



Student Newsletter

CAROLINAS COLLEGE OF HEALTH SCIENCES

AUGUST 2010

COMPUTER LAB HOURS FOR AUGUST 2010

Aug 2nd – 6th:
M, T, R – 8A-7:30P
W, F – 8A-4:30P

Aug 9th – 20th
M-F – 8A-4:30P

Aug 23rd – 31st:
M, T, R – 8A-7:30P
W, F – 8A-4:30P

CLOSED: Saturday
Aug 7th, 14th, 21st

Check out the continuing education section on page 4 for upcoming FREE workshops for students, faculty, and staff.

Courtney Reynolds - Student of the Month

Please join us in congratulating Courtney Reynolds, August's Student of the Month. Courtney is the secretary for Phi Theta Kappa (PTK). In addition to writing articles for the newsletter and minutes from the meetings, she has been active in outreach opportunities. She has served at the Men's Shelter on several occasions and when she is not with the group, the staff at the shelter ask where she is. Her bubbly personality and positive energy are well received by the men served. She was instrumental in the success of drumStrong, a fundraiser for cancer care,

by spearheading the initial recruitment of volunteers in



Courtney Reynolds

the lobby and working behind the scenes building support for the event in her classes. She is an excellent role model for other students in her care

and compassion for the clients she serves. She is eager to learn as many complementary therapies as possible to enhance the care her clients receive. She participated in the monthly "Feel Good Fridays" where a variety of therapies were provided for students and staff to reduce stress. She has also been open to sharing her own experiences with other students and is a great encourager for them.



Graduation Reminder

Congratulations to the eight radiation therapy and eight medical laboratory science students graduating on **Aug. 6, 2010**. The ceremony honoring their accomplishments will be held in the College's Auditorium at 1:00 PM. Graduates should arrive by 12:30 pm.

Open Forum

Dr. Ellen Sheppard, President of CCHS, conducts open discussion sessions once a month. Do you have an idea you wish to talk about? Is something bothering you? This is the perfect opportunity to be heard. This month's open forum will be held on Monday, **Aug 30**, 12:00 - 12:45 in room 233 (quiet study).

Student Nurses Association Update

SNA would like to extend a warm welcome to our newest members: Lieu Hoang and Stacey Sheasby!

Congratulations to the winners of the summer raffle and bake sale held last month. Sai Ali won the coveted parking spot and Avel Andronic won the basket of summer goodies. Ok, you've completed all the steps to achieve your

dream and are on your way....you've been accepted to nursing school. Now what!? How do you survive it? Is there anything you can do to increase your chances of getting a job in today's economy? SNA will be hosting "Voices from the Past." Come hear previous graduates speak about their experiences! Details will be posted in the next issue of the newsletter.

Are you tired of walking for 20 minutes with all those heavy books? Donate something yummy to the SNA bake sale on **August 23** and receive a FREE raffle ticket for a chance to win a parking pass in the "V" lot!

Federal Work-Study Positions Available

The College has multiple positions available through the Federal Work-study Program. Pay is \$10.27 p/hr. To qualify you must be enrolled in an eligible program and taking at least 6 credit hours. You must also have completed a 2010-2011 FAFSA and demonstrate financial need.

Computer Lab Assistant

The Computer Lab Assistant will be responsible for staffing the computer lab Monday, Tuesday, and Thursday from 4:30pm until 7:30pm and on Saturdays from 11:00am until 4:00pm. The daily tasks of the Computer Lab Assistant include but are not limited to:

1. Entering computer usage onto a spreadsheet;
2. Logging in all calls regarding the scheduling of TEAS tests, or SonisWeb, Moodle or CCHSmail questions;
3. Entering requests for any computer issues or work;
4. Basic troubleshooting of copier and printer issues;
5. Basic troubleshooting of PC's;
6. Wipe down computers and work area;
7. Empty Recycle Box;
8. Ensure that students follow the lab rules;

9. Keep printer paper stocked;
10. Keep paper stocked in the lab.
11. At closing:
 - Restart PC's
 - Power down AV equipment
 - Turn out lights
12. Saturday Additional Tasks - Wipe Down classroom Smart Podiums

Clerical Office Assistant

Clerical Office Assistants help during normal business hours (7:30am – 4:30pm) in a variety of office settings to include student services, business office, administration, etc. Tasks may include:

- Filing
- Copying
- Printing reports
- Data entry
- Other office tasks as needed

Applicants may apply for the days and times that work with their schedule. For more information or to apply, please contact the financial aid office in suite 208, call 704-355-5486 or email Jill.powell@CarolinCollege.edu.

Health Care Reform May Benefit CCHS Students

Are you younger than 26 and a dependent (supported by or claimed as a tax exemption by your mom and/or dad)? If so, you may benefit from the *Patient Protection and Affordable Care Act* (Health Care Reform). The new law re-

quires health plans to make coverage available for children up to age 26, regardless of their student status, effective in January 2011. This may benefit your family if your parents have lost - or will soon lose - the right to carry

your health coverage under their medical insurance plan. If this applies to you, your parent providing the coverage should talk to the HR department at his/her workplace.

From the Business Office

All continuing students must complete a NEW 2010-2011 Free Application for Federal Student Aid (FAFSA) in order to continue to receive loans and grants. This can be completed online at www.fafsa.ed.gov. You will need information from your 2009 federal tax return in order to complete the FAFSA. Be sure the Federal School Code for CCHS (031042) is listed.

All students applying for a federal loan in 2010 - 2011 will need to complete a new Direct Loan Master Promissory Note (MPN). Instructions for completing the MPN will be included with your financial aid award letters. If loans are a part of your accepted financial aid award, once you've completed the 2010 - 2011 Free Application for Federal Student Aid (FAFSA), received

your award letter and returned a signed copy of your award letter to the Financial Aid Office, you must go to www.studentloans.gov, sign in with your PIN, and other requested information, and complete the following steps:

Step 1: Go to "Complete Entrance Counseling" which reviews your borrower Rights and Responsibilities.

Step 2: Go to "Complete MPN" and follow directions given. To electronically sign your MPN you will need to use your Federal Financial Aid PIN #. This will be the same PIN # you used for your FAFSA. If you encounter problems in completing your electronic Direct Loan MPN, contact the Direct Loan Servicing Center at 800-848-0979. Your school selection will be under "Charlotte-

Mecklenburg Hospital Authority". Fall 2010 refunds checks will be available starting on **Sept. 14** at 10am.

If you have any further questions, please call the Carolinas College Financial Aid Office at 704-355-8894 or 704-355-5486.

Tuition Bills

Tuition bills for fall have been created in SonisWeb. Please check your student account for any outstanding balances. Payment is due by **Aug. 13** if you are not receiving financial aid. Payment may be made by cash, check or credit card to the business office (suite 208) or by calling Martha Robinson at 704-355-5579.

All students applying for a federal loan in 2010 - 2011 will need to complete a new Direct Loan Master Promissory Note (MPN).

Parking Issues

CATS Discounts. CCHS students are eligible for a 30% discount on CATS (Charlotte bus and light rail) passes! Whether or not you are an employee of CHS, Employee Recognition has made this benefit available to you. Use either of the following two methods for obtaining your CATS discount passes:

1. CATS passes can be purchased at the CMC Gift Shop. Just show ID badge; no form is needed.
2. Complete a form (available in the lobby) and send into HR along with a check made out to Carolinas HealthCare System. In the employee ID section, write "CCHS Student."

CHS Parking & Access Control have noticed that some CCHS students have been parking in the "A" Lot, which is the lot near the bridge on Medical Center Blvd. This lot is reserved for clergy, employees of Carolinas Rehabilitation, designated CMC employees, and contract employees. The lot often reaches capacity, then depriving designated users

from their only allotted parking area. Please do not park in the A lot unless you have a job which provides you that access, and then, use the "A" lot only during those hours. We realize the MMP deck is a hike from Rankin, but it is your free, assigned parking. Effective July 30, all "A" lot parking access will be restricted to limit it to approved users.

Let Your Voice Be Heard!

You Talk, We Listen. We Talk, They Listen!

CCHS' Student Government Association (SGA) would like to welcome all new and returning students to Fall 2010! It's time to get busy and make this the best semester yet!

WHO IS SGA ANYWAY?

1. We are the organization chosen to represent you, the student body.
2. We are your direct line to the College's administration. The process is simple - tell your class representative or drop a comment/question in the box located on the courtyard hallway.
3. We are very involved in community service projects.
4. We select college-wide committee representatives.
5. We choose the class gift -The

May Class of 2010 updated the Pavilion area to the side of the building toward Florence Crittenton. We hope you will enjoy this quiet, serene area to study or just relax between classes.

6. The SGA president addresses the student body at graduation.
7. We coordinate social functions involving the student body.
8. We represent ALL programs at CCHS.

The 2010 - 2011 SGA Officers are:

President: Dottie Fowler, SON

V. President: Destini Egan, SOST

Secretary: Shannon McCloughan, SORT

Treasurer: Bobbie O'Hal, Pre Nrsng

Advisors: Joy Godwin & Lori Lieving

Representatives: Amber Perkins, Brandi Elkins, Erin Flynn, Gwen Blake, Henna Nagarji, Jennifer Blackwell, Kelly House, Marina Prannik, Mercedes Jackson, Sarah Ford, Yusef

Suleiman, Mike MacIntyre, and William Lowry

If you are interested in representing your program, contact Joy Godwin or Lori Lieving. A few of the representative duties include but are not limited to:

- Relating program concerns to the SGA.
- Keeping your class up-to-date on upcoming events.
- Helping out with school events.

From the Admission's Office



Rhoda Rillorta
Admissions Coordinator



Nicki Sabourin
Admissions Representative



Diana Bell
Admissions Assistant

Welcome New and Returning Students! This is an exciting time for the Admissions Office. The incoming fall class consists of 64 new nursing students, 3 LPN-to-RN nursing students, 10 radiation therapy students, 18 radiologic technology students, 8 medical laboratory science students, 40 pre-nursing students, and 25 general education students. Sixty-three percent of our new incoming nursing students earned guaranteed admission through our pre-nursing program. In addition, the admissions office has seen an increase in qualified, competitive applicants. It has been electrifying to work with all the new applicants and see them matriculate to the college! You should all feel very proud to have successfully navigated through the competitive admissions process.

New Student Orientation - Why is new student orientation important? Some of you may have attended student orientation at a previous college. The orientation at Carolinas College is different because it defines the essential purpose of the College and the initial journey to your career in healthcare. You are not simply becoming a student at Carolinas College or starting an excellent healthcare program, you are becoming a part of Carolinas Medial Center.

Mandatory NEW STUDENT orientation for *medical laboratory science, nursing, radiation therapy, and radiologic technology* is **Aug. 16 - 17**. You may also have additional program orientation dates that have been communicated by your program director. Incoming students who *earned guaranteed admission to the nursing program* are required to be here on **Aug. 16** at 12:45 p.m. and all day on **Aug. 17**. Mandatory orientation for *pre-nursing and general education* is **Aug. 19**. You'll receive more details by **Aug. 4** about your particular orientation via email.

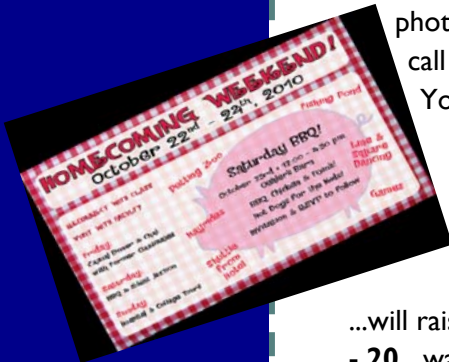
Family Open House and Knights Baseball Game - Carolinas College will host an open house for incoming students and their families on **Aug. 20** from 2:00 - 4:00 p.m. This open house will include information on ways to support you while enrolled, as well as information about financial aid. Tours of the College will be available. The Carolinas Simulation Center will be open to provide examples of how simulation is used in health care education. This is a great opportunity to show your family what your healthcare education will be like. Following the open house, the College invites all new students and their families to a complimentary Knight's Baseball game and tailgate party. You will receive details and can pick up your tickets during orientation. This is a great way to meet your classmates, enjoy a night out, and feast on good food.

Immediate Openings for Student Ambassadors. We need you! Student ambassadors play a vital role in the admissions process by helping out with recruiting, new student orientation, information sessions, and graduation. If you would like information about how to become a student ambassador, please see Rhoda Rillorta in room 168 or email her at Rhoda.Rillorta@CarolinasCollege.edu.

Our first event of the new academic year will be representing Carolinas College at this year's Southern Women's Show, **Sept. 17 - 20**. As a benefit to working this event, you get free admission and parking at the show! Our only requirement is that you make a commitment to stay for two hours working with the other ambassadors and student services staff. Once you are finished, you are free to wander around the facility and visit the other vendors.

CCHS Homecoming

Oct. 22 - 24 is Homecoming weekend, an event we celebrate just once every 5 years. Student volunteers are needed to help with meeting and greeting, name tags, photography, leading tours, etc. If you're available, and want to help, email or call Ellen Sheppard, Ellen.Sheppard@CarolinasCollege.edu or 704.355.5316. You'll love meeting our alumni!



Online Auction...

...will raise funds for CCHS scholarships and capital needs. The auction runs **Oct. 4 - 20**. watch for news in September and October newsletters. Want to help? Contact Ellen Sheppard at Ellen.Sheppard@CarolinasCollege.edu or 704.355.5316. Your contribution of auction items would be greatly appreciated. Goods or services (dog sitting, house sitting, beach house rental) are needed. Contact Dana Mangum to learn how easy it is to donate. Dana.Mangum@carolinashealthcare.org or 704.355.9141.

It's Official ...CCHS' Nursing Program Rocks!

During early spring, the CCHS nursing program was visited by representatives from the National League of Nursing's Accrediting Commission (NLNAC). The visitors gave the program only kudos - not a single suggestion or recommendation. Though that was very affirming, it did not reflect the official action of the Commission. That came on July 23 in the form of a letter from the NLNAC. The program was granted reaffirma-

tion of accreditation for the maximum possible time: 8 years. The letter concluded, "Congratulations on this outstanding achievement." Indeed, CCHS congratulates its entire cadre of excellent nursing faculty and administrators.





Phi Theta Kappa News

PTK would like to thank everyone who helped make the recent induction ceremony of new members a success!

This August we will have many opportunities to volunteer and hope to see new and returning faces. Details pertaining to the

Men's Winter Shelter will be posted on Moodle, as well as a sign up sheet with dates and times. If you have any questions, please feel free to contact Courtney Reynolds at Courtney.Reynolds@cchsmail.org. Updates and events involving PTK will be regularly posted on our Moodle page. We wish you all a

great start to a new school year!



PTK Members volunteer at the local Men's Winter Shelter

Student Badge Policy

CCHS is committed to providing a safe and secure campus for staff, students, and visitors. In recent student and staff surveys, non-enforcement of the I.D. badge policy has been cited as an opportunity for improvement. Students are required to have a CHS-issued college ID badge, displayed above the waist, in order to be admitted to class. Faculty will direct students without name badges to the front desk where a "temporary" name tag will be issued for admittance to class. This "temporary" tag will not be acceptable for clinicals. Multiple violations may result in disciplinary action. Don't get caught without yours!



Summer Leadership Institute

This July, 22 South Mecklenburg High School students joined 13 CCHS students for a week-long Leadership Course. The course provided preparation for the high school students' new role as ambassadors. Each student applied for the ambassador position and committed to the weeklong course. All students had the opportunity to meet new people and learn from each other while discussing leadership topics. On Friday, the class came together for a cookout in the court yard to celebrate new friendships and the ending of a long week spent together.



Continuing Education

Carolinas College of Health Sciences Sponsored Classes

Admissions Information Sessions Aug. 10 & 24, 4:00 - 5:00 PM. Want to know more about our programs? Contact Joy Godwin at the front desk or call 704.355.5051 to sign up for the session of your choice. Check posted schedule for room locations. If you would like more information on our medical technology program, contact Kelly Shirley, Program Director, at 704.355.4275.

Community Training Center Sponsored Classes

If you are graduating soon or your certification is about to expire BLS **renewal** classes are offered at the College monthly and are \$40. Please come by the CTC, Room 220 (on the 200 hallway, past the student lounge), to register. You will need a current textbook for the class. Books can be purchased from the CTC if you do not have one. Classes are from 4:00-7:00 p.m. The next class will be held on **Aug. 11**. Contact Christy Dull at 704.355.5699 for registration information.

Carolinas Healthcare System Sponsored Classes- Employee Assistance Program

Sandy Allen from the Employee Assistance Program will conduct two **FREE** workshops for students, faculty, and staff at CCHS during the month of September.

The ABC's of Communication & Conflict Management

Monday, **Sept. 13**, 2:30 – 3:30, Room 161

This **free** seminar focuses on helping you achieve the results you want by improving your professional communication skills. Participants will learn:

- strategies for increasing communication efficiency and effectiveness.
- how to recognize and deal with difficult people.
- leadership skills in the workplace.

Stress Management/Test Anxiety

Thursday, **Sept. 23**, 2:30 – 3:30, Room 219

“Anxiety...sabotages academic performance of all kinds: 126 different studies of more than 36,000 people found that the more prone to worries a person is, the poorer their academic performance...”
Daniel Goleman.

Participants will learn:

- how to identify and manage stressors.
- how to handle test anxiety.
- strategies for effective self-care.

In addition to these courses, EAP is also offering:

Anger Management, Aug. 10. 5:30 - 6:30 pm. Obtain skills to help control anger.

Back to School, Aug. 12, Noon - 1:00 PM, Also being held as a Webinar, **Aug 31,** Noon - 1:00 PM. Learn about ways to manage your time effectively while dealing with the demands of children returning to school.

Both of these workshops will be held at the EAP Charlotte loca-

tion, 720 East Boulevard, Charlotte. Class sizes are limited, so call in advance for directions and to secure your seat.

CHS' EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the problem, if you need help, call CHS' EAP, 704.355.5021, for a private appointment or to register for a class.

Parenting Teens With Love and Logic, Tuesdays, **Aug. 3 - 24**, 6:00 PM - 8:00 PM (Participants must attend all four days within one session.), Presented by Melissa Guarnaccia, LCSW.

Today's challenges require a new approach to parenting teens. This parenting program is designed to give the participants practical skills that can be used immediately with adolescents. Becoming a Love & Logic parent will help you feel more confident as a parent, have more fun parenting, and feel more relaxed.

Course materials, including a hardback book and a workbook will be provided.

Objectives

- Learn 9 Essential Skills that can be used immediately with your teens
- Learn how to set firm limits in loving ways without anger, lectures, or threats
- Learn how to handle difficult situations such as arguments, back talk, and mood swings, as well as topics related to dating, sex, curfews, grades, and the Internet

This course is co-sponsored by the Mecklenburg County Training Institute and Teen Health Connection.

IF MORE THAN ONE PERSON FROM THE SAME FAMILY IS ATTENDING, PLEASE BE SURE TO COMPLETE A REGISTRATION FORM FOR EACH ADDITIONAL INDIVIDUAL.

Fee: \$25.00 - \$25.00 per family (examples: mom and dad; mom and grandmother; co-parenting partners, etc.) Fees have been reduced through a partnership with the Mecklenburg County Training Institute. Light refreshments provided.

Contact: Ellen Penninger, 704.512.6516

Location: [Charlotte AHEC](#), Classroom 19, 5039 Airport Center Pkwy, Bldg K, Charlotte

Student Success Center Update

Feel the need for some support?

See Nancy Watkins in room 213 or drop by for studying tips and information about peer tutoring. The Center is also a great place to study!

Are you considering serving as a Peer Tutor? If you've earned an "A" or a "B" in a course and feel you could contribute, contact Nancy Watkins if interested.

Study Tip of the Month: It's Time to Get Organized! There is much you can be doing now to prepare yourself for a successful fall semester. If you have access to your course calendar, create a semester schedule on which you note test dates and due dates for projects and papers. Backdate to ensure you give yourself ample time to prepare for the test or other deadline. Create a schedule of a typical week. Start by blocking out the time you can't study, and then build in your study time, planning in time to prepare for lectures, review notes within 24 hours after lectures, create flashcards or other study aides, and, of course, schedule some time for R&R! If you plan ahead and use your time wisely, you will be setting yourself up for a great fall!

Take Charge of your Personal Success! Study Skills, Test Taking, Time Management, Self-Motivation, and Responsibility

Course: Student Success 101. 1 credit hour, Fridays, 11:00 - 11:50 a.m. Do you want to be more successful in school and in life? *This course is for you!* In six important weeks, you will learn and practice essential skills necessary for success in every aspect of your life: personal, professional and academic. This hybrid course is interactive and hands-on, based on Skip Downing's acclaimed *On Course* guide. **Register Now!** See the Fall 2010 Registration Bulletin.

Questions? Contact Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025. Nancy.Watkins@CarolinasCollege.edu

Save the Date! Job & Continuing Education Fair. Thursday, **Sept. 30**, 11:00 - 1:30 pm, Room 219. Are you thinking about the next steps in your education? Don't miss this opportunity to talk with representatives from colleges and universities as well as human resources personnel from NC and SC hospitals. Mark your calendar!

CHS Job Placement News for December 2010 Nursing Graduates. We look forward to seeing you on **Aug. 27** for a job placement orientation and interviewing workshop. Brandy Walker, your recruitment specialist from the New Graduate Placement Center of CMC, will present valuable information, as will a number of CMC hiring managers. Please contact Nancy with questions.

Are you looking for PT/PRN employment with CHS? Our Human Resources contact for part-time and PRN jobs: **Tonia Watson**, Tonia.Watson@carolinashealthcare.org, Recruitment Specialist, Workforce Management, Carolinas HealthCare System, P 704.355.5027, F 704.355.3336. Tonia's next visit to CCHS will be Monday, **Aug. 30**, 10:00 - 12:00. To apply for student employment, visit the CHS website (below) to:

- Apply for specific jobs
- Upload your resume

Track your applicant activity and status:

New Applicants: Please go to carolinashealthcare.jobscience.com. Click on *Search Jobs* in the top left corner. Select the drop down box for position and select *Patient Care Support*. Then click on a *NA/Healthcare Tech* position to apply.

Applicants with a previous online application: Please go to carolinashealthcare.jobscience.com. If you have an application already online, look in the far right to *Job Seeker Login*. Enter your login/password. Your application will come up, and you can update your information (If you forgot your password, click on *Forgot Password Options*. Submit your application by following the steps until the application comes up *Congratulations*. Nancy Watkins is also available here at CCHS to support your job search efforts.

Check out the Student Marketplace on Moodle!

Looking for a roommate or a used book? Post your notice and check out postings from other students on the student bulletin board on Moodle. Just click on Student Resources, then Student Marketplace. All appropriate bulletin board-type items are welcome!



Important Dates to Remember...

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- August 3 - 24 Mecklenburg County Training Institute
- *Parenting Teens with Love and Logic*
- August 6 Graduation - Radiation Therapy and Medical Laboratory Science
- August 10 Student Services information session
EAP Workshop - *Anger Management*
- August 11 CTC Basic Life Support Renewal Class
- August 12 EAP Workshop - *Back to School*
- August 13 Tuition is due
- August 16 - 17 New student orientation
- August 19 New student orientation (non-clinical)
- August 20 Family night at the Charlotte Knights (New students only)
- August 23 Full Fall & Fall I classes begin
SNA Bake Sale
- August 24 Student Services information session
- August 27 Job placement orientation and interviewing workshop for December 2010 graduates
Registration drop/add ends
- August 30 HR recruiter Tonia Watson on campus
Open Forum

WOW!

Want to say "thanks" in a special way to a student, staff, or faculty member who went out of his or her way to help you? Use the WOW Card box located in the lobby. The following students or staff were recognized recently for service above and beyond the call of duty in July, 2010:

Nursing Program: Stacey Sheasby

Radiation Therapy Program: Mary Parkman and Beverly Martin

Nurse Aide Program: Heidi Goss

Medical Laboratory Science Program: Cynthia Bean and Kelly Shirley

Carolinas College of Health Sciences

1200 Blythe Blvd., PO Box 32861

Charlotte, NC 28232

Phone: 704.355.5043

Fax: 704.355.5967

Publication Editor: Pat Lewis, Pat.lewis@CarolinasCollege.edu