

Alumni Notes

Class of 2005 (PCC)

Ines Kintoki



2005 PCC graduate with an Associate of Science (AS) degree in Office Administration (OA). Kintoki works at Palau International Coral Reef Center (PICRC) as an Assistant Education Officer and has been working there for the past 2 years.

Class of 1996 (PCC)

Frolley Ann Bultedaob



1996 PCC graduate with a Certificate of Achievement (CA) in Secretarial Science (SEC) and General Office Clerk (GOC). Bultedaob works at the Public Auditor's Office as a Junior Auditor and has been working there for the past year and 3 days.

Class of 1988 (MOC)

Jinny Erungel



1988 MOC graduate with an Associate of Science (AS) degree in Police Science (PS). Erungel has been working at Palau National Communications Corporation (PNCC) as a Cashier for the past 4 years.

Alumni Notes showcases MOC&PCC alumni who contribute to the quality of life in their local community and are positive role models for other PCC students to emulate. If you are that alumni or know someone who is, please contact the PCC Development Office at telephone number 488-2471. We would like to feature you in future issues of the *Mesekiu's News*.

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

Celebrating Birthdays

Soledad Garcia	May	06
Maurine Alexander	May	06
Gamberlyn S. Ngirmeril	May	08
Natalia Rekesmesik	May	09

Happy Birthday To You!

More Show Support to PCC Endowment Fund



Nino Pate

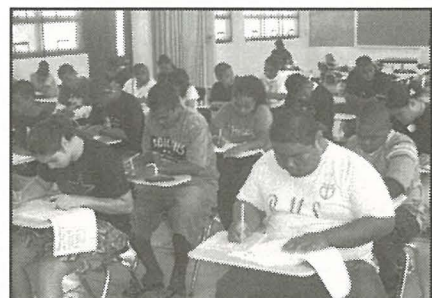
PCC Institutional Research Analyst & Assessment Consultant, Nino Pate is the newest member of the Endowment Fund. PCC welcomes the new supporters of the Endowment Fund and invites others who have not signed up to show their support as well. For more information about the PCC Endowment Fund, please contact Hulda, Dilubch, or Koyungil at Development office at 488-2470 ext. 253.

Health Resource Now Open to All PCC Students

The new Health Resource Center for HIV/AIDS & STI is now open. There are 10 friendly student mentors who will be of assistance every Monday-Friday, from 1:00pm-5:00pm.

For more information, please call the Health Resource Center at 488-8618.

UBMS Students Take SAT 10 Test



Upward Bound Math & Science (UBMS) students taking the Stanford Achievement Test, Tenth Edition, (SAT10) last month here on campus.

Visit PCC website: www.palau.edu and learn all about Palau's only institution of higher education. While there, check out the PCC weekly newsletter, *Mesekiu's News*, including back issues!

Need Help for Final Exams?

Study Hall Services are available to all PCC students to help you with your studies until May 15, 2007. Take this advantage while it lasts!

Study Hall Services are available:
When: Monday- Thursday

Time: 6:30pm-9:30pm

Place: Study Hall Dorm B & C

SPRING SEMESTER 2007

January 1 (M)	Holiday: New Year's Day
January 3-5 (W-F)	Placement Testing
January 4- (TH)	Freshman Orientation
January 8-11 (M-TH)	Advising & Registration
January 15 (M)	First Day of Instruction
January 15-19 (M-F)	Late Registration/ Drop & Add Period
February 23 (F)	Last Day to Remove Incomplete Grades
March 5-9 (M-F)	Mid-term Period
March 12-16 (M-F)	Student's Spring Break
March 15 (TH)	Holiday- Youth Day
March 23 (F)	Last Day for Withdrawals
March 30 (F)	PCC Charter Day Celebration
April 2 (M)	PCC Charter Day
May 4 (F)	Holiday: Senior Citizen's Day
May 11 (F)	Last Day of Instruction
May 14-16 (M-W)	Final Examination Period
May 16 (W)	Graduates' Grades Due
May 21 (M)	Grades Due
May 25 (F)	Commencement Exercises End of Spring Semester Students' Spring Recess



Palau Community College **FREE COPY**

MESEKIU'S NEWS



Friday, May 04, 2007

Weekly Newsletter

Volume 9, Issue 18

Happy Senior Citizen's Day!

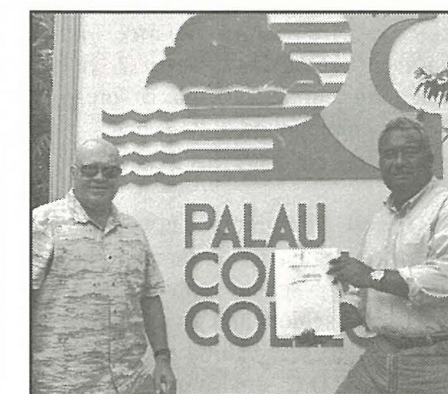
The College's Board of Trustees, President, Administration, Faculty, Staff, and Students take this opportunity to wish a Happy and Healthy Senior Citizen's Day to all of the Senior Citizens of the Republic of Palau.

May God Continue to Bless Each and Everyone of You!

Endeavor Communications' President Visits the College

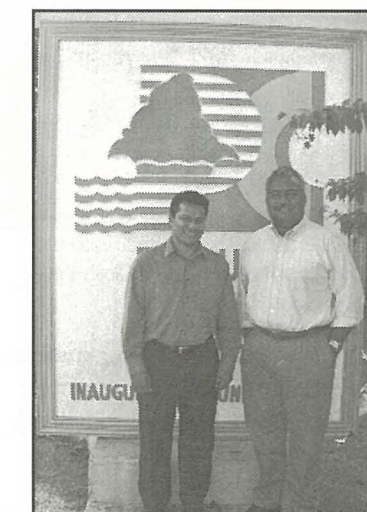
John Summers, Owner/President of Endeavor Communications visited the College last week to advertise the new Endeavor Communications 12-month in-class/internship certification program that will include specialized Mass Media/Communications/Journalism subjects. After three to four months of classroom instruction, students enter a paid media internship at a local media outlet, weather radio, TV, cable system, or newspaper. The Endeavor Communication's goal is for the students to be gainfully employed before the end of the 12-month certification course. Other Colleges/ Universities aside from PCC such as University of Hawaii, College of the Marshall Islands, National University of Samoa, and the Northern Marianas College have also shown interest in this new program that Endeavor Communications is introducing and

hopes to jump start in the Pacific Region. Endeavor Communications, Inc., founded by John and Dana Summers in 2004, is a 501-(C)-3 nonprofit educational corporation based in Los Angeles, California and Pago Pago, American Samoa.



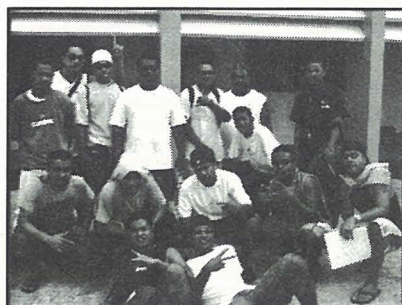
(l-r): John Summers, President of Endeavor Communications and President Tellei in front of PCC sign last week.

President Tellei Meets President of the Pacific Islands Development Bank



(l-r): President of Pacific Islands Development Bank, Aren B. Palik with President Tellei after their meeting on campus.

Male Dorm Residents Attend Retreat at Ngermeskang, Ngaremlengui



Dorm Residents pose with Recreation Supervisor, Ismael Anastacio (fourth standing) during their retreat last weekend at CRE station in Ngermeskang, Ngaremlengui State.

Student Life and Housing Unity held another retreat program activity for the dorm residents on April 27 and April 28th at CRE station in Ngermeskang. This time it was for the male residents and was a successful one indeed. The male residents had a chance to get away from it all and relax and have fun together. Not only did they have fun, but also learned valuable lessons on how to budget their money; a productive and worthy topic that was presented by their Recreation Supervisor-Ismael Anastacio.

They also had a chance to go through some morning stretch exercises with Counselor Winfred Recheiungel as a way to get them going every morning during school days.

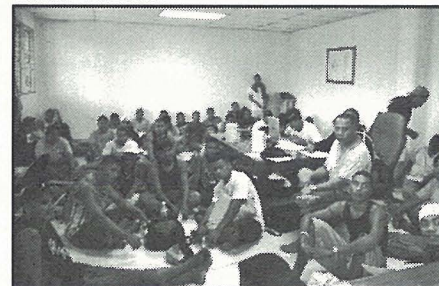
One of the key ingredients in having a successful life is to practice good eating habits for it will result in a healthy body and mind. The guys had a chance to hear a presentation on Nutrition from one of the CRE staff-Josepha Tutii. To lead a successful life also depends on how you interact with people around you. Another worthwhile topic that was learned in the retreat was how to be a gentleman, which was presented by Counselor Maurine Alexander. The male students picked up some tips on how to treat a woman and be presentable to them. On the same note, Counselor Hilda Ngiralmu shared some information about STD (Sexually Transmitted Diseases) and HIV (Human Immunodeficiency Virus). The boys understood the importance of being protected from these deadly diseases and how to

protect themselves.

The male residents also learned that life is not always fair and to lead a successful life, we encounter problems as well. The topic of Problem Solving Skills was presented by Counselor Recheiungel to familiarize the students with the "4- Step Plan" on how to solve problems. Whether it's big or small, the step-by-step approach to solve a problem was well taken by the group.

Finally, all the boys agreed that all the above mentioned skills and knowledge were important for their survival in school and life in general, as the Dorm Manager, Ephraim Ngirachitei, wrapped up their session by doing a presentation on Survival Skills.

The general feeling from the group was that the retreat was fun and worthwhile. The office of Student Life and the organizing committee want to thank all the people who contributed to the success of the Retreat Program, particularly, VP Thomas Taro & staff, VP Jay Olegeriil & the Maintenance crew, and PCC Cafeteria Manager, Ezra Takeo & Staff.



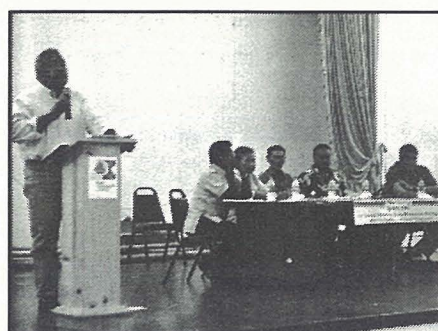
Male dorm residents listen attentively with Counselor Recheiungel to one of the presentations.

role of citizens in a democracy.



Students from Mindszenty High School, Bethania High School, Emmaus High School, Palau High School, and Belau Modekngai High School attended the forum last week.

Over a Hundred High School Students Attend Close-Up Forum at PCC Cafeteria



President Tellei delivering his speech to over a hundred students who attended the Close-Up Forum last week at PCC cafeteria.

A total of a hundred forty-four students from Palau High School, Mindszenty High School, Belau Modekngai School, Bethania High School, and Emmaus High School attended the Close-Up Forum held at the PCC Cafeteria last week Friday.

Coordinated by Priscilla Subris, the Coordinator for Palau Close-Up Program,

and emceed by, Rengiil Medalarak of Belau Modekngai School, the forum was attended by panel guests comprised of our very own President Tellei; Senate President Surangel Whipps, Sr.; Sandra Pierantozzi; Joe Giramur; Manase Temol; and Surangel Whipps, Jr. who all gave their insights about the forum's theme, "Economic Impact on Human Resources: Are We Ready to Meet the Challenges of the 21st Century"? Talks about minimum wages, influx of foreign workers, employment of Palauans, immigration, etc. were discussed.

The Close-Up Program is a nonprofit, nonpartisan education organization that is open to high school sophomores, juniors, and seniors and gives the students access to behind-the-scenes Washington, D.C. It also uses sites in Washington, D.C., Philadelphia, Williamsburg, and New York as vehicles for teaching about government and the

BITS AND PIECES...

ANNOUNCEMENT

Attention All Graduates...

Graduating Student Exit Survey

In line with the ongoing Graduating Student Exit Survey, we would like to request the spring 2007 graduating students listed below to fill up the assessment form at Development office on or before 15th day of May. This survey collects information from graduating students to help the college identify areas of improvement and assess the effectiveness of programs and services. As a graduating student, your evaluation is very important to PCC.

Spring 2007 Graduating Students

Nobuo, Fusae
Ezekias, Randy
Joe, Tolena
Kelmal, Ngeaol
Remengesau, Delina
Marcelo, Tracy
Meluat, Metocuv
Siksei, Jeacy
Kiep, Javits
Olkeriil, Deanne
Kloulechad, Ilima
Vicente, Jamilla

Thank you in advance for assisting Palau Community College in our ongoing process of assessment. For more information about the PCC Graduating Student Exit Survey, please contact ONZ at Development office at 488-2470/2471 ext. 253.

ANNOUNCEMENT

Japanese Scholarship Offered...

The Japan Government Scholarship is being offered for anyone interested in pursuing their education in professional training, undergraduate, and/or postgraduate. For more information or for application forms, please contact Ms. Bernie Ngiralmu at Japan Embassy at 488-6455 or 6456.

TIPS FOR THE CLASSROOM

Taken from Study Skills.com at <http://www.how-to-study.com>

Test Anxiety

WHAT IS TEST ANXIETY?

Too much anxiety about a test is commonly referred to as test anxiety. It is perfectly natural to feel some anxiety when preparing for and taking a test. In fact, a little anxiety can jump start your studying and keep you motivated. However, too much anxiety can interfere with your studying. You may have difficulty learning and remembering what you need to know for the test. Further, too much anxiety may block your performance during the test. You may have difficulty demonstrating what you know during the test.

HOW DO I KNOW IF I HAVE TEST ANXIETY?

You probably have test anxiety if you answer YES to four or more of the following:

1. I have a hard time getting started studying for a test.
2. When studying for a test, I find many things that distract me.
3. I expect to do poorly on a test no matter how much or how hard I study.
4. When taking a test, I experience physical discomfort such as sweaty palms, an upset stomach, a headache, difficulty breathing, and tension in my muscles.
5. When taking a test, I find it difficult to understand the directions and questions.
6. When taking a test, I have difficulty organizing my thoughts.
7. When taking a test, I often "draw a blank."
8. When taking a test, I find my mind wandering to other things.
9. I usually score lower on a test than I do on assignments and papers.
10. After a test, I remember information I couldn't recall during the test.

WHAT CAN I DO ABOUT TEST ANXIETY?

Here are some things you can do *before*, *during*, and *after* a test to reduce your test anxiety.

1. Use good study techniques to gain cognitive mastery of the material that will be covered on the test. This mastery will help you to approach the test with confidence rather than have excessive anxiety. Employ the tips we provide at [Preparing to Study](#).
2. Maintain a positive attitude as you study. Think about doing well, not failing. Think of the test as an opportunity to show how much you have learned.
3. Go into the test well rested and well fed. Get enough sleep the night before the test. Eat a light and nutritious meal before the test. Stay away from junk foods.
4. Stay relaxed during the test. Taking slow, deep breaths can help. Focus on positive self-statements such as "I can do this."
5. Follow a plan for taking the test such as the DETER strategy we describe at [Strategy for Taking Tests](#). Don't panic even if you find the test difficult. Stay with your plan!
6. Don't worry about other students finishing the test before you do. Take the time that you need to do your best.
7. Once you finish the test and hand it in, forget about it temporarily. There is nothing more you can do until the graded test is returned to you. Turn your attention and effort to new assignments and tests.
8. When the graded test is returned to you, analyze it to see how you could have done better. Learn from your mistakes and from what you did well. Apply this knowledge when you take the next test.

You have to know the material to do well on a test. You have to control test anxiety to show what you know.