



Where student success is everyone's business.



Welcome Back

Valerie Fischer
State Adult Education Director

Summers in North Dakota were created to be hot yet beautiful. It's the perfect season to relax and enjoy lazy days without meetings, phone calls or emails. It's the perfect season to enjoy the simple pleasures of county fairs, city celebrations, family reunions, lake cabins, gardening and early morning walks. But, then it happens – every year - the calendar rolls from July to August and that spells school. The poor month of August is always forlorn and shortchanged as we begin the mental, physical and social transition to another school year. Yet, there is always something equally as exciting – a fresh group of students, getting reacquainted with staff and colleagues, and a few personal resolutions, akin to New Years. I hope you each approach this school year with the excitement and curiosity of a child, the tenacity of a teen, the nurturing of a parent and the wisdom and patience of our seniors.

Adult education is the opportunity of a lifetime for those who want a second chance. Few civilized countries in the world can boast the same. We are fortunate to have a system which has given literally thousands of North Dakota citizens a new career pathway. They are the proud allegiance of GED passers. Like a secret society, they all know, understand and accept what risks they took to return to the classroom. Equally, they all know the elation and personal satisfaction of success which they wear proudly. They are like no others. They value the chance to achieve, they value the education they once dismissed for a hundred different reasons and they value you. Years from now, whether you are ever told or not, you will have the honor of knowing that someone has the utmost respect for your time, your patience and your personal and professional commitment to help them succeed.

And so, as you begin another August, another school year, know that August also becomes the beginning of an opportunity for the most exciting and rewarding job – you make a difference – you matter. Enjoy the year, do your best and have fun.

Legislative Update Art Elliston

There are two recent items of interest to our field resulting from Congressional action over the past few weeks:

Yesterday the House passed on a vote of 247-161 and the President signed legislation that will send additional money to the states for Medicaid reimbursement and to save teaching jobs in local school districts. This action is important because a number of states had included this funding in their state budgets for FY11. Without it there could have been further cuts in state funding to adult education programs, beyond those already implemented.

The Senate Appropriations Committee has approved FY11 funding for adult education at the same level that was included in the President's budget submission to Congress in early February. This bill will provide funding for the states in the grant awards which will be received in July, 2011. The full House Appropriation Committee has not yet acted on the budget but we expect that our numbers will be similar to those in the President's and Senate's versions.



TEACHING WITH CANDY

Teaching with Skittles

<http://www.milforded.org/schools/westshore/rmorrill/>

Starbursts and Skittle Graphs

http://www.nylearns.org/content/view_content.asp?ContentID=124258

Starburst Storage

http://www.nsa.gov/academia/_files/collected_learning/elementary/geometry/starburst_storage.pdf

Must Have Website!

Special thank you to Williston State College student, Charlie Butler, for sharing this website with us and allowing us to share it in our newsletter! This website is a "must have" website for math and science.

There are over 1600 videos explaining "How To" do math and science. The instructor says he teaches the way he wishes he had been taught. Students will be able to use his content years from now.

Every student should have this website:
<http://www.khanacademy.org/>

In Espanol:
<http://www.youtube.com/user/KhanAcademyEspaol>

Fall Conference

**September 23 & 24th at the
Doublewood Inn, Bismarck**

<http://www.ndlifelonglearningresourcecenter.com/conference.htm>

The Herman Trend Alert

July 14, 2010

Postpone School Start Time to Support Adolescent Learning

In his landmark book, "The Seven Secrets of Learning Revealed", our late THG Consulting Partners colleague, Laurence Martel, details adolescents' optimum times for learning.

Reinforcing Martel's work, a pilot study, conducted in a small private high school (St. George's School) by Hasbro Children's Hospital located in Providence, Rhode Island, confirms a brief delay in school start time of only 30 minutes was associated with significant improvements in adolescent alertness, mood, and health. These findings were published in the July issue of the Archives of Pediatric and Adolescent Medicine.

Inadequate nightly sleep in adolescents, defined as fewer than nine hours, is a known problem and a major public health concern. For years, pediatric sleep experts have encouraged delayed school start times to address this concern. In fact, the start time in this study was delayed only from 8am to 8:30am.

Due to a shift in circadian rhythms, biological changes in adolescents can cause a "phase delay"---later sleep onset and wake times. Despite the shift in their wake/sleep times, the optimal sleep amount for adolescents is nine to 9-¼ hours per night. On a practical level, this sleep pattern means that the average adolescent rarely falls asleep before 11pm, so the ideal wake time is around 8am. Not surprising, many studies have documented that the average adolescent is "chronically sleep-deprived and pathologically sleepy".

The consequences of sleep deprivation are far-reaching: impairments in mood, attention and memory, behavior control and quality of life; lower academic performance and a decreased motivation to learn; and health-related effects including increased risk of weight-gain, lack of exercise and use of stimulants.

Overall the percent of students sleeping fewer than seven hours, after the change in school start time, decreased by 80 percent. Plus, there was a

significant average increase in sleep duration of 45 minutes on school nights. across all grades (nine to 12).

We have only begun to scratch the surface in discovering how to support learning among people of all ages. Certainly, we may expect these insights about sleep and start times to result in more student-centric schools similar to many of the changes made at High Point University.

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National Adult Education and Family Literacy Week September 13-19, 2010

Congress approved a resolution to designate the week of September 13, 2010 as Adult Education and Family Literacy Week. This dedication is an opportunity to elevate adult education and family literacy nationwide with policymakers, the media, and the community.

A TOOLKIT with state and local **strategies for program directors, teachers and partners** can be found on the National Coalition for Literacy web page at:
<http://www.ncladvocacy.org/aefl.html>

Contributed by:
David Massey
Valerie Fisher

North Dakota Career Resource Network and the Career Resource

Registration is now open for workshops being offered this fall by the North Dakota Career

Resource Network and the Career Resource Coordinators!

To register and learn more about the workshops, visit: <http://www.nd.gov/cte/crn/workshops.html>

Workshops currently being offered are:

- RUPrepareND.com 101
RUPrepare to Dig In?
RUPrepare for Lesson Plans?

Career Outlook and the New Career Outlook User's Guide

- RUPrepare to Plan? (Plans of Study)

Working Session

- RUPrepare for Improved Test Scores?

A one-page printable workshop schedule is available here:

<http://www.nd.gov/cte/crn/docs/AllWorkshops.pdf>

Please let me know if you have any questions.
Thanks!

Laura Glasser, Administrative Assistant
Career Resource Network
ND Department of Career and Technical Education
(701) 328-9733
www.nd.gov/cte/crn
www.RUPrepareND.com

ND Career Outlook

The 2010-2011 North Dakota Career Outlook magazine is now available. Each Adult Learning Center can request hard copies from Career & Technical Education (701.328.3180) or view from:

<http://www.nd.gov/cte/crn/docs/CareerOutlook.pdf>

This has always been a wonderful reference for students as they transition to employment and post secondary programs. Additionally, Career & Technical Education will soon release their RUPrepareND.com lesson plans and the Career Outlook User's Guide.

SILENT AUCTION

Bring your items to be auctioned at fall conference. These items should be of some value not free items from a business. This is our only source of raising money for our scholarship fund, so let's make it a BIG one. It's always a fun time watching NDALL members raise each others bids. All NDALL members are encouraged to bring items for the auction.

NDALL SCHOLARSHIP

This year \$500.00 is available in scholarship money to an NDALL member who wants to participate in professional development. This scholarship may help you attend a national conference or to take a class for credit or to purchase material for your teaching station. This is a scholarship for you. We want you to grow in your area of adult education and this is our way of saying we support your activity.

The application deadline is September 17, 2010. Send it by email to marsha.rogne@sendit.nodak.edu.

NDALL Scholarship Application

The NDALL Scholarship Fund will award \$500.00 to one of its members for a project of his/her choice.

Rules are simple.

1. You must be a member of NDALL in good standing.

2. You must outline in a few paragraphs how you will use the money. This paragraph could include a way for you to enhance your local program or advance your own career through professional development: such as taking a class or workshop or working on a project that will help your center and could be shared with others.
3. Clearly describe the outcome of the activity.
4. Include a budget.
5. The total application should be no longer than one typed page.
6. Submit application to marsha.rogne@sendit.nodak.edu

Application deadline is September 17, 2010.



*Photo taken by Laurel Kaae
from Montana
looking southeast into ND*

Circles of Light

Mathematics of Rainbows

<http://www.geom.uiuc.edu/education/calculinit/rainbow/>

Rainbow Resources

<http://www.teachercertification.org/teach/rainbow-resources.php>

Make Your Own Rainbow

http://www.education.com/activity/article/make_rainbow_fourth/