



SPECIAL POINTS OF INTEREST:

- **October AWEstar, Alicia Kolstad**
- **Tutor's Corner, Rachel Isaman**
- **Brown Bag Pedagogy Discussions**
- **AWE Update**

UPCOMING EVENTS

Brown Pedagogy Bag Discussion on Monday, November 8th, Noon in the AAC

The next AWE Steering Committee, Friday November 19th, in the Cellar, 9-10:30

Academic Wellness Educators

AWEstar

Alicia Kolstad, a full-time counselor and professor of Guidance and Sociology for Columbia College, has been employed with the college for 11 years.

Ms. Kolstad holds a Bachelors of Arts degree in Behavioral Science with an emphasis in Sociology and a minor in Business with a concentration in Human Resources Management. She also has a Master of Arts degree in Educational Counseling focusing on pupil personnel services at the post-secondary education level and a Master of Arts degree in Sociology.

Currently Alicia serves the Academic Wellness Educators as the Steering Committee Co-Chair. She is the FIG Coordinator for the On-Ramp Program and teaches the Guidance component of the First Semester Experience

Program.



My work with AWE allows me to collaborate with so many talented staff members, students, and faculty. I began working with the AWE committee in 2007 when a couple of colleagues and I came up with an idea to develop a cohort educational program.

The plan was to increase retention and student success by creating a stable learning community. Based on that idea, we created the First Semester Experience Program. The First

Semester Experience Program is now being offered for the fifth time. We have 18 students currently enrolled in English 151, Math 602, Guidance 100 and English 649.

After one year working with the FSE program, we came up with the idea of a jump start to the Fall semester. This brain child became the On-Ramp program. On-Ramp is a cohort of classes offered in the Summer to prepare students for fall enrollment and student success. The courses include an introductory library class, an introductory computer science class, a study skills class, as well as an orientation to the college and the available support services.

The opportunity to be involved in these innovative programs energizes me.

Tutor's Corner with Rachel Isaman

I began working at the Academic Achievement Center in the spring of 2010. I tutor English, History, and Political Science and am also an SI leader for History 16. This is my third semester at Columbia College, and so far, it has been a really great experience. The atmosphere on campus is always so positive; I feel like interesting people always surround me. The academics and professors at Columbia really

inspire me to succeed in my college goals and become a better person. My future plans include transferring to a UC in the fall of 2012 as either a History or English major.

In most of my experiences at the Academic Achievement Center, the main concern I come across with students is self-doubt. They often come in extremely frazzled and believing that there is no

possible way they can learn a concept or subject. To try and assist with this issue, I help them develop a step-by-step process that they can use to overcome their particular problems. When developing the step-by-step process, I let them do a lot of the work and act more as a guide so that they can start to build that self-confidence within themselves that they can overcome the problem. The ultimate goal after



Rachel Isaman,
Tutor and SI Leader

*“To think
creatively, we
must be able to
look afresh at
what we normally
take for granted.”*

George Kneller

Tutor's Corner Continued

this is for the students to leave with a higher feeling of self-esteem and belief in themselves that they can learn something.

I advise the professors of Columbia to encourage their students to ask for help when needed, so that they can feel that there are many resources available for them to succeed in their learning and that they are not on their own. Many times, students are too intimidated to ask for assistance and

thus just give up and believe that it is impossible for them to do something. In promoting the asking for assistance, it not only allows students to get their questions answered and provides a higher sense of self-confidence in their learning, but also contributes to a positive student-professor relationship. All of this leads to a successful and fulfilling academic experience for both the professor and the student.

Brown Bag Discussions

Jeff Tolhurst, GIS/CMPS/ES Instructor started holding brown bag pedagogy discussions, the first one was in October.

The next brown bag andragogy discussion (BBAD) will be on Monday, November 8th in the AAC. Jeff says “bring your lunch and let's discuss teaching creativity, divergent thinking, and the like.”

There are two videos on the subject to check out by Sir Kenneth Robinson:

<http://www.youtube.com/watch?v=zDZFcDGpL4U>

<http://www.youtube.com/watch?v=iG9CE55wbTY>



Adrienne Seegers, Lynn
Martin and Alicia Kolstad

AWE Update!

This year the AWE Steering Committee has two Awesome coordinators, Adrienne Seegers and Alicia Kolstad. Together they help plan and coordinate the FIGs (focused inquiry groups). One of their goals for AWE is growth and inclusion. All members of the Columbia College community

are welcome to participate in the activities and get involved in a FIG. Students are encouraged to participate and are always welcome at the AWE Steering Committee meetings. The AWE Steering Committee meetings are held on the second Friday of every month from 9-10:30 in the Cellar

Restaurant. Please contact Adrienne or Alicia if you are interested in finding out more about AWE and how you can get involved.

Check out the AWE site at:
<http://awe.comm.gocolumbia.edu/>