



Nebraska Association for the Education of Young Children

T.E.A.C.H. Early Childhood® Newsletter

Student Spotlight

Your Personal Reminder



Christine Giddens graduated at the end of the Spring 2021 term with her Bachelor's Degree in Early Childhood Education from the University of Nebraska at Kearney. Christine was first awarded an Associate Degree T.E.A.C.H. scholarship starting in the Fall 2012 term. She completed 36.5 credits to graduate with her Associates Degree from Metropolitan Community College before transitioning to a Bachelor's Degree scholarship in the Spring 2018 term. Christine completed another 70 credits to graduate while working full time as a

teacher in a child care program in Omaha.

Christine says, "T.E.A.C.H. has allowed me to obtain my Associate's degree in Early Childhood Education as well as my Bachelor's degree in Early Childhood Education Inclusive without having to worry about paying full price for college tuition. The weekly T.E.A.C.H. time I received allowed me to get school work done while still having time to spend with my family and work a full-time job. I received a ton of support as a recipient of T.E.A.C.H. which made the process of signing up for classes and completing my degrees a lot



easier. I have recommended T.E.A.C.H. to coworkers and friends over the years and will continue to do so! "

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New Podcast Alert

Host Gloria Riviera, "Call it Like it Is" Special Correspondent Kristen Bell, parents, and providers zoom in on America's child care crisis and the people crushed by it. Access to high-quality childcare and early education determines so much of a kid's future... and their family's sanity. Laugh, cry, be outraged, and hear solutions in this four-part series that explains why child care is broken and how we can fix it.



Keep Your Work Friends Close



Nebraska AEYC
Work Friends

“It’s meant so much. I am more confident, professional, and happy in the field because of T.E.A.C.H.”

From Monday to Friday, you spend more time with your colleagues than anyone else.

“They’re your first line of support, so they have the power to protect you from, or perpetuate, burnout,” says Jenn DeWall, a life and career coach in Denver. Use these tips to create ties that help you thrive.

Be curious, but not intrusive.

“Everyone likes to talk about themselves, so ask open-ended questions, like, ‘What’s your favorite restaurant?’ or ‘What did you do this weekend?’” suggests DeWall.

Strike a Friendly Tone In Emails. “Short, to-the-point emails feel transactional,” says DeWall, “so add

personal touches, like, ‘It’s almost the weekend. Yay!’ or ‘It’s been fun to work with you on this project.’”

Recognize Their Efforts. If you want to receive support, you have to give it, too—and you can create good vibes by acknowledging other’s contributions. “That positivity has a ripple effect,” says DeWall.

Exercise Together. Sweat-working is the new networking. Whether you go for a walk at lunchtime or meet for an early-morning indoor cycling class, getting active is a great way to bond. “It reduces stress and allows you to share an experience both of which foster relationships,” DeWall

explains.

Ash For Opinions Or Feedback. “Showing a colleague you value her judgment makes her feel seen for who she is, and sets the stage for mutual respect,” says DeWall.

Be Dependable. When coworkers know they can count on you to get the job done, they learn to trust you, and trust is the cornerstone of every solid relationship.

Source: *Health Magazine*

Frequently Asked Question (Part 1)



Q: What are the scholarship recipient’s obligations to fulfill their T.E.A.C.H. scholarship contract?

- Enroll in an early childhood education program at a partnering college or university.
- Register for approved courses. Only those courses that are part of the early childhood degree program (including required general education and skill building classes) will be approved.
- Attend classes regularly.
- **IMPORTANT!!! COMPLETE ALL COURSEWORK AND SUCCESSFULLY PASS EACH COURSE WITH A GRADE OF “C” OR BETTER.**

Circle of Security Classroom Professional Learning Series

This professional learning series introduces some practical applications to enhance teachers' abilities to form secure relationships with the children in their care. Gain insight into new ways to understand challenging behaviors. Learn relationship-based strategies to respond to children's social emotional needs for

safe, secure relationships in the classroom, a necessary ingredient for learning.

Early Childhood Professionals together:

- Explore the importance of teachers in children's lives and the central role relationships play in learning

- Learn how to respond to challenging behaviors in ways that enhance security in the relationship
- Practice observation and reflection skills
- Learn to use the COSP Classroom graphic and other practical classroom applications

and strategies

- Apply COSP Classroom to strengthen relationships and support children's attachment needs
- Learn to apply COSP Classroom strategies to create relationship friendly classrooms.

For more information, contact Sarah Lowe, Circle of Security— Parenting Project Coordinator: slowe@nebraskaaeyc.org, (402) 326-1146.

Distinguished Service to Children Award

We are still accepting nominations for the Nebraska AEYC Distinguished Service to Children Award.

If you know a Nebraskan who has done exemplary work to promote the status, rights, services, and programs for/of children,

consider nominating them for this award!

Go to our website, www.nebraskaaeyc.org to download a nomination form. You can also check out a list of previous winners and more information in the "About Us" and

"Recognitions and Awards" sections.



Frequently Asked Question (Part 2)

- Submit grade reports soon after the end of each term.
- Reimburse Nebraska AEYC for your 10% of the cost of tuition and books that exceed your travel stipend, if/when applicable.
- Once per year, let T.E.A.C.H. know if you've qualified for any additional financial aid.
- **MOST IMPORTANT!!! REMAIN EMPLOYED IN YOUR CURRENT EARLY CHILDHOOD PROGRAM FOR 12 TO 18 MONTHS AFTER YOUR T.E.A.C.H. COURSEWORK IS COMPLETE.**



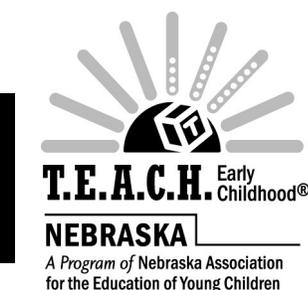
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20 Questions

This month's section of "20 Questions" features Alejandra from Dakota County. She is currently a teacher in Dakota City. She has been on a Bachelor Degree Scholarship Model since the Summer 2019 term.

1. Where were you born? Sioux City, IA
2. What is your favorite book? Perfect Chemistry, Milk and Honey
3. What's one place you really want to travel to? Iceland
4. What is something you're afraid of? I fainted last time I saw a mouse.
5. Do you have any pets? I have an Italian Mastiff—Holly, a Goldendoodle—Fiona, and a Maltese—Toby.
6. Do you have any brothers or sisters?
I have one brother and one sister both younger than me.
7. What is your favorite season? Fall
8. What is your favorite food? Basically, any Mexican food that can be eaten with sour cream, cheese, avocado, or salsa.
9. What kind of music do you like? I can listen to anything depending on my mood. My favorite artists are Weezy F, Jenni Rivera, and Alicia Keys.
10. What do you like to do in your free time? I like to dance and workout to Zumba or take my dogs on a walk.
11. Would you rather live in a place that is always hot or cold? Always hot
12. What is something you wish you could do? Makeup and hair, paint, speak another language
13. If I weren't a teacher, I would be... An actress
14. What is your favorite color? Green
15. Do you prefer to write in pen or pencil? Pen, preferably Uniball brand
16. What's your favorite subject in school? Math and history
17. Do you have a favorite holiday? Christmas and Halloween
18. What is your favorite movie? Easy A, The Lion King, A Walk to Remember
19. What's one thing you can't live without? Air