

THE VOICE OF LEARNING

Fall 2017 issue

From the Director's Desk...

Pat Hughes

Welcome to Fall 2017! RSU3 Adult & Community Education program has begun! We would like to give some statistics about the Adult Education program 2016-2017 year.

There were 47 students enrolled in the high school credential and HiSET program. We also had 5 students in workforce training classes. There were 55 students involved in college transitions coursework. We had 80 participants in the Students & Parents In Cooperative Education (SPICE) Family Literacy Program (40 adults and 40 children). We also had 436 participants involved in personal enrichment classes and trips in the past year.

We would like to thank the community for their support and are looking forward to another successful year. If you have any class or trip suggestions, please contact us at 568-3425 ext. 1 or tleach@rsu3.org



Have an
Idea?

Suggest a Class ➔

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SPECIAL POINTS OF INTEREST

- NEW Winter/Spring Courses

We need every person in our nation ready to contribute to America's competitiveness



“Learn more about how we’re making investments that educate and elevate America with Adult Education”

www.EducateandElevate.org

Our 55,000+ adult education leaders stand united in a national campaign to move learning opportunities forward for all Americans to achieve economic mobility. If we educate, then we elevate-our students, workers, businesses and our economic growth.

Investing in Adult Education is good for the economy.

It's an investment in America's economic engine- - we reach adults who struggle with literacy, numeracy, and problem solving getting them into the workforce pipeline so they can contribute to a company's bottom line.

Everyone needs a return on their investment. Whether it's the U.S. companies investing in their workforce, the workers investing their time and energy learning in-demand

skills, or funders that want to ensure their investments are moving the economy forward.

How Adult Education Addresses the Skills Gap

In a recent survey, 92% of business leaders thought that U.S. workers were not as skilled as they needed to be. And they are probably right. By 2018, 63% of all U.S. jobs will require education beyond high school. Yet, nearly half of the U.S. workforce- - about 88 million of 188 million adults aged 18-64- - has only a high school education or less, and/or low English proficiency.

Educating motivate students with the skills that companies need provides qualified candidates for hard to fill positions.

(Excerpts from Educate & Elevate Newsletter)

STATISTICS

7.5 million

By 2020, the American Action Forum projects that the United States will be short an estimated 7.5 million private sector workers across all skill levels.



\$30,000

In contrast, adults with a high school degree were more likely to work full time and average 20% higher earnings (\$30,000) well above the poverty line for a family of 4.



63%

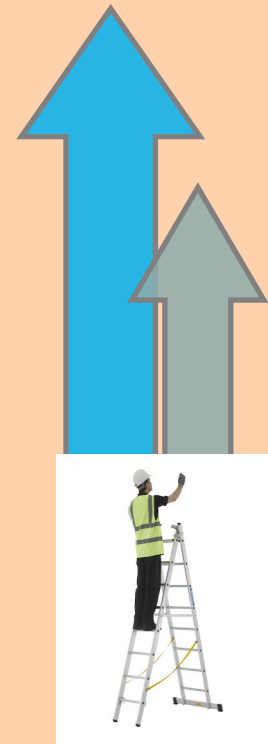
By 2018, 63% of all U.S. jobs will require education beyond high school.

29%

Adult Education makes communities safer too. Inmate participation in adult education reduced recidivism by 29%.

92%

In a recent survey, 92% of business leaders thought that U.S. workers were not as skilled as they needed to be. Adult Education builds the skill of workers.



Contact your legislature at <http://tinyurl.com/educateandelevateinfo>

References

- ♦ http://www.worlded.org/Managed/docs/Adult%20E20Facts_Mar2014.pdf
- ♦ <http://www.worlded.org/WEIInternet/us/adult-ed-facts.cfm>
- ♦ <http://immigrationforum.org/wp-content/uploads/2016/11/Skills-and-Training-for-New-Americans.pdf>
- ♦ <https://nces.ed.gov/fastfacts/display.asp?id=77>
- ♦ https://nces.ed.gov/programs/coe/indicator_cbc.asp



Find Help.

Find Hope.

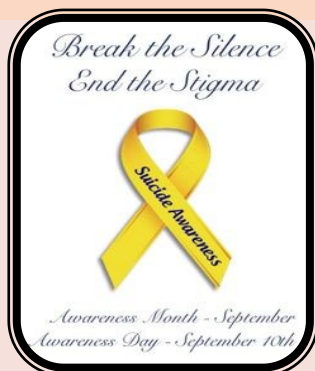
The RSU3 Adult Education staff have been certified by the National Council for Behavioral Health to work with and help support students from *birth to 25 years old* with particular mental illnesses. Also in August the staff attended the National Association for Mental Illness training for Adults at KVCC Hinkley Campus

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

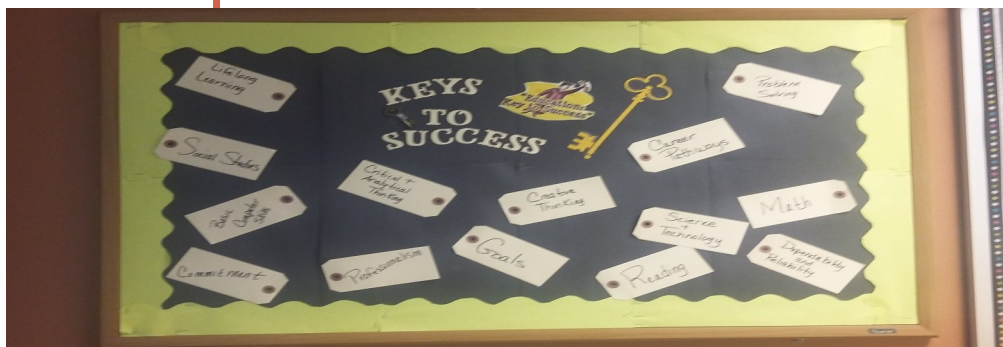
The course trains participants to help people who may be experiencing a mental health problem or crisis. You learn:

- Risk factors and warning signs of mental health problems
- Information on depression, anxiety, trauma, psychosis, and addiction disorders
- A 5-step action plan to help someone developing a mental health problem or crisis
- Where to turn for help-professional, peer, and self-help resources.

Mental Health First Aid teaches about recovery and resiliency-the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.



suc-cess: *the accomplishment of an aim or purpose*



RSU3 ADULT & COMMUNITY EDUCATION

PARTICIPANT DATA: Fall 2017

54 Academic

58 Enrichment

Total: 112 participants



ENRICHMENT CLASSES HELD:

Community Fitness

Bow Hunter Safety

Crossbow Safety

Yoga

Watercolor for Beginners

Intro to Pottery

Probate Basics

How to Live on a Shoestring

ACADEMIC CLASSES:

HiSET Prep

Fine Arts

Intro to Computers

PLATO Classes

Auto CADD

Math Tutoring

SPICE Family Literacy Program (13 adults;13 children)

RSU3 Adult & Community Education is one out of the Top
Ten Adult Ed programs who met the performance
indicators in Maine (*72 Adult Education programs*)

Pre/Post Testing: 83%

State indicator: 59%

Completion rate: 43%

State indicator: 36%

Academic intensity: 88%

State indicator: 81%

(this is rigor in the program)

**MEASURE
SUCCESS**



News Flash!

MARIE'S PAGE

The SPICE Program is off to a good start for the 2017-18 school year. Students have been working on a variety of assignments and are busy learning and growing. The SPICE children have been busy stringing beads, playing with buttons, and drawing pictures. If you know anyone who needs a diploma is interested in joining our SPICE group, call 568-3426.

Winter is approaching. Talk with your family about Safety tips to prevent winter accidents. Here are some important tips from <https://www.nationwide.com/winter-weather.jsp>

Prepare yourself

Some winter weather tips to help you get through a severe stretch of cold:

- Stay indoors during the storm
- Walk carefully on snowy, icy walkways
- Avoid overexertion when shoveling snow. It's a serious workout, and going at it too hard can bring on a heart attack-a major cause of death in the winter. If you must shovel snow, stretch before going outside.
- Stay dry. Wet clothing loses all of its insulating value and transmits the cold rapidly.

Prepare your home

Some tips to brace your home for a winter storm:

- Clean out the gutters, disconnect and drain all outside hoses. If possible, shut off outside water valves.
- Insulate walls and attics, and caulk and weather-strip doors and windows.
- Repair roof leaks and remove tree branches that could get weighted down with ice and snow and fall on your house-or your neighbor's house. (Avoid liability for the latter.)
- Consider an insulated blanket for your hot water heater.
- If you have a fireplace, keep the flue closed when you're not using it.
- Have a contractor check your roof to see if it would sustain the weight of heavy snowfall.
- Make sure your furniture isn't blocking your home's heating vents.
- During cold spells, keep cabinet doors open to allow warm air to circulate around pipes, particularly those in the kitchen and bathrooms.
- Keep a slow trickle of water flowing through faucets connected to pipes that run through unheated or unprotected spaces.
- If your house will be unattended during cold periods, consider draining the water system.
- Avoid ice dams-where water from melted snow refreezes in the gutters and seeps in under the roof, soaking interior walls.. (Ventilate attic. Insulate the attic floor well, consider having a water-repellent membrane installed under your roof covering.)

MARIE'S PAGE continued...

Prepare your car

According to the Department of Transportation, 22% of all vehicles crashes in the U.S.-and 16% of the fatalities-are due to severe weather such as rain, snow, sleet and ice. So prepare your car for treacherous conditions and extremely cold temperatures-and know what to do if you find yourself stranded in a vehicle. When the temperatures start to drop:

- Drive only if it is absolutely necessary. If you must drive, travel during the day.
- Don't travel alone. Keep others informed of your schedule.
- Stay on main roads and avoid back road shortcuts.
- Top off antifreeze, windshield wiper fluid, gas, oil and other fluids.
- Make sure your tires have enough tread. Consider snow tires.
- Keep bagged salt or sand in the trunk for extra traction and to melt ice.
- Clear snow from the top of the car, headlights and windows.
- Save the numbers for your auto club, insurance agent and towing service into your cell phone.
- Keep a cold-weather kit in your trunk. It should include a blanket or sleeping bag, gloves, hard candy, bottled water, folding shovel, first aid kit, flashlight and cell phone charger.

If you're trapped in a vehicle

- Remain inside. Rescuers are more likely to find you there.
- Run the engine and heater about 10 minutes every hour.
- Clear any snow from the exhaust pipe to reduce your risk of carbon monoxide poisoning.
- Move around to maintain heat
- Use maps, floor mats and seat covers for insulation
- Drink fluids to avoid dehydration
- Turn on the inside light at night so rescue crews can find you
- If you're stranded in a remote area, stomp out the words "SOS" or "HELP" in the snow.

Let's make a cotton ball snowman craft

What you need:

- *Cotton balls
- *White paper larger blue paper for background
- *Glue
- *Scissors
- *Decorations-buttons, sequins, popsicle sticks,etc

Start by cutting a snowman shape from white paper. Generously apply glue to the snowman shape. Start placing cotton balls until you fill out the whole shape. You can let it dry for a bit. Add decorations



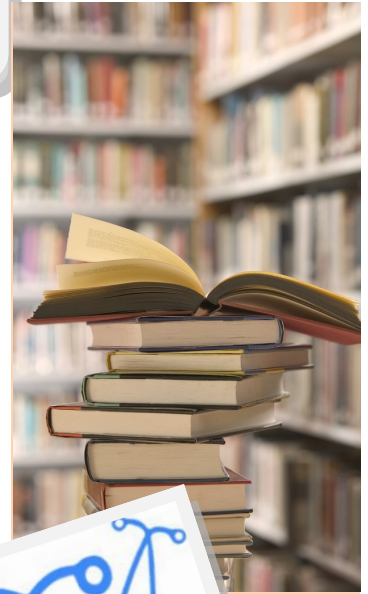
(taken from: <https://www.easypeasyandfun.com/cotton-ball-snowman/>)

Where are they now?

"Since I graduated in 2015/2016 I have gotten my C.N.A. license. Since graduation and getting my license, I have worked at Tall Pines Health Care for the past year and a half. After a year of trying and applying, I am happy and excited to be starting a new chapter in my life as a C.N.A. at WCGH in

the ACA (Ambulatory Care Area) department. I also am hoping to get into Hospice care within the next year or so."

~ Hope Harriman, 2016 Graduate



Winter/Spring Classes

- **KVCC PSY 101**
- **Sheep: For Fun and Profit**
- **Watercolor for Beginners**
- **Kindred Spirits Book Class**

For more course offerings...watch your mail for the Winter/Spring Brochure due out in Mid December

RSU3 ADULT & COMMUNITY EDUCATION

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