

Alumni Notes

Class of 2004 (PCC)

Caine Tmekei-



2004 PCC graduate with a Certificate of Achievement (CA) in Criminal Justice (CJ). Tmekei works at the Ministry of Justice-Bureau of Public Safety as a Law Enforcement Officer. He has been working there for the past year.

Class of 1998 (PCC)

Lbong Walter -



1998 PCC graduate with a Certificate of Achievement (CA) in General Office Clerk (GOC). Walter works as a Claim Officer at the Pacific Savings Bank (PSB) Receiver. She has been working there for the past year.

Class of 1972 (MOC)

Smith Siabang -



1972 MOC graduate with a Vocational Certificate of Achievement (VCA) in Plumbing (PL). Siabang works at the Bureau of Public Works as the Chief of the Division of Facilities and Maintenance. He has been working there for nearly 30 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

Natalia Rekesesik	May	09
Alvina Timarong	May	11
Keorung Olkeriil	May	12
Kuye Belelai	May	13

Happy Birthday To You!

More Show Support to Endowment Fund



Eva Kyota,
Social Security Administration

This week, we are happy to welcome the newest member to the PCC Endowment Allotment Club. From the Social Security Administration, we welcome Eva Kyota. PCC welcomes the new supporter of the Endowment Fund and invites others to join in our endeavor in securing a viable future for Palau's only institution of higher learning, Palau Community College. To find out how you can help, please contact any of our friendly staff at the PCC Development Office at 488-2471. We promise to come out to your school, office, campaign headquarters, state office, liaison office, embassy, conservation office, construction site, favorite watering hole, home, yacht, canoe, island, rock island, conservation area, barracks, compound, hotel, motel, farm house, taro patch, auto shop, video shop, etc. to tell you about our Endowment Fund. Call us.

Mesekiu Baseball Team Celebrates Victory

To celebrate their Palau Major League (PML) championship win, PCC Mesekiu Baseball team Manager, Todd Ngramengior and Coach Norman Sato organized a barbecue get-together last Sunday at the Japan-Palau Friendship Bridge. The gathering was to thank all the players for their hard work throughout the 2008 PML season. The school cafeteria catered the food for the festivity. Board of Trustees Chairperson Bilung Gloria G. Sali also congratulated the players and donated food.

Ngramengior and Sato congratulated the team for their historical win and further encouraged them to maintain their training regiment as they will be representing the Palau in the Goodwill Tournament against the visiting Taiwanese baseball team.

Job Opportunities Available at PCC

Positions & Salaries:

Science Instructor
\$16,010 to \$18,730 per annum

Career Counselor
\$17,317 to \$19,479 per annum

Academic Advisor/Counselor
\$15,000 to \$18,000 per annum

Upward Bound (UB) Program:

(2) English (Literature & Composition) Instructors
(2) Math (Algebra 1 to Precalculus) Instructors
(2) Japanese Instructors/Tutors
(2) Cultural Awareness Program (CAP) Instructors
From \$250 to \$400 bi/weekly for 6 weeks
Commencing June 9-July 18, 2008

English (Literature & Composition) Tutor
Math (Algebra 1 to Precalculus) Tutor
Japanese Tutor
From \$200 to \$250 bi/weekly
Commencing June 9-July 18, 2008

Upward Bound Math & Science:

Math Tutor
Science Tutor
From \$300 bi/weekly for 6 weeks
Commencing on June 9-July 18, 2008

Full Time
Math Instructor
English Instructor
Science Instructor
Foreign Language Instructor
Computer Literature Instructor
From \$500 bi/weekly for 6 weeks
Commencing on June 9-July 18, 2008

General Information:

Application forms can be obtained from PCC Human Resources Division (HRD) at P.O. Box 9, Koror, Palau 96940 or at our website: www.palau.edu. Send completed application with official transcripts, resume, and verification of previous employment (s), if any, to same address. For further information, call HRD at (680) 488-2470/2471 or come in and see us.

The Goodwill games will feature the Taiwan National team and Palau teams (National, North, and South). Sureor Ngrailemesang; Ty Saiske; Dekei Ngramengior; Cleofas Iyar; Kaleb Meltel; Merei Ise of the PCC Mesekiu Baseball were selected to be part of the National team. The rest of the players are playing in the South team which is comprised of the PML teams of PCC Mesekiu, Ngerbeched, Ngerbeches, and Koror. North team, which is a combination of the Airai, Ngardmau, and Kayangel, is also participating.

Palau Community College

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PALAU
COMMUNITY
COLLEGE

MESEKIU'S NEWS



Friday, May 09, 2008

Weekly Newsletter

Volume 10, Issue 19

45th Commencement Exercises Set for May 23rd



Vernice Rechebei, Graduation Committee Chair

Ministry of Health and PCC, as well as the San Diego State University (SDSU) Master's program graduates are also expected to take part in the ceremony.

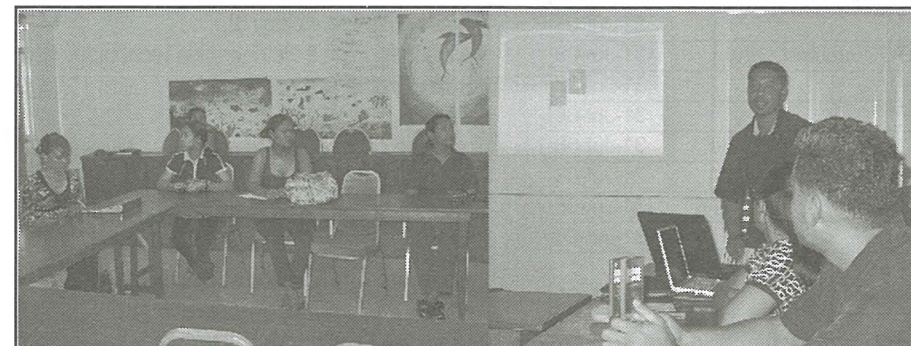
According to Director Vernice Rechebei who chairs the Graduation Committee for the 45th Commencement Exercises, the committee members have been assigned with their tasks and are prepared and confident that this year's graduation will be exciting and memorable for the graduates and guests alike.

Palau Community College (PCC) will be hosting the 45th Commencement Exercises this coming May 23rd, 2008 at 10:00 a.m. at the PCC Cafeteria. Approximately, one hundred thirty-six (136) PCC students will graduate. In addition, the Adult High School Class of 2008, graduates of the Substance Abuse and Addiction Counseling under the collaboration of the

For further information about the 45th PCC Commencement Exercises, please contact Committee Chair Vernice Rechebei at 488-3073.

Graduation Practice: May 20th-22nd from 8:30-11:00 a.m. at the PCC cafeteria. All graduating students who plan to walk must attend.

Final Exams Next Week



Marketing students conduct their presentation as part of their finals for their Business-Marketing class. The students will be taking their paper-based exams next week.

AHS Alumni Receives US Army Scholarship



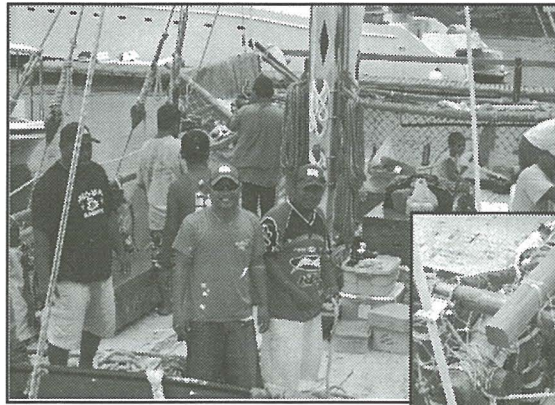
PCC Adult High alumni and US Army Private First Class Carla Esebei Gordon.

US Army Private First Class (PFC) Carla Esebei Gordon, who is a graduate of the PCC Adult High School (AHS) has been selected to receive the Association of the United States Army (AUSA) scholarship. The scholarship which will be awarded in a ceremony in June in the US recognizes Gordon for her hard work and determination. She was chosen from among thousands of other applicants in the US Army to receive the scholarship.

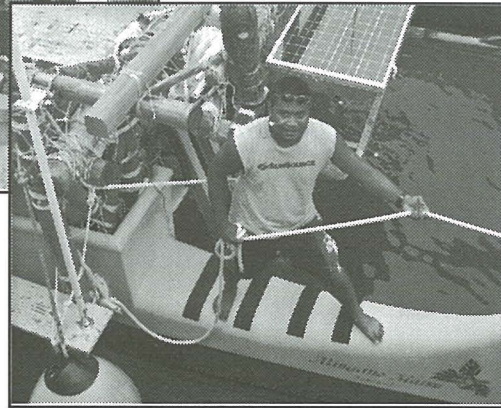
The AUSA scholarship is a non-profit educational organization that supports the Army and National Guards active and reserve soldiers. It also helps civilian family members of soldiers and US Armed forces retirees. It provides numerous professional development opportunities to soldiers and also extends educational and recreational programs to family members.

According to Laura Mangham who heads the PCC AHS program, Gordon was a hardworking student who graduated at the top of her class in 2006. Gordon excelled in all her subjects and earned a 3.9 cumulative grade point average (GPA), earning her the Academic Excellence Award, one of only two awards given by the AHS program to top graduates.

Voyaging Canoe Brings Students Home for Summer



Ador Shirai and Samuel Francis (standing front) aboard the *Alingano Maisu* with the other crew members on Wednesday.



David Salapwa makes final preparation aboard the *Alingano Maisu* moments before departure.

Three PCC students from the islands of Yap and Chuuk left to go home for the summer break on Wednesday aboard the celebrated *Alingano Maisu*- traditional Polynesian voyaging canoe given to the renowned Master Navigator Mau Pialug from the Yap's outer island of Satawal. The three students joined the crew of the vessel and Captain Sesario Sewralup for the voyage to Yap which is expected to take a minimum of two days. Samuel Francis, an Electrical Technology student and Ador Shirai, an Office Administration student are both from Chuuk State. David Salapwa, a Construction Technology student is from Yap State.

Palau to Yap and said that they were grateful for the opportunity to crew with Captain Sesario. Shirai and Salapwa will be staying with Sesario in Yap to learn traditional navigation skills, while Francis will continue to his home state of Chuuk aboard a commercial vessel. All three are slated to return with Captain Sesario in August in time for Fall Semester.

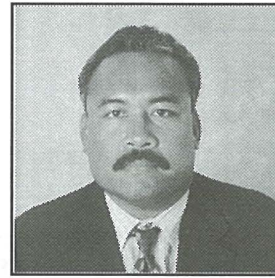
All three were excited to sail on *Alingano Maisu* for the first time from

Scholarship Opportunities Available

Program	Deadline
Palau Grant (all undergraduates)	31-Jul-08
Palau Student Loan (undergraduate or higher)	31-Jul-08
Palau Scholarship (juniors & seniors standing in college)	31-Jul-08
Congressional Scholastic Award (graduating h.s. seniors only)	31-Jul-08
Scholarship for College Programs Offered Through	
Non-Traditional Means	31-Jul-08
Bank of Hawaii Scholarship (2nd yr degree PCC student only)	31-Jul-08
Shell Palau Scholarship	31-Jul-08
Ekei Scholarship	31-Jul-08
Speaker Tadao Ngotel Scholarship	31-Jul-08
Rotary Club- Dave Williams Scholarship (PCC student only)	31-Jul-08
Kayangel Scholarship	31-Jul-08
Steven Bai Nakamura Memorial Scholarship	31-Jul-08
Didil Belau Scholarship	
(female in their junior or senior standing in college)	15-Aug-08

For application forms and information, please contact the Palau National Scholarship Board (PNSB) office at P.O. Box 1608, Koror, Palau 96940 or call (680) 488-3608; Fax to (680) 488-3602, or Email to pnsb@palaunet.com.

Tellei Attends Land Grant Meet in Pohnpei



PCC President, Dr. Patrick U. Tellei

PCC President Dr. Patrick U. Tellei left to Pohnpei earlier this week to attend the Spring 2008 Board of Regents meeting for the College of Micronesia-Land Grant.

The meeting was held from May 5th – 8th and President Tellei represented the College to the meeting as PCC is a member of the COM Land Grant. Last year, Palau Community College hosted one of the COM Land Grant meetings.

The College of Micronesia (COM) Land Grant Board of Regents convenes on a regular basis to discuss matters concerning the Land Grant system.

Training Opportunities at APTC

Palau Community College (PCC) is recruiting local individuals who are interested in attending the Australia-Pacific Technical College (APTC) in the following trade areas:

Automotive Technology (2)
Air Conditioning & Refrigeration Technology (1)
Small Engine Technology (1)

The APTC has campuses in Fiji, Samoa, and Vanuatu. All Pacific Islanders are eligible for the APTC training courses.

For more information about the APTC training programs, please contact Sherman Daniel at 488-2470/2471 ext. 254 or email him at shermand1961@yahoo.com.

BITS AND PIECES...

Today Last Day of Instruction...

Library, abais, benches...everywhere you see students studying, utilizing all the available study areas as today, May 9th is the last day of classes. Next week, they will be having their final examinations. Good luck and best wishes with your exams!

Japanese Scholarship Offered...

The Government of Japan is offering full scholarship covering tuition, fees, and allowance to Palau citizens for study at a Senshu-Gakko (Professional Training College) and at Japanese Universities as undergraduate students. Applications are available at the PCC Development office so, feel free to stop by. You may also call the Development office at 488-2470/2471 ext. 253 for further information.

Summer Kids Program to Begin Soon...

The Continuing Education (CE) office would like to announce that registration for the following 2008 Summer Kids Program classes are now open:

English Reading (3rd – 8th Grade)
English Writing (3rd – 8th Grade)
Palauan Writing (3rd – 8th Grade)
Palauan Reading (3rd - 8th Grade)
Art Class (3rd- 8th Grade)
Keyboarding (5th- 8th Grade)
Math (3rd-8th Grade)
Marine Science Class (5th & 8th Grade)

The classes are designed to provide educational activities for students, enhance their abilities to improve in the subject areas, and foster new skills. Classes will begin on June 9, 2008 and will end on July 4, 2008. Last day to register is June 6, 2008.

These classes are on a first come first serve basis. For registration or for more information, please call Taruu Nakamura or Leona Blaluk at CE office at 488-2470/6223.

Test Anxiety

Taken from Study Tips.com at www.how-to-study.com

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 A 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.