

W I N T E R 2 0 1 2 - 2 0 1 3

ANCAP

Alaska Native Community Advancement in Psychology

New Office

ANCAP has gotten off to a great start this semester with a membership of over 40 students. We also have a new office located in the **Social Sciences Building, Room 215**. Stop by the office to meet the ANCAP coordinator, Chantel Justice, and to let us know how we can assist you in your academic journey. We offer several services including: *tutoring, mentoring, scholarship assistance, grants, equipment loans, cultural connections, and assistance in finding and applying for community resources*. You can also call (907) 786-1501 to make an appointment. We look forward to seeing you in the spring semester and are excited to assist you.



Tutoring

ANCAP offers tutoring and studying assistance with a variety of courses. We specialize in psychology courses, and provided tutoring in general psychology, lifespan and human development, abnormal psychology, and statistics. We also provided tutoring in courses outside of the psychology requirements such as theatre and biology. This semester we provided tutoring to seven students. Five of these were undergraduates, and two were graduate students.

Michael Covone states “The tutoring that ANCAP provided helped me to understand some complicated concepts by providing one-on-one homework assistance. By the end of the semester, I felt confident about the course material and was excited about my success in the course.”

Tutoring and studying assistance includes reframing information in a more understandable form, organizing notes, practice quizzes, and homework assistance. Typically, you will meet with your tutor once per week, but that can be increased as needed. If you would like assistance with any of your courses, then contact the ANCAP office as soon as possible by calling 907-786-1501 or stopping by SSB 215. However, please remember that tutoring is not effective if you need to “cram” before an exam. For your experience to be most effective, you should work with your tutor on a weekly basis.

Mentoring Circles

We are pleased to announce the launch of our
Mentoring Circles!!

Each mentoring circle will consist of an undergraduate student, a graduate student, and an Elder from the community. If you've experienced challenges or struggles adjusting to the expectations in school or living in Anchorage, you are not alone. Some of these challenges make it difficult to maintain cultural grounding and overall wellbeing for students. Many that have gone before you have experienced similar struggles and are here to offer collective support through an ANCAP facilitated Mentoring Circle.



This circle hopes to enhance the academic experience of the Alaska Native and American Indian community in undergraduate and graduate psychology programs by providing a mentorship circle that includes Elders from our community. The vision is to support the Alaska Native and American Indian community in psychology and other behavioral health professions through a culturally grounded path that helps students maintain overall wellbeing.

If you are interested in joining a mentoring circle, please email Chantel Justice at cjustice@alaska.edu or call (907) 786-1501. Please include a short message about why you would like to be involved, what you hope to gain from the experience, and how you would like to contribute to the other members of the circle.





NEW – for 2013 Summer Bridge Program

ANCAP is very excited to announce that the FIRST EVER Summer "Psyched" Program will be launched this summer from June 16 to July 26, 2013 at the University of Alaska Anchorage! The "Psyched" Program will be implemented in partnership with UAA's WWAMI School of Medical Education Della Keats Program. This is an excellent opportunity for incoming high school seniors and recent high school graduates to be exposed to UAA life and college demands, all with the support of caring mentors and peers. Students accepted into the ANCAP Summer "Psyched" Program will live in the UAA dorms, attend college preparatory courses, take an introductory psychology class for credit, and have plenty of fun during various cultural and social events! PLUS, ALL EXPENSES ARE FREE!!! If you are an incoming high school senior or you just graduated from high school, and you are interested in Alaska Native psychology, please apply! The application form is available at <http://www.uaa.alaska.edu/wwami/programs/upload/13DK-Application-wANCAP.pdf> and you may contact Chantel Justice at cjustice@alaska.edu. Deadline for applications is March 22, 2013.





ANCAP Courses

We offer three courses through the psychology department each semester. The descriptions for these classes are listed below. These are two day seminar courses that take place on a Friday and Saturday during the semester. Similar to the learning style that is tradition for many Alaska Native cultures, these courses are taught through an experiential manner. Please contact the ANCAP office if you have any questions about these course offerings.

Introduction to Alaska Native Values and Principles (PSY 190 Section 001, CRN 36784)

Examines the impact of culture on communication with emphasis on issues related to individuals working in Alaskan communities. Identifies barriers and develops strategies for better communication. Explores and discusses traditional Native values and principles, their applicability to today's world, and issues relevant to their integration into today's lifestyles.

Cultural Perspectives in Mentoring and Leadership Development (PSY 190 Section 002, CRN 36785)

The course examines the impact of culture on perspectives in mentoring and leadership development with emphasis on topics related to the Alaska Native Culture and its history such as the (ANCSA) Alaska Native Claims Settlement Act. The course explores and discusses traditional Alaska Native perspectives in mentoring and leadership development. It identifies barriers and successes with the development of the Alaska Native Regional Corporations and how leadership development is considered within the process.

Alaska Native Oral Tradition and Storytelling: A Therapeutic Tool (PSY 190 Section 003, CRN 36786)

The oral tradition of story telling is holistic and balanced, and interconnects the generations. Elders hold a central role in passing on traditional values and principles through the venue of stories. Story telling is an ageless teaching and healing tool used in all cultures. Alaska Native/Native American guests demonstrate story telling.

Grants Awarded by ANCAP

ANCAP offers four competitive grants each year to support an outstanding graduate or undergraduate research or service activity in the broad area of behavioral/mental health or psychological experiences of Alaska Native or American Indian communities. Proposals were solicited in the fall semester with a deadline of December 3rd. This year we awarded grants for two research projects and one service project

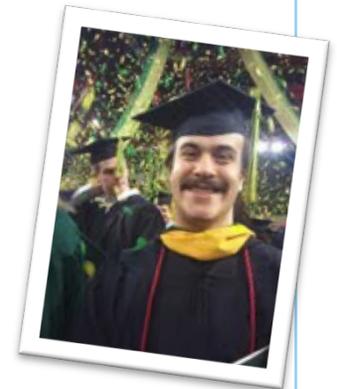


Tina Woods

Tina Woods, M.A., a graduate student in the UAA-UAF joint PhD program in clinical-community psychology was awarded one of the research grants for her dissertation entitled “A Comparison between Talking Circles and Mainstream Student Support Groups in Facilitating Adjustment to College Life and Academic Success among Alaska Native Students”. She happily reports “With the support of the recent research grant award through ANCAP, I have been provided an opportunity to complete a dissertation project focusing specially on Alaska Native student success at UAA. ANCAP has supported me as a student for six years. I’m thankful because ANCAP has allowed me to complete the final stages of my study with only four months until I graduate with my PhD.” – Tina Woods

Jordan Skan, Linda Blackwell, & Danielle Giroux

Jordan Skan, M. A. received a research grant for a project he is working on with Danielle Giroux, MSW and Linda Blackwell for their project titled “Alaska Native Peoples and Racial Microaggressions”. Jordan states, “I am so grateful to have received this grant. This will help me continue my education and will allow me to help our people. This research is important both in bettering our understanding of the Alaska Native experience and in finding new ways of building success with Alaska Native youth.”



Dinghy Sharma

Dinghy Sharma, M. A. was awarded a service grant for her project entitled “Exploring the Importance of Traditional Dance and Creative Movement Expression to Alaska Native Cancer Survivors as a Tool for Healing and Empowerment”. This project is aimed at developing a culturally responsive wellness program for Alaska Native cancer survivors and a community-driven program of research focusing on the use of dance and movement as a tool for personal and community healing and empowerment.



Scholarship Assistance

Applying for scholarships can seem to be an overwhelming process.

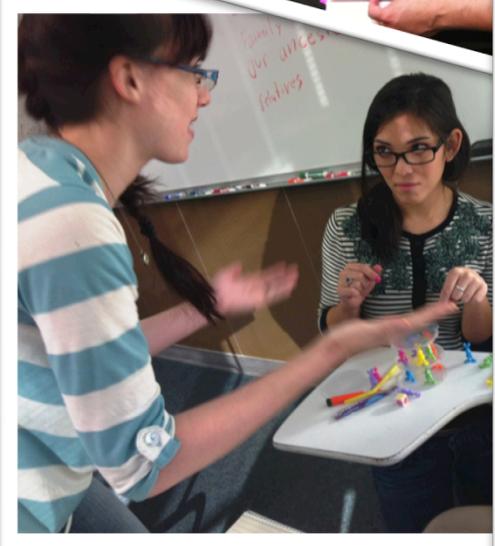
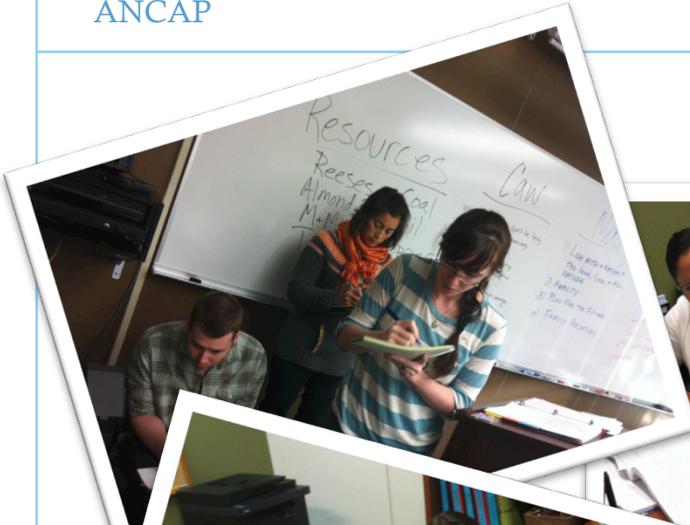
ANCAP is here to assist you in that process at whichever stage you are currently in. ANCAP can help with finding scholarships that you are eligible for, clarifying questions you have about the application process, filling out the application, requesting letters of recommendation, and editing required essays. Several students have stopped by the office for assistance and have felt like the process of applying was demystified. Applying for scholarships is one of the easiest ways to have your education paid for, and helps to avoid unwanted debt.

Several scholarship deadlines were in December; however the deadline for the UA scholarship database for the 2013-2014 academic year is **February 15th, 2013**. This is a convenient resource because you fill out only one application, but gives you access to several different scholarships. You can access the application by going to <http://www.uaa.alaska.edu/scholarships/>. This website has tips available on how to write a quality essay for applications, and instructions for how to apply through your UAOnline account. **Remember that some

scholarships require additional documents such as transcripts and letters of recommendation. *These documents can take additional time to obtain; so don't wait until the deadline to start your application.*

FAFSA (Federal Application for Student Aid) is another resource for financial assistance. The earlier you fill out your FAFSA, the more helpful it will be in receiving financial aid. It is also a requirement of applying for scholarships through UAOnline. If you, or someone you know, are a first time student at University of Alaska then you must apply for admission by February 15th, 2013 in order to be eligible for scholarships through the UAOnline database.

ANCAP is available to assist you through the application process (including writing Thank-You letters). Please remember that you should begin your application at least several weeks before a deadline. This will allow you to submit a quality application, request letters of recommendation, and attain any additional documents such as transcripts or budgets.



Thank You

These services are made possible by the generous funding we have received from the community. We would like to say a special thank you to:



- Arctic Slope Regional Corporation
- Doyon, Limited
- Arctic Slope Community Foundation
- UAA Center for Addressing Health Disparities through Research and Education (CAHDRE)
- UAA Center for Community Engagement and Learning (CCEL)
- UAA Department of Psychology
- UAA College of Arts and Sciences

Equipment Loans

ANCAP is excited to offer equipment loans to ANCAP members during the academic year. Technology is convenient, very helpful, and for some courses it is a requirement. However, technology is also a large expense for students. ANCAP has laptops and iPads available for loan. During the fall semester we loaned out four iPads and 2 laptops at no cost to students. Please contact Chantel Justice if you would like to participate in an equipment loan at cjustice@alaska.edu or (907) 786-1501.

One member who has an iPad on loan said, "It was a great help and money saver. Using an iPad was easier to carry with me to courses and helped me organize my schedule and work. The calculator and calendar on the iPad were helpful in my classes, as were many of the available applications." - Mariana Ivanovic, doctoral student in the UAA-UAF joint PhD program in clinical-community psychology.

If you have a unique need, then please contact the ANCAP office. For example, we had a request last semester for a voice recorder to use during class for help with note taking. We now have two voice recorders available in addition to the laptops and iPads. You can use voice recorders during in class lectures (providing it is not prohibited by your professor).