



# AIR SPRING: 2012



## AIR Programs

### Special Points of Interest:

- *Research into current Native American Issues affecting our communities*
- *Academic support: through tutoring and academic workshops*
- *Community Partnered : University of San Diego, San Diego State University and University of California San Diego*

## WELCOME TO THE AIR SPRING PROGRAM



The AIR Program welcomes you to the AIR Spring Program 2012, our 19th year serving the San Diego County region. Our program is established on the ideals of academic success for our American Indian participants through a philosophy of learning and teaching through culture. There are four main components to our program, which we use to service our participants.

**Part 1: Academic workshops**—help our students understand processes of higher education. They include: working with teachers and professors, study skills, what degrees are, applications, and much more.

**Part 2: Research Assignment**—We research American Indian issues through assistance of our mentor staff. The ideal is to give research methodology on an academic level that will benefit

the student in their current and future academic settings. Additionally, our topic is geared to induce interest in our American Indian cultures and promote greater self-confidence for our student participants.

**Part 3: Academic Support**—where we offer tutoring and other academic needs for the student.

**Part 4: Familiarity with Higher Education**—the ideal is to show and acclimate the students to the higher educational setting. We hope to give familiarity with the campuses and overcome the initial fears of the university environment.

These ideals are used in promoting academics and higher education within our program but it is not limited to these areas. Friendships and enjoying ourselves in a nurturing environment is also part of our goal. Overall, many of our students have gone on to pursue higher education and we hope that this summer you enjoy the program as those in the past have.



### Spring Topics: *Health: Diabetes basics, indigenous foods, healthy food and preventing diabetes*

This Spring, we will introduce the topic of *Health: Diabetes basics, indigenous foods, healthy food and preventing diabetes*. Our research topic will cover health concerns within Indian Country, particularly the health issue of diabetes. This is significant, as long term diets have changed throughout these many years from those that have been traditionally based for our Tribal Nations to more of a high fat content diet based on convenience within our modern industrialized world.

As an example, many of the Pueblos within the Southwest had a farmed based diet (grown vegetables) where in our present time the average worker from these Tribal Nations now have fast food as a matter of convenience before, during and after work.

We will have our students conduct the research, obtain interviewing skills, and interview local community members that can give real life viewpoints on diabetes.

Using this topic, as a basis, our students, in addition to this exciting topic, will learn about our universities and campus libraries, teach research methodology from our mentors, learn how to make effective presentations, and learn more about these issues affecting our communities. Overall, we hope you find great interest on this topic.

**AIR SPRING: 2012****Meeting 1 (USD):**

Location: USD, Maher 207

**2-27-12**

Time: 4:30 pm - 6:30 pm

**USD Welcoming of Students: Dr. Michelle Jacob****Introductions****Teamwork Exercise****Introduce research topic: Diabetes basics, indigenous foods, healthy food and preventing diabetes**

Diabetes is epidemic in indigenous communities. In our research project this semester, we will learn about the most common form of diabetes (type 2). We will describe the causes and implications of the disease. We will also learn about how indigenous foods can help prevent diabetes, as well as healthy foods from a “Western” diet. This week we’ll go over some basics about this topic as an introduction.

**Research activity: Reading food labels**

Food labels are on nearly all of the packaged foods that we can purchase at the grocery store or mini mart. But, what do they mean? How do you read them to find out the nutrition of each particular food compared to another? Food labels can be really helpful for you to take charge of the food you eat and plan for nutritious meals that will give you and your family better health. We will look at examples of food labels and learn how to read them. Mentors will help you do an activity to compare the food value of different foods you might eat.

**Meeting 2 (SDSU):**

Location: SDSU (TBA)

**3-5-11**

Time: 4:30 pm - 6:30 pm

**SDSU Welcoming of Students: Dr. David Kamper****Introductions****Teamwork Exercise****Academic Workshop: What are A-G requirements or what are requirements**

This topic covers what many think of as the “gameplan” to qualify for the UC or CSU system. A-G requirements are the courses that you must take in order to qualify for the UC and Cal State System. This topic should discuss how the mentors found out about this and what they did to qualify.

**Research: Exercise and preventing diabetes**

In week 1, we learned about healthy food choices and how they can help prevent diabetes. This week we will learn about exercise as a way to also prevent diabetes. We will do different exercises (just a little bit!) and research the ways in which exercise helps your body burn calories and process sugars. Not all exercise is equal. We will see which exercises are good for burning lots of calories. But most importantly, we’ll learn how just moving a little bit makes a bit difference for your health. Mentors will help you do research on the calorie-burning potential of several different kinds of exercises and how you can fit even a little exercise into your busy schedules.

**Meeting 3 (USD):**

Location: USD, Maher 207

**3-12-12**

Time: 4:30 pm - 6:30 pm

**Introductions****Academic Workshop: Financials and Need**

This is important from our student mentors perspective. Here they will discuss how they got their monies to pay for college what they expected and what they didn't expect. This is probably one of the most important workshops as money plays a big part in the educational system.

**Research: What should I know about Fast Food and Diabetes** Who likes fast food? McDonald's? Burger King? Wendy's? Dominos? In N Out? Even Starbucks!? What is your favorite? Yes, we all eat fast food sometimes. But what exactly is in that food? And what does different food do to your body? Mentors will help you research calories and nutritional values of some of your favorite fast foods. And you'll learn how you can make healthy choices even in the drive thru.



Thank you, to the San Manuel Band of Mission Indians for their support, truly, your support for our Native Communities and our AIR Program has made a great difference, thank you!

**AIR SPRING: 2012**

**Meeting 4 (USD):**

**Location: USD, Maher 207**

**3-19-12**

**Time: 4:30 - 6:30 pm**



**Introductions**

**Academic Workshop: What are degrees? What are Careers?**

One thing that many do not understand is the idea on what is a degree and what does it involve. You should know the goals of why you enter higher education. Here the mentors should discuss what a basic undergraduate degree is and what is a graduate degree.

**Research: Diabetes screening, management, treatment, and risk factors**

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In the first three weeks, you've learned about diabetes causes and prevention. Now we will learn about screening, management, and treatment. We will learn how medical professionals can help you understand if you (or a loved one) has diabetes. If so, then how can you manage the disease and still have a good life? (Yes! You can!). Finally, we'll learn how you can look out for risk factors and complications so you and your loved ones can be as healthy as possible. Mentors will lead you in a research activity to find out these diabetes basics.



**Meeting 5 (USD):**

**Location: USD, Maher 207**

**3-26-12**

**Time: 4:30 - 6:30 pm**

**Introductions**

**Academic Workshop: Time Management**

Do you procrastinate? Do you forget birthdays, meetings, appointments? A lot of reasons we all do this is because we simply have too much in our minds or are tired from all our daily activities. In other words, we are tired of it all because we have too much to do to keep track of. Time management is key, within this workshop we will cover the basics on how to, at the very least, keep most of our activities that are important to us.

**Activity: Teaching interview basics and on-camera presence (intro)**

This semester, we are doing a video for AIR. The video will share activities and research findings with the community. As part of this project, you'll learn how tips on how to conduct yourself on camera from a trained video professional! Hollywood is calling! (just kidding). You'll also learn tips for doing an interview on camera, a skill you can try out in a couple weeks!

**Research: Diabetes, environmental factors, and policy**

Health is not only an individual thing. Yes, you can decide what to eat and when to exercise. But, there are many other factors that matter for your health. We will research environmental factors and policies that impact your health. Mentors will help you research topics such as access to healthy foods, safe places to walk, and food policies that determine what foods are available in your schools and grocery stores.



*Special thanks to the University of San Diego, Dept. of Ethnic Studies, San Diego State University, Department of American Indian Studies, and the University of California, San Diego, for all the support and being integral partners to the AIR Programs in serving our Native Youth. Our combined efforts are producing more Native College bound students than ever before!*



**SAN DIEGO STATE UNIVERSITY**



**PALOMAR COLLEGE**  
Learning for Success



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*Thank you to the Rincon Band of Luiseno Indians for all your support for this years programs. Truly, you are making a difference in our community.*



**Meeting 6 (SDSU):**

**Date: 4-9-12**

**Location: SDSU**

**Time: 4:30– 6:30 pm**



**Activity: Teaching interview basics and on-camera presence (follow up) Larry**

This will be a follow up of the tips that you’re learning about how to have presence on camera. How’s your posture looking?

**Research: Applying what we’ve learned: How can health be improved for myself, my family, and my community?**

Now that you’ve learned about diabetes, how can you use this knowledge to make a positive difference? Mentors will help you draw from your research to make a plan for creating better health for you, your family, and community.

**Due: Finalize interview questions/strategies**

Next week you’ll have the opportunity to work with community members who will share their experiences and advice about diabetes. Mentors will help you prepare a list of questions and topics that you’d like to discuss with our special guests.

**Meeting 7 (USD):**

**Location: USD, Maher 207**

**4-16-12**

**Time: 4:30 - 6:30 pm**

**Pulling it altogether:**

Here, along with your mentors, you will pull together all your research to develop your interview questions. Your interview can involve a number of things that we have had within our program this semester, but should have decent content.

This exercise should help you on how to develop a research based presentations and interviews on the college level (although on a small scale).

**Research: Interview community members on camera**

This is your opportunity to learn from community members about the important topic of diabetes. Guests will share their experiences and respond to your questions. Mentors will help you use the lessons you’ve learned all semester!

**Meeting 8 (USD):**

**Location: USD, Maher 207**

**4-30-12**

**Time: 4:30 - 6:30 pm**

**Introductions**

**Presentations:** We will present our research

**What we have learned:** We have learned many aspects of culture and need to protect our past.

Our last meeting will look at what we have learned throughout this semester.

Mentors will help you do short presentations on what you’ve learned this semester. We’ll also watch a rough cut of our AIR film so far. The final cut of the film will be posted on the AIR website later. Maybe you’ll even be on YouTube! Finally, we’ll celebrate everyone’s accomplishments in the program.

**Awards:** Awards for mentors and students and “thank you” to all our community supporters.



*Thank you to the San Pasqual Band of Mission Indians for your support throughout these many years.*