- Full name in boldface (no nicknames)
- Mailing address
- Working phone number
- Email address (NOT hotbabe334@gmail.com)



## Objective:

- This can be tailored to the specific job you seek. Example - To secure a position as a law enforcement agent with an exceptional department that allows me to apply training and supervisory skills, as well as experience and conflict-resolution abilities, to maintain order and peace within a community or region.
- You can use a more general objective. Example - To obtain employment that makes the best use of my education and skills for both my employer and myself.



## Education:

- Use reverse chronological order (list the most recent first).
- Show high school as well as college, until you graduate from college.
- List your high school or college GPA only if it's 3.0 or higher.
- List academic honors.

## Work experience:

- Focus on experience related to the job you seek. Example - You don't need to reference your past experience as a house painter if you are seeking a clerical position. This includes both paid and unpaid work experience.
- List the most recent first. Include job title, organization name, city and state, responsibilities, and start and end dates.
- List community service, volunteer work, and charitable activities you have been involved in, including church, local events/fairs/festivals, community clean-up, etc.
- Use action verbs such as *operated*, *designed*, *improved*, *trained*, *inspected*, and *completed*. (Use past tense.)

## Other activities:

- List special interests and abilities that you have, such as leisure activity skills. Example - teamwork, organization, and problem-solving.

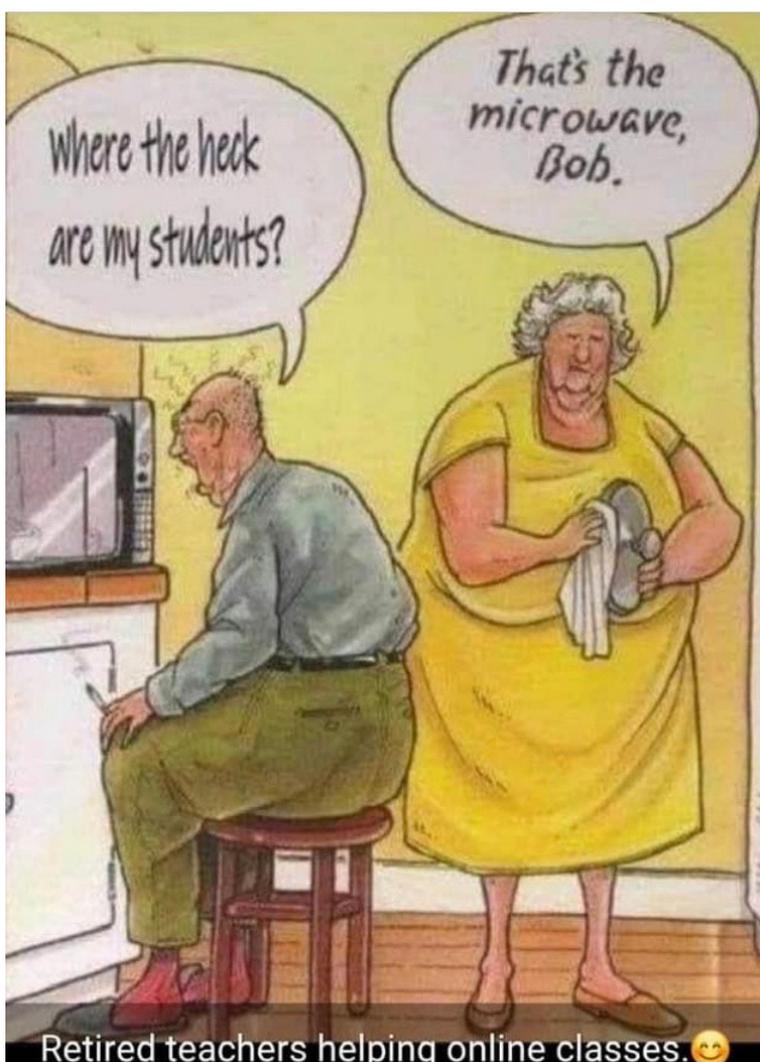


For additional tips and resources, contact Kathy Kysar, writing support specialist, for the University of Alaska Fairbanks Bristol Bay Campus, at [krkysar@alaska.edu](mailto:krkysar@alaska.edu).



## Study Tip Reminders:

1. Break studying down into chunked sessions.
2. Create a dedicated study area.
3. Study actively (and sleep well).
4. Take smart notes and expand on them right after class.
5. Summarize/teach what you learn.
6. Use your books correctly - Look up SQ3R method.
7. Use mnemonics to study effectively.



"Education  
is not  
preparation  
for life;  
education is  
life itself."

JOHN DEWEY

### Reminder

Follow us on social media  
to keep updated!



@UAFBristolBayCampus



@BristolBayCampusUAF

Let's do it.

I'm on it!