

FREE!!!



Palau Community College

MESEKIU'S NEWS



Friday, March 14, 2025

Weekly Newsletter

Volume 27, Issue 11

BASIC COUNSELING SKILLS WORKSHOP

CAREGIVER TRAINING AWARDING CEREMONY



PCC staff attended Counseling Skills Workshop at PCC Assembly Hall



PCC President Tellei with Caregivers Instructors and participants at PCC Assembly Hall

On March 7, 2025 Palau Community College (PCC) had the privilege of conducting a counseling workshop for classified staff to enhance their knowledge and skills in working with students. The workshop provided information on the core of counseling skills such as active listening, empathy, using open-ended questions, reflective listening, clarification, summarization, validation, and non-verbal communications.

On hand to provide needed workshop information was Mr. Alex Ngiraingas, a former full-time Community and Health Program instructor.

Additional information on building counseling skills were ethical consideration such as professional boundaries which include trust building, informed consent, record keeping; Time boundaries that involve session duration and therapeutic process; and Role boundaries which delineate professional and client relationship; physical boundaries which provide space between counselor and the client during session; and emotional boundaries that manage emotional responses and avoid becoming overly involved in the client's feelings and experiences. This helps maintain objectivity and professionalism. Mr. Ngiraingas also emphasized the need to understand differences by being aware of their own cultural identities and biases and prevent

Counseling Workshop Continued on Page 2

On March 5, 2025 the 35th Caregiver Training concluded as their instructors, along with PCC President Dr. Patrick U. Tellei and Continuing Education's Dean Hedrick Kual, awarded the Caregiver Training participants for passing all the courses including the pre and post test. The instructors included Dr. Sylvia Osarch (lead instructor), Dr. Louisa Santos (Dentist), MHHS Physical Therapist and Ms. Vanessa Espangel (Home Health Nurse). Dr. Catherine Decherong attended the ceremony as well to give support and welcoming remarks in place of Dr. Gregory Dever of Area Health Education Center (AHEC) and Dr. Osarch provided the summary of the week's training. Participants include the following: Tanya Rengulbai, Sudhir Shah, Lila Bahadur Shah, Chandrabir Shah, Ramesh Mahant, Eleanor Manor, Dildaob Malsol Manor, Jenny David Pineda, Lirio Judal, Kaylene Buncal, Jay-Cee Jayson, Omega Postrum, Tiara Chinn, Kyleen Letiasurig, Yolanda Naenirhinam, Cassie Joshua, Kalea Gibbons, Kalita Ngirakesau, Oliver Peseli, Hanna Tekriu, Tehya Trolui, Marvelyn Ilesiugpiy, and Elizabeth J. Loeak.

Congratulations to all participants!

**PCC Wishes Everyone a
Happy Youth Day !**

UBMS & MOJ-NEU CONDUCTED MONTHLY WORKSHOP

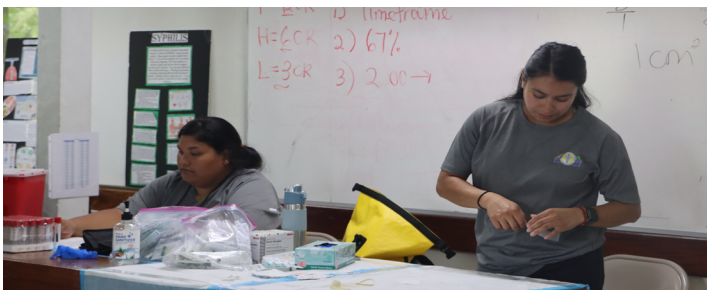


UBMS students with Narcotics Enforcement Unit at PCC Assembly Hall

On February 28-29, 2025, the PCC Upward Bound Math and Science program along with Ministry of Justice-Narcotics Enforcement Unit Officers Rengiil Bausoch, Humio Kebekol, and Vhaid Beketaut conducted workshop to UBMS students on various drug related issues in Palau from its legality to physical and mental health standpoint. Students were also briefed on programs upcoming events and services requirements.

The program is currently serving 70 students from all the high schools in Palau: Mindszenty High School, Palau Mission Academy, Belau Modkngai High School, Emmaus-Bethania High School, and Palau High School.

HEALTH CLINIC DAY HOSTED BY MHHS



The MHHS sponsored the Health Clinic Day free testing for the public on blood pressure, Tuberculosis, Hepatitis B & C, STD, and health education.

Counseling Skills Workshop continued from Page 1

misunderstandings and promotes sensitivity. Moreover, he reminded participants to educate themselves about different cultural practices, values, and worldviews which include understanding how culture shapes communication styles, family dynamics, coping mechanisms, and mental health perceptions. The benefits of boundaries is safety-which create a safe place for client to express themselves without fear of judgment or exploitation; Trust- when boundaries are respected, clients are more likely to trust the counselor and engage fully in the process; and Focus on Therapy- where issues, goals, can be communicated well without emotional entanglements and personal distractions.

PCC FINANCIAL AID OFFICE CONDUCTED SESSIONS FOR HIGH SCHOOLS



Students and Parents fill out application for financial aid at PCC Assembly Hall



Students and Parents fill out application for financial aid at PCC Assembly Hall

On March 6, 2025 PCC Financial Aid Office conducted series of financial aid sessions to high school seniors and parents for the upcoming school year 2025-2026. Director Isumcherrard Ngirairikl provided overview of the FAFSA requirements and regulations for both students and parents including personal information needed to fill out the financial aid forms.

Students from Mindszenty High School and Palau Mission Academy attended these sessions to get familiar with U.S. Department of Education free application for student aid and grants available for them to pay-off their college tuition costs.

BITS AND PIECES...

Tan Siu Lin PCC Library

Hours of Operation

Monday to Friday 8:00AM - 5:00 PM

Saturday 9:00 AM - 6:00 PM

Sunday & National Holidays CLOSED

For more information, call: 488-3540.

AVAILABLE TO INTERESTED READERS: PRACTICING ANTHROPOLOGY



Practicing Anthropology is a career-oriented publication of the Society for Applied Anthropology. Its overall goals are to provide a vehicle of communication and source of career information for anthropologists working outside academia, to encourage a bridge between practice inside and outside the university, and to explore the uses of anthropology in policy research and implementation to serve as a forum for inquiry into the present state and future of anthropology in general.

Academic Calendar

April 2
PCC- Charter Day

April 4
PCC- Charter Day Celebration

News/Stories Wanted

Mesekiw's News welcomes stories/articles/announcements from students, faculty, and staff. Submission deadline is Wednesday at 4:30 p.m. in hard and/or electronic copies to hherman@palau.edu. Articles from MOC/PCC Alumni are also welcome. Please call 488-2470/2471 (extensions 251 or 252) for more information.

KID'S INTERSESSION PROGRAM
March 24th - April 2nd 2025

Open For Registration
\$20 PER COURSE

Courses:

- Singapore Math (8:00 am - 10:00am)
- English R & W (10:00AM - 12:00PM)
- Palauan Orthography (1:00pm - 3:00pm)
- Marine Science* (1:00pm - 3:00pm)
- Computer Application (3:00pm - 5:00pm)
- Basic Art (3:00pm - 5:00pm)

INTERSESSION PROGRAM

- ☐ March 24 - April 2, 2025
- ☐ \$20 Per Course
- ☐ For more information, contact CE Office: 488-2471 ext. 243 / 488-6223 or email wxavier@palau.edu

Change of Tan Siu Lin PCC Library Hours

Fall, Spring, and Summer Semesters		Interession Breaks	
Monday - Thursday	7:30am – 7:00pm	Monday - Friday	8 am - 5 pm
Friday	7:30am – 5:00pm	Saturday - Sunday	Closed
Saturday	9:00am – 1:00pm		
Sunday	Closed		

We appreciate your understanding and look forward to continue serving all PCC and community patrons of the Tan Siu Lin PCC Library.

PMG ANNOUNCEMENT

PACIFIC MINI GAMES 2025 PALAU
Empowering Unity

Be a Volunteer!
Make the Games Successful!

Scan Code To Register

The Pacific Mini Games 2025 Committee is recruiting interested volunteers to help ensure the success of the games this Summer! Scan the code to register now!

VACANCY ANNOUNCEMENT

- (1) Instructor, Construction Technology
Academic Affairs Division
Salary range: \$16,010 - \$28,280 per annum
- (2) Instructor, Small Engine & Outboard Marine Tech.
Academic Affairs Division
Salary range: \$12,653.00 - \$22,349 per annum
- (3) Extension Agent (EFNEP Program)
PCC Cooperative Research & Extension
Salary range: \$11,010 - \$19,552 per annum
- (4) Instructor, Community & Public Health
Academic Affairs Division
Salary range: \$16,010 - \$28,280.00 per annum
- (5) Nursing Instructor
Academic Affairs Division
Salary range: \$16,010 - \$28,280 per annum
- (6) Administrative Assistant
Upward Bound Program
Salary range: \$12,001 - \$21,312 per annum
- (7) Accounting Technician (Payroll)
Administration Department (Business Office)
Salary range: \$13,081 - \$23,230 per annum
- (8) Accounting Technician (Receivable)
Administration Department (Business Department)
Salary range: \$13,081 - \$23,230 per annum
- (9) Financial Aid Counselor
Student Services - Office of Financial Aid
Salary range: \$12,049 - \$20,607 per annum

ALUMNI NOTES

JOSHYLN EBERDONG

CONSTRUCTION TECHNOLOGY



Ms. Joshlyn Eberdong graduated with her AAS in Construction Technology in Spring 2022. Currently Assistance Instructor for CTE Lab School.



Mesekiu's News

Palau Community College

ALUMNI

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

If you are that Alumna/Alumnus or know someone who is, please contact the PCC Development Office at telephone numbers 488-2470/2471 (extensions 251 or 252).

We would like to feature you in future *Mesekiu's News* issues.

Celebrating Birthdays

March 14 - March 22, 2025



Thomas Borja



Allins Nobuo



Keith Ignacio



Lieslie Taksiau

VACANCY ANNOUNCEMENT

- (10) Two (2) Financial Aid Technicians
Student Services - Office of Financial Aid
Salary range: \$11,010 - \$19,552 (depending on qualifications and work experience) per annum

For application forms and information, contact Harline Haruo at the PCC Human Resources Office at 488-2470/2471 extension 227, or e-mail: hr@palau.edu, or download forms at <http://pcc.palau.edu>.

"PCC is an Equal Opportunity Employer."

PCC Endowment

**INVEST IN THE FUTURE
To SUPPORT,
CONTACT US TODAY!**

P.O. BOX 9 Koror,
Palau 96940

Phone: 488-2470/2471 (ext. 251/252)

e-mail: tellei@palau.edu

If you want to join the Bi-Weekly Allotment Program, contact us NOW!

Interested in Learning Transferable Media and Marketing skills? Volunteer with the PCC Development Office. Stop by at the Dort building to sign-up.



Please Hire PCC Graduates!

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