**Freshman Year**

Excel in English, Math, and Science. Earn good grades!

Focus on education. Seek positive role models.

Be organized and manage your time well.

Know your school rules, policies, and calendar.

Understand how your GPA is calculated on your academic transcript.

Attend class daily and participate in class discussions.

**Sophomore Year**

Learn to adapt to different teachers and teaching styles.

Focus on education. Seek positive role models.

Get involved in school and community activities.

Challenge yourself! Take advanced placement courses, if offered.

Meet with your counselor to discuss your plans for college.

Explore career possibilities at job fairs, job shadow day, take a summer job, volunteer, etc.

Identify your interests, abilities, and aptitudes.

Complete all assignments and establish good study habits.

Use free services available in your school and community.

Earn good grades and do extra credit whenever possible.

Set goals and write them down. Be sure they are specific, measurable, and attainable.

**Junior Year**

Make a list of the top ten colleges you would like to attend.

Select colleges with strong American Indian support services and programs.

Apply for summer programs offered by colleges & universities.

Thank those who have helped you and supported your decision to attend college.

Attend college, earn a bachelor's degree.

Give back to the Indian community.

Contact AIGC and continue your graduate education.

**Senior Year**

Prepare for and take the ACT/SAT. Re-test if necessary.

Create and use a timetable for admission and scholarship deadlines.

Seek out individuals early to recommend you for scholarships.

Narrow college choices to 3 top schools.

Complete all applications prior to deadlines.

Request application fee waivers from colleges, if necessary.

Develop a personal resume and letter of interest.

Complete the free application for Federal Student Aid (FAFSA), as early as possible.

Due by March 1st.

Make copies of all applications and paperwork you submit to schools and organizations.

Use free services available in your school and community.

Earn good grades and do extra credit whenever possible.

Establish a relationship with the campus American Indian support services center.

Visit your campus you will attend. Participate in a "New Student Orientation".

Get academic advisement before registering for classes.

Take responsibility for your education. Ask questions and do your own research.

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Tips For Native Youth

Culturally healthy youth take an active interest in learning their heritage and assume responsibility as contributing members of the family and community in which they live.

➢ Learn all you can about your family's kinship relations, community history and cultural heritage.
➢ Participate in traditional activities with parents, Elders and other members of the community, assimilate the stories and lessons associated with these activities.
➢ Become actively involved in local activities and organizations that contribute to the quality of life in your community.
➢ Show respect to the Elders in your community, act in a manner that they can respect.
➢ Get involved in local, regional, state and national issues and organizations that impact your community.
➢ Make healthy choices in your lifestyle that contribute to the wellness and wellbeing of yourself and those around you.
➢ Always be a role model to others and provide support to others.
➢ Participate in apprenticeships with cultural experts in the area and acquire traditional conflict resolution skills.
➢ Associate with friends who can provide healthy role models that will make a positive contribution to your growth, development and education toward adulthood.

Anchorage, Alaska
Adopted by
Culturally healthy youth take an active interest in learning their heritage and assume responsibility as contributing members of the family and community in which they live.

➢ Seek guidance and assistance from Elders in your community.
➢ Listen and learn from others and pass on your knowledge.
➢ Practice and reinforce traditional values and appropriate behaviors in everyday life.
➢ Participate in cultural activities.
➢ Serve as a role model and mentor to others.
➢ Participate in storytelling opportunities as a way of learning cultural values and traditions.

Understand the world around you and how it has changed including the interconnectedness of human, natural and spiritual realms.

Adopted by

Tips From Native Elders

Respected Native Elders are the essential role models who can share their knowledge and expertise on traditional values needed to nurture the cultural well-being of today's youth.

➢ Show respect to the Elders in your community, the ability to express your ideas clearly and as you can.
➢ Set aside time each day or week for family and community who can serve as role models.
➢ Assist children in learning and using their heritage language and understanding their family history and what shapes their identity.
➢ Connect with parents and grandparents in the community to help children learn how it has changed including the interconnectedness of human, natural and spiritual realms.

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Anchorage, Alaska Feb. 2001

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