



AIR JR. 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 : California State University San Marcos and University of California San Diego*

WELCOME TO THE AIR JR. 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 JR. SPRING: 2012**Meeting 1 (CSUSM):**

Location: CSUSM, Kellogg 1111

3-14-12

Time: 4:30 pm - 6:30 pm

Introductions**Welcome to CSUSM****Orientation:** Expectations for AIR Jr. (handout of Schedules/guidelines)**Scavenger Hunt:** The best way to become familiar with the university campus is to explore the campus. We will break up into teams and go out with our mentors to find various objects and to become familiar with campus.**Introduction to Themed Research:** Diabetes basics, indigenous foods, healthy food and preventing diabetes

Diabetes is epidemic in indigenous communities. Students will learn about the different types of diabetes, 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.

Activity: Reality Check --What's really in the foods that we eat?

Given differing types of food, do you know what is in it? This will allow students to visualize the actual amount of ingredients in the foods that they eat on a daily basis.

**Meeting 2 (UCSD):**

Location: UCSD (TBA)

3-21-11

Time: 4:30 pm - 6:30 pm

Introductions**UCSD Welcome****Campus Scavenger Hunt**

Students and mentors will complete a scavenger hunt activity to become more familiar with UCSD's campus. They will visit specific places on campus and record findings as they go.

Activity: Plant Puzzles

This activity will help us identify native plants.

Taste Testing Native Plant Foods

Students will try bite-sized portions of foods based on Native plants (foods prepared in advance and brought to UCSD). While blindfolded, they'll taste a variety of foods and be asked to guess the plant ingredient(s) in each food. The student with the most correct guesses will win a special prize!

**Meeting 3 (CSUSM):**

Location: CSUSM, Kellogg 1111

3-28-12

Time: 4:30 pm - 6:30 pm

Introductions**Workshop:** A-G Requirements and Degrees

Students need to prepare now for College. Many fail to get the proper courses and instruction on preparing for college. This workshop goes through what you should be preparing for while in High School.

Activity: Diabetes effects on the Body

Using some body doubles we will examine the effects of diabetes on the human body. We will diagram the process and the diagram will show the many symptoms of diabetes--missing limbs, swollen features, altered organs. Groups will then come together and compare their diagrams, learning how diabetes affects the inner and outer workings of the human body.



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!

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Meeting 4 (CSUSM):

4-4-12

Location: CSUSM, Kellogg 1111

Time: 4:30 - 6:30 pm



Introductions

Exercise and preventing diabetes:

Students will learn about health and fitness. 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.

Obstacle Course: Students and mentors will complete a fun, low intensity, obstacle course with four different parts- cone maze, hoops challenge (go through hoops without touching the hoop), ropes course, and two



Meeting 5 (UCSD):

4-11-12

Location: Birch Aquarium

Time: 4:30 - 6:30 pm

Introductions

Welcome to the Birch Aquarium

Birch Aquarium

Students will visit Birch Aquarium and be introduced how pollution within the oceans affect us, as humans and contribute to dietary problems. This is only one area in which pollution is a source of poor health.

Meeting 6 (CSUSM):

4-18-12

Location: CSUSM, Kellogg 1111

Time: 4:30- 6:30 pm

Introductions

Workshop: What is a degree, Majors and Choosing a Career

In order to go to college you must know the ground rules (how to get there). This workshop discusses the purpose and what degrees are.

Activity: Mystery Fast Food & Nutrition Labels

We will examine the differences between fast food and healthy foods through our mini-activity. We will then get a nutrition label for their foods and identify the amount of fat, sugar, protein and sodium in their foods. Groups will share what their food items were and explain which is healthier and why.

Fast Food-Group Research & Posters: 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?



SAN DIEGO STATE UNIVERSITY

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!



PALOMAR COLLEGE
Learning for Success



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Meeting 7 (CSUSM):

Location: CSUSM, Kellogg 1111

4-25-12

Time: 4:30 - 6:30 pm

Introductions

Workshop: Time Management

Not too many people think about managing their time but this is the most important aspect in success. They always say not preparing is preparing to fail.

Short Activity: Time Twisters

This activity calculates time and what is needed and wasted.

Skit Overview and Rehearsal: The final project for the semester will be skits. Students and mentors will split into skit groups. Each group will create and rehearse a short five minute skit about diabetes, healthy lifestyle choices and the relevance to our Native communities. Skits will be performed next week, on the final day of AIR Jr. Be creative and enjoy!

Due: Prepare skit draft/script and turn in at the end of the session. List any props or costume items you would like for your skit.

Note: Next week you'll have the opportunity to rehearse your skit one more time.



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 8 (CSUSM):

Location: CSUSM, Kellogg 1111

5-2-12

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.

