

FREE!!!



Palau Community College

MESEKIU'S NEWS



Friday, April 05, 2013

Weekly Newsletter

Volume 15, Issue 14

REL Pacific Board Convenes



REL Board of Directors at PCC campus.

The Board of Directors of REL Pacific met on campus in the Assembly Hall from March 26-28, 2013. REL Pacific is one of the 10

Regional Education Laboratories funded by the U.S. Department of Education and is

REL Board cont'd on p.2

EFNEP at Peleliu State

Contributed by Dalton Thomas



Peleliu women demonstrating learning outcomes.

On March 18th to 22nd, 2013, PCC-CRE had an opportunity to visit Peleliu State and conducted an EFNEP (Expanded



Grace Inglong receiving a donation list from VP Taro. Lovelyynn Shiro (center).

Food Nutrition & Education Program) and Food Technology class to the Head Start

EFNEP cont'd on p.2

ETS: EHS Students Experience Underwater Diversity

Contributed by Educational Talent Search

On March 23, 2013, Educational Talent Search Program participants from Emmaus High School went on an educational field trip to Milky Way, Clam City, Rose Garden, Jellyfish Lake, Cemetery Reef, Soft Coral, and Ngchus to observe the indigenous jellyfishes, different coral habitats, and underwater creatures at different snorkeling sites. After they saw and touched the milky mud at Milky Way, they left for Clam City and Rose Garden where they encountered different sizes of clams and corals that are shaped like roses. Before they started hiking to Jellyfish Lake, one of the Rangers explained to the students the differences between the jellyfish at Jellyfish Lake and jellyfish in salt water. He also emphasized the importance of preserving Palau's marine environment especially Jellyfish lake. At the lake, the students and several chaperones enjoyed swimming with jellyfishes. Next, they departed to Ngchus Island for lunch and fun swimming, playing football, and beach volleyball. Then, they went to the Cemetery

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Palau Community College is an accessible public educational institution helping to meet the technical, academic, cultural, social, and economic needs of the students and communities by promoting learning opportunities and developing personal excellence.

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Reef and Soft Coral, where they observed the different coral habitats and underwater creatures and swam with the fishes. Towards the end of the day, they made a last stop at a rock island near Palau Pacific Resort and



Emmaus High School students and chaperons.

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operated by the Pacific Center for Changing the Odds at Mid-Continental Research for Education and Learning (McREL). McREL is a private nonprofit corporation that draws upon the best of education research to translate what works into innovations and results. REL Pacific connects educators in the Pacific with research on teacher effectiveness, family and community engagement, and college and career readiness.

The meeting marks the first time the Board held its meeting in the Micronesian region, hosted by a local college. In addition to the Board meeting, REL Pacific, in partnership with educators in Palau and Guam, presented a bridging event - *Taking Action with Education Data* on March 27. This is designed for educators, administrators, and stakeholders at local education agencies interested in developing the skills needed to use educational data in their daily decision making. Facilitating the event were Dr. Richard C. Seder of McREL's Pacific Center

saw a big coral snake that was sleeping on the rocks.

The trip was an educational experience for each and every one of them. The students witnessed the diversity of marine creatures and appreciated the need to conserve, sustain, and preserve our marine environment.

for Changing the Odds, Dr. Isebong Asang of PCC, Dr. Felicity Grandjean of UOG, and Collette Beausoliel of Guam DOE. Also held in conjunction with the Board meeting were Locally-Based Consultants and Research Alliance Meetings.

The Board of Directors

James Arenovski, Principal
Island Training Solutions, CNMI
Erika Cruz, Deputy Superintendent
Educational Support & Community Learning, Guam Dept. of Education
Henry Falan, Speaker
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Gardenia Macayaon, Director
Chuuk State Dept. of Education
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Guam Dept. of Education
Rita Sablan, Commissioner of Education
Public School System, CNMI
Lugo Skilling, Administrator
Kosrae State Dept. of Education

EFNEP cont'd from p.1

parents. The purpose of the program is to teach clients new ways of making nutritious foods using our local products. The class taught five basic lessons of healthy living such as *My Pyramid*, *Importance of Fruits and Vegetables*, *General Budgeting*, *Reading and Understanding food labels and the Importance of Exercise*. Nineteen students attended and completed the class. We spent 3 hours per day for five days. During the five day sessions, the clients were divided into five groups where each group was assigned to do one particular assignment on each day with a class presentation on graduation day. This allowed the students to participate, share and learn with each other. They were so excited to realize the economic value of refining their culinary skills in creative ways. They demonstrated their skills by preparing healthy foods for their families. On their graduation day, all the groups gave food presentations. PCC-CRE Vice President Thomas Taro presented donations of sugar, salt, seasonings, and taro and tapioca flour to the Head Start cook, Ms. Gloria Inglong, for the Head Start students of Peleliu State.

The Family & Community Partnership Service Area Manager of PCAA, Ms. Lovelyn Shiro, was also present at the graduation event. PCC-CRE extends appreciation and gratitude to the people of Peleliu for a warm welcome and hospitality during the five day stay on the island. Thank you to the women of Peleliu State for their enthusiasm and initiative to expand their culinary skills.

Sinton Soalablai, Chief of School Management
Republic of Palau Ministry of Education
Dr. Patrick U. Tellei, President
Palau Community College
Gary Ueno, Education Secretary
MOE, Rep. of the Marshall Islands
Joseph Villazon, Director
Pohnpei State Dept. of Education

McREL Staff

Nolan Malone, Vice Pres. for Pacific Operations
REL Pacific Director
Richard Seder, Associate Director
Lisa Talaro, Executive Assistant
Beth Siegfried, Communications Coordinator

Guest

John Kofel, The JoDoCo Group, Inc.

BITS AND PIECES...

TOEFL Test Date

TOEFL TEST
MAY 04, 2013
SATURDAY

For more information, contact the
Ministry of Education 488-2952

Tan Siu Lin PCC Library

Hours of Operation

Monday to Thursday: 8am - 8pm

Friday: 8am - 5pm

Saturday: 9am - 6pm

Sunday: CLOSED

Call 488-3540 for information

Calendar of Events

April 05 (F) PCC Charter Day
President's Run & Walk
Registration 4:30 - 5:20 am

May 05 (Sun) Senior Citizens
Day (Holiday)

CE Instructors Wanted

Instructors Wanted
Summer Kids Program Classes

Applications at CE Office

Deadline to Submit Applications
May 16, 2013

News/Stories Wanted

MESEKIU'S NEWS welcomes stories/
articles/announcements from students,
faculty, and staff. Submission deadline
is Tuesday at 4:30 p.m. in hard and/or
electronic copies to dilubchs@palau.edu
and alvinam@palau.edu.

MOC/PCC Alumni articles are welcome.

Please call 488-2470/2471 X 251, 252,
& 253 for more information.

TOEFL®

GOT TEST ANXIETY? **What Can You Do?**

**Can Sleep Help You Do
Better on Tests?**

A recent study found that
people who got 8 hours of
sleep before taking a math
test were nearly 3 times more
likely to figure out the problem
than people who stayed
awake all night.



Contributed by Shelley Ueki

Use a little stress to your advantage.

Stress is your body's warning mechanism — it's a signal that helps you prepare for something important that's about to happen. So, instead of reacting to the stress by procrastinating or complaining about the test with friends, take an active approach. Let stress remind you to study well in advance of a test.

Ask for help.

If sitting for a test gets you so stressed out that your mind goes blank and causes you to miss answers that you know; then you should talk to your teacher, college counselor, or a tutor about your test anxiety and can help you prepare for the test.

Be prepared.

There's much more to learning than just hoping to soak everything up in class and that is why good study habits and skills are so important. If you don't think you have good study habits/skills then please talk to your PCC Advisors about this, they can help teach you about good study habits.

It makes sense — the more you know the material, the more confident you'll feel. Having confidence going into a test means you expect to do well. When you expect to do well, you'll be able to relax into a test after the normal first-moment jitters pass.

Watch what you're thinking.

Watch out for any “negative” messages you might be sending yourself such as “I'm never any good at taking tests” or “It's going to be terrible if I do badly on this test.” They all can contribute to your anxiety. Replace negative messages with positive messages like “I've studied hard and I know the material, so I will do the best I can.” (Of course, if you haven't studied, this message won't help!)

Accept mistakes.

Another thing you can do is to learn to keep mistakes in perspective. Everyone makes mistakes, and you may have even heard teachers or coaches refer to mistakes as “learning opportunities.”

Take care of yourself.

Practicing breathing exercises regularly can help your body see these exercises as a signal to relax. Take a deep breath, hold for 5 seconds, then let it out slowly, and repeat couple of times. In addition, you need to get enough sleep, exercise, and eating healthy foods especially before a test, those things can help keep your mind working at its best.

Everything takes time and practice, and learning to beat test anxiety is no different. Although it won't go away overnight, but facing and dealing with test anxiety will help you learned stress management.

ALUMNI NOTES

Class of 2005

Rolley Chico Tsuneo



Earned a Certificate of Achievement in Criminal Justice. He works as an Immigration Officer at the Ministry of Justice - Bureau of Immigration for the past seven years.

Message: Study hard. Education is the key to success.

Class of 2005

Rsei Oderiong



Earned an Associate of Applied Science in Criminal Justice. He has worked at the Bureau of Lands and Surveys as a Surveying Technician I for seven years under the Ministry of Resources & Development.

Message: School is important as it will design your future.

Class of 2007

Gregory Meyar



Earned an Associate of Science in Agricultural Science. He works as an Animal Industry Technician at the Bureau of Agriculture under the Ministry of Resources & Development for the past three years.

Message: Stay in school and achieve a college degree for it helps you to attain a good paying job.

Alumni Notes

Showcases MOC & PCC alumni who are positive role models and contribute to the quality of life in their local communities.

If you are that alumnus/alumna or know someone who is, please contact the PCC Development Office at telephone numbers 488-2470/2471 x 251, 252, and 253.

We would like to feature you in future *Mesekiu's News* issues.
PCC website: www.palau.edu



Mesekiu's News
Palau Community College
P.O. Box 9, Koror, Palau 96940

2013 Summer Kids Program

Classes for Elementary Students

- Math 3rd - 8th
- English Reading 3rd - 8th
- English Writing 3rd - 8th
- Palauan Orthography 3rd - 8th
- Marine Science 5th & 6th
- Keyboarding 7th & 8th

Each Class - 20 max no. of students
Keyboarding - 15 max of students

**All Classes to Begin on
June 03 - June 28, 2013.**

**Registration is Open NOW
until May 30, 2013.**

**Contact PCC-CE Office
488-6223 for more information**

Vacancy Announcement

- (1) *Federal Work-Study Coordinator, Office of Admissions & Financial Aid*
Salary range: \$12,049 - \$20,607 per annum
- (2) *English Instructor, Learning Resource Center*
Salary range: \$14,802 - \$24,647 per annum
- (3) *Air Conditioning & Refrigeration Instructor Academic Affairs*
Salary range: \$16,010 - \$21,191 per annum
- (4) *Math Instructor, Learning Resource Center*
Salary range: \$14,802 - \$24,647 per annum
- (5) *Librarian, Tan Siu Lin PCC Library*
Salary range: \$16,010 - \$24,647 per annum

For application forms and information, please contact Harline Haruo at PCC Human Resources Office at 488-2470/71, ext. 227.

Email hr@palau.edu or download form at www.palau.edu

Celebrating Birthdays

Glendalynn Ngirmeril Apr 10
Tessmarie U. Kodep Apr 12
Gaylord Rdechor Apr 12

Happy Birthday to You!

PCC Celebrates 50th Commencement Exercises

May 24, 2013

Book Returns Spring 2013

Return Your Rented
Books before or on
Friday, May 17, 2013.

See Alvina @ Dev. Office

PCC ENDOWMENT FUND

Invest in the future of
Our Students, Our College, and
Our Nation
To support, contact us today!

P.O. BOX 9 Koror, PW 96940

Phone: (680) 488-2470/2471 ext. 251/253

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