



## Carolinan College of Health Sciences | November 2016

**CCHS Hours of Operation**  
M to F, 7:30 AM to 4:30 PM  
Badge access: 24/7

**The college will be closed**  
**Nov. 24 & 25 for Thanksgiving.**

**CCHS Computer Lab**  
**Staffed**

M to Th, 7:30 AM to 7:30 PM  
Friday, 7:30 AM to 4:30 PM  
(No after-hours staff on Fridays.)

Saturday, 11 AM to 4 PM  
Sunday - Not staffed  
Badge access: 24/7

**CCHS Nursing Skills Lab**  
**Staffed**

M to F, 7:30 AM to 4 PM

**AHEC Library**  
Medical Education Building  
M to F, 8 AM to 5 PM  
Badge access: 24/7.

**The library will be closed**  
**Nov. 24 & 25 for Thanksgiving.**

Connect  
with CCHS



### WHO SAYS THERE'S NO SUCH THING AS A FREE LUNCH?

The College is pleased to announce the continuation of a treasured CCHS tradition, the annual Thanksgiving luncheon. This year's luncheon will be held on **November 21**, 11 a.m. to 1:30 p.m. CCHS teammates will provide and serve fabulous desserts to go along with the turkey dinner. The dinner includes all the traditional favorites: turkey, dressing, mashed potatoes and gravy, green beans and rolls...so come hungry!



Becky Bosch

### STUDENT OF THE MONTH

Congratulations to Rebecca (Becky) Bosch, Student of the Month for November. Said Karen Miller, nursing instructor who nominated Becky, "Being the single mom of an active toddler, is never easy, but anybody who can handle that AND nursing school AND a full-time employment deserves big gold stars! In spite of her busy life, Becky finds time to give back by tutoring another single mom...through Facebook messenger... after both of their babies are down for the night! As they say, Where there's a will, there's a way. Keep up the good work, Becky!"

## WELCOME NEW TEAMMATE



Alice Ward

**Alice Ward** joined the college on October 17 as the new staff assistant for the school of nursing. Alice comes to us with nine years of experience at Gallaudet University, a school for the deaf and hard of hearing in Washington, DC. While at Gallaudet, Alice served in the roles of administrative secretary and then program support specialist. She also has expertise in American Sign Language. Alice moved to the Charlotte area about six months ago to be closer to

family. She has a daughter interested in becoming a nurse, and a 19-month old grandson. Alice is located in room 114.

## OPEN FORUM WITH PRESIDENT HOPKINS

**November 28**, 2:00 to 2:30 PM, room 135. Share what you like; what you don't. This is but one of the opportunities CCHS students have for input into college decision-making. Others include service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc.

## WOW! THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. CCHS does that with WOW cards, Values In Action recognition and KEAP bonuses. Read the posted WOW cards on the WOW board to see what your classmates and CCHS teammates are being recognized for! These CCHS Stars were recognized recently:

**Teammates** Cathy Borysewicz, Chris Davenport, Tracy Hayes, Janna McColgan, Jackie Meunier, Karen Miller and Susan Patterson

Values in Action were awarded to Lori Bequette, Kim Bradshaw and Scott Wilson

KEAP Award awarded to: Lori Bequette

## IT'S NOT TOO LATE!

The 2016 HopeBuilders 5K, postponed due to Hurricane Matthew, has been rescheduled for Saturday November 19. Whether you can run, walk, or push a stroller, come join the Carolinas College of Health Sciences team! Go to [http://events.carolinashealthcarefoundation.org/site/TR?fr\\_id=1751&pg=entry#.WBJFOTVGSKQ](http://events.carolinashealthcarefoundation.org/site/TR?fr_id=1751&pg=entry#.WBJFOTVGSKQ) and click "join a team." The cost is \$30 (or you can volunteer for free). Once you've joined, see Karen Miller (room 122-A) for a team t-shirt.

## COMMITMENT TO CARING CEREMONY

**December 14**, 6 PM, Suzanne Freeman Auditorium on the campus of Carolinas Medical Center. The Commitment to Caring Ceremony celebrates the graduating nursing students' entrance into the nursing profession. The ceremony includes pinning by a special guest of their choosing, Florence Nightingale Lamp lighting and a Blessing of the Hands; a light reception directly follows the ceremony. Reminder: if you are participating, your statement and RSVP deadline is **December 5**.

For additional questions please contact class representative Rachel.Williams@cchsmail.org or SNA advisors Diahanne Holandez (704.355.7580) or Terri Lynch (704.355.2659).



Alumnus Virginia Stuart Cloer, NUR '51, passes the flame during the Commitment to Caring Ceremony in May 2016.

## WELCOME NEW TEAMMATE



Dr. Karen Lewis will join the College as the new dean of student affairs and enrollment management on November 28. Dr. Lewis is moving to Charlotte from Iowa where she was a consultant with From the Heart International Education Services. Prior to that she was the associate vice president for enrollment management and institutional research at Des Moines University. She will bring strong leadership and experience to student affairs and enrollment management. Her office will be located in the student services suite in room 165. Please stop by to welcome her to the college.



by Sam Smith, MBA, Student Success Coordinator

#### Before the Test:

Attend Class & Take Notes – Be sure to attend class, and take detailed notes during class lectures. Many professors will give hints on topics and ideas that may appear on upcoming tests to encourage attendance and participation. Additionally, your class notes will be crucial in test preparation.

Ask Questions – Don't be afraid to ask your instructor about the upcoming exam. For example, ask what type of questions will appear on the test (essay, multiple choice, fill in the blank, etc.), and also inquire about time limit and whether class

notes or textbooks will be allowed. Teachers want you to succeed, and therefore will often answer questions that enable you to better prepare for the exam. Finally, if you've had exams given by this professor before, be sure to look over those for clues, such as test style and what types of information they focus on.

Testing-Taking Strategy – Find the test preparation strategy that works best for you. Try multiple studying techniques, such as note cards, outlines, or summary sheets. Creating study helpers like these will allow you to focus on the most important details and allow you to study and learn key ideas during the preparation stage.

#### During the Test:

Read Instructions Carefully – Ensure that you read all instructions before starting the exam. The instructions often contain important information, such as the recommended length of answers, approach you should take, or the number of questions that need to be answered. Ignoring the instructions could negatively affect your overall success on the exam.

Annotate on Each Question – Be sure to read the content of the test questions before you begin each section. Underline or circle important words that will help you answer the question, specifically anything that affects the meaning of the sentences, like negatives or qualifiers.

Jot Down Immediate Knowledge – Before you begin the exam, do a “knowledge dump,” where you quickly jot down any information that you feel you may forget during the test. For example, write down any dates, terms, or ideas that you found difficult to remember during your study sessions. Specifically, you may want to note anything that is purely memorization.

Increase your Confidence – Begin the exam by completing any questions that you feel extremely confident in answering, as this will increase your level of confidence for the rest of the exam. Additionally, map out your allotted test time by section to keep your confidence and on track, but be careful to not stress out about it or rush through the test.

#### After the Test:

Learn from Experience – Regardless of your final test score, review what questions you got right or wrong on the exam. The completed exam is a record of how you performed on a variety of topics and question types. Additionally, be sure to analyze how the instructor graded the test, specifically if he or she gave partial credit on some questions. Adjust your test-taking strategy moving forward based upon your analysis. **Want a tutor?** Get one early and avoid the rush!

**Recruiting Peer Tutors!** Do you enjoy helping other students learn? Do you want to keep past course material fresh in your mind? Are you looking for a flexible service opportunity you can arrange around your schedule and priorities? Consider becoming a Carolinas College Peer Tutor! If you've earned an “A” or a “B” in a course and feel you could help another student with some academic coaching, please contact: Sam Smith, Student Success Center, room 254, 704-355-4025, samuel.smith@carolinashealthcare.org.

**Student Employment Opportunities.** Talk with CHS Human Resources on **November 7, 10 AM to Noon**. If you're interested in part-time/prn employment with CMC, sign up for a fifteen-minute appointment with CHS Recruitment Specialist Clifton Chapman in the lobby.

#### To make an appointment:

- ❖ Log onto the Information Portal and click on *Student Success Center* under *CCHS Quick Links* on the home page.
- ❖ Select the *Job Search Resources* tab. When you open that section, the interview sign-up sheet will be your first choice. You may sign up for any open 15-minute timeslot.
- ❖ You can still talk with the recruiter on a drop-by basis without making an appointment as long as he is not busy with another student.

Cliff Chapman usually visits the college on the first Monday of each month. Feel free to email or call him with your questions: Clifton.Chapman@carolinashealthcare.org, 704.631.0347. Sam Smith is also available here at CCHS to support your efforts.

## PHI THETA KAPPA (PTK) UPDATE

PTK held its fall induction ceremony on September 29th. Doug Frankenburg, former chair of the radiologic technology program, was the feature speaker. Cake and friendly fellowship were enjoyed after the ceremony as new members Lauren Albano, Elyse Bridgewater, Krysta Chirino, Anneliese Crockett, Jamie Gleason, Jessica Hughes, Anna Krecker, Bridgette Lindsay, Emma Mahoney, Rebecca Shaw and Lindsy Thomas were welcomed to the honor society. In addition, PTK members made 112 sandwiches at the September meeting to take to Urban Ministries.

### Upcoming Events:

**November 3:** Blood Drive, 11:30 AM to 3:30. Sign-up sheet is in the lobby.

**November 3:** Serve dinner at the Men's Shelter of Charlotte, Statesville Ave. Campus, 5:30 to 7 PM.

**November 18:** Next general member meeting 11:30 AM, rm 161

**December 1:** Serve dinner at the Men's Shelter of Charlotte, Statesville Ave. Campus, 5:30 to 7 PM.

**December 17:** Christmas caroling at the Men's Shelter, 7:30 to 9 PM. Contact Shelia.Wallace@cchsmail.org or Cathey.Miller@carolinacollege.edu or (704.355.0036), if interested.

PTK is the international honor society, which recognizes and encourages academic achievement of 2-year college students and provides opportunities for individual growth and development through participation in honors, leadership, fellowship, and service programming. For questions please contact our chapter president Sheila Wallace. (shelia.wallace@cchsmail.org) and faculty co-advisor, Cathey Miller (cathey.miller@carolinashealthcare.org) .



New PTK member Lauren Albano.

## CONGRATULATIONS!

Ever wonder how many scholarships CCHS awards to students each year? At this year's scholarship banquet, recipients and donors came together for an evening of recognition and celebration. Held at Byron's SouthEnd on October 27, the CCHS Development Committee awarded over \$102,700 in scholarships to 65 students.

Have you applied for scholarship money for spring of 2016? No? Why Not? Fill out the online application and complete your FAFSA; that's all it takes! Don't let another opportunity to get financial assistance pass you by. Details on the upcoming open application period next spring will be published in this newsletter shortly.

Congratulations to the following CCHS 2016 Scholarship Recipients: Esther Aguayo, Lauren Bollinger, Alisha Borchardt, Zanza-Browne, Tara Charobee, Mackenzie Chase. Rachel Cheema, Alicia Collins, Lucy Conroy, Anneliese Crockett, Abigail Dario, April B. Davis, Ashley Diaz, Kimberly Dorval, Erin Freeze, Adamma Haith, Alesia Hamilton, Jazmin Hermosillo Aguilar, Natalie Hopes, Christine Hughes, Nicky Konemany, Matthew LaCount, Tiffany Lea, Esther Lee, Jinyi Lee, Sarah Lee, Bridgette Lindsey, Janet Lister, Minerva Lord, Emma Meyer, Zachery Miller, Cameron Monie, Brittani Montes, Tracy Mulligan, Logan Nail, Summer Nunn, Delaney Patterson, Emiley Peterson, Andrew Price, Danielle Reames, Tiffany Remington, Donna Sebastian-Woods, Tricia Seifried, Alyssa Suarez, Lindsy Thomas, George Wentworth, Matthew Williams, Rachel Williams, Rebecca Williams, Esther Yim, Ashley Yurco and Brianna Zike.

## GRADUATION IS JUST AROUND THE CORNER!

Congratulations to all nursing and clinical laboratory science students who will be graduating on **December 16** at 3:30 p.m. The ceremony will be held at Pritchard Memorial Baptist Church at 1117 South Blvd. All are welcome. The awards breakfast will be that morning in the church fellowship hall at 8:30 a.m., followed by rehearsal.

**Post-Graduation Medical Insurance** - Have you thought about post-college medical insurance requirements? It's now the law that you have medical coverage, and as you leave CCHS your eligibility for student insurance may cease. Good news: Graduation is a life mile marker that triggers a "Special Enrollment Period." A special enrollment period allows a 60-day window for new graduates to sign up for medical coverage in the marketplace, even though it's not a typical open enrollment period.

Graduating students who don't have insurance through a job, a spouse/partner, or a new educational opportunity have two opportunities:

- ☞ Find a plan on the marketplace, at [www.healthcare.gov](http://www.healthcare.gov).
- ☞ Stay on your parent's plan if you're 26 or under.

What you cannot do is simply "ride it out," hoping for no accidents or illness. So, unless you're covered by your parents' plan or a spouse's/partner's plan, you need to either have a job that provides coverage, or select a plan from the Marketplace within two months of graduating. For more information, go to the college information portal (Moodle) under the section on graduation.

## CONTINUING EDUCATION OPPORTUNITIES

**CCHS Admissions Information Session. November 1,** 3:30 to 5 PM. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

**CPR: BCLS for the HealthCare Provider. November 16,** 8 AM to noon. Cost \$50. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.Dull@carolinashealthcare.org.

**CPR: BCLS Online - Part 1.** Cost \$28.50 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address: [www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect](http://www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect). Choose BLS Online - Part 1. The course takes approximately 1 hour. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to BCLS Online Skills Check Part 2.

**CPR: BCLS Online Skills Check - Part 2. November 2, 9, 16, 23 & 30.** 1 to 3 PM. Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

**Recapturing Balance in Turbulent Times (Webinar). November 30,** Noon to 1 PM. Objectives of the webinar include: 1) Define the symptoms and sources of stress in your life; 2) Assess your tools for coping with stress; 3) Learn ways to develop your resilience and optimism. Sponsored by CHS Employee Assistance Program (EAP), 720 East Blvd. **FREE** for CCHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register.

**Chaplain's Grand Rounds - Compassion and Medicine. November 17,** Noon to 1 p.m. Held in the Suzanne Freeman Auditorium (at top of Loop Road turn right toward loading dock then left into Cannon Research Building). The theme of this series calls for the exploration of how compassion is healing for those who receive it as well as for those who offer it. Compassion is an antidote to burnout when caregivers offer it to others, receive it from others, and practice self-compassion in their own lives. This series aims to affirm that while modern day medicine continues to demonstrate breakthroughs in healthcare, the place of love and compassion in the healing spaces cannot be underestimated. This month's speaker is Elizabeth Jackson-Jordan, BCC, topic is *Compassion with Difficult People*. Bring your lunch!

## ATTENTION ALL STUDENTS WHO WILL GRADUATE IN 2017

Each year as a gift to graduating students, the College has a large composite photo made of their class. Each graduate receives an 11 X 14 souvenir copy as well as two small individual pictures ideal for your certification exam application. A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever. Pictures will be taken on **January 26 & 27, 2017**. Sign up sheet will be posted in the main lobby on **December 1**.

## NURSING PROGRAM WINS ACCOLADES!

In an inaugural ranking of U.S. nursing schools, Carolinas College has been named the ninth best nursing program among more than 1900 vocational, career, and community colleges.



The ranking, conducted by the online site Nursing Schools Almanac, evaluated each program on three dimensions: institutional prestige, breadth and depth of nursing programs offered, and student success, particularly on the NCLEX. When each of these assessments were combined into an overall score, Carolinas College ranked as one of the best colleges focusing on entry-level pre-licensure nursing education.

While this comes as no surprise to the everyone associated with the program, it provides wonderful national recognition for the hard work and commitment of our nursing faculty. Congratulations to Cathy Borysewicz and all of our nursing faculty and students!

## SACS COC REVIEWERS LEAVE IMPRESSED!

Last week, the College hosted a team of reviewers from SACSCOC, our accrediting body, on campus for approval of the first off-site location at CMC Mercy. The College is pleased to announce that the CMC Mercy site visit resulted in no recommendations! Special thanks to Kelly Shirley, Tracy Walling and the Histotechnology students for the great program you have, to Lori Bequette for her guidance and planning in hosting the team and for providing them with all the information and amenities needed for their visit, and to Michelle Webb and Janice Bellamy for ensuring that every detail was attended to while our visitors were on campus. The College is proud of each of you.



## NOVEMBER DATES/TIMES FOR COMPUTER LAB/ANNEX CLOSURES

To ensure the integrity of online exams, most will be offered in a proctored environment in the computer lab and/or annex. The size of the class will periodically necessitate the temporary closure of the computer lab and/or annex. During those periods, students will have access to a temporary computer lab set up in room 151 as well as continued access to computer resources in the AHEC Library. For planning purposes the lab closure days for November are listed below:

Date	Duration	Client	Time	What is closed?	Where will an alternative lab be accessible?
November 2	1	RAD 210	12 to 1 PM	Lab	Annex and AHEC Library Computer Lab
November 3	2	NUR 154	9 to 11 AM	Lab & Annex	Room 151 and AHEC library computer lab
November 4	0.5	NUR 153	8 to 8:30 AM	Annex	Computer Lab and Room 151
November 4	2.5	NUR 153	8:30 to 11 AM	Lab & Annex	Room 151 and AHEC library computer lab
November 4	1.5	RTT 220	3 to 4:30 PM	Annex	Computer lab and AHEC library computer lab
November 7	1	NUR 154	8 to 9 AM	Lab & Annex	Room 151 and AHEC library computer lab
November 7	1.5	NUR 202	9 to 10:30 AM	Lab	Annex and Room 151
November 7	1	NUR 153	11 AM to Noon	Lab	Annex and Room 151
November 8	3	NUR 202	9 AM to Noon	Lab & Annex	Room 151 and AHEC library computer lab
November 9	1	RAD 210	Noon to 1 PM	Lab	Annex and AHEC library computer lab
November 10	2.5	RTT 210	8:30 to 11 AM	Lab	Annex and AHEC library computer lab
November 10	1	SUR 201	12:30 to 1:30 PM	Lab	Annex and AHEC library computer lab
November 11	1	RAD 212	8:30 to 9:30 AM	Lab	Annex and AHEC library computer lab
November 11	1.5	RTT 215	10:30 to Noon	Room 211	Annex and AHEC library computer lab
November 11	1	RAD 110	11:30 AM to 12:30 PM	Lab	Annex and AHEC library computer lab
November 16	1	RAD 210	Noon to 1 PM	Lab	Annex and AHEC library computer lab
November 17	2	NUR 154	9 to 11 AM	Lab & Annex	Room 151 and AHEC library computer lab
November 17	1.5	RTT 210	9 to 10:30 AM	Room 211	Room 151 and AHEC library computer lab
November 17	2	RAD 210	2 to 4 PM	Lab	Annex and AHEC library computer lab
November 18	45 min	NUR 154	7:45 to 8:30 AM	Lab	AHEC library computer lab
November 18	.5	NUR 153	8:30 to 9 AM	Annex	AHEC library computer lab
November 18	2	NUR 153	9: to 11 AM	Lab & Annex	Room 151 and AHEC library computer lab
November 18	1	RAD 110	11:30 AM to 12:30 PM	Lab	Annex and AHEC library computer lab
November 21	3.5	TEAS	1 to 4:30 AM	Lab	Annex and AHEC library computer lab
November 28	1	NUR 153	11 to Noon	Lab	Annex and AHEC library computer lab

# Activities & Deadlines For November

Complete information, with times, is elsewhere in the newsletter.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Admissions Information Session	2 BCLS Online Skills Check Pt. 2	3 PTK Blood Drive PTK Serves Dinner at Men's Shelter	4	5
6	7 HR Rep On Campus	8	9 BCLS Online Skills Check Pt. 2	10	11 Last Day to Withdraw Full Fall	12
13	14	15	16 BCLS for the HealthCare Provider BCLS Online Skills Check Pt. 2  Fall II Midterm	17 Chaplain's Grand Rounds	18 PTK General Member Meeting	19 HopeBuilders 5K
20	21 Annual Thanksgiving Luncheon  	22	23 Holiday - No Classes BCLS Online Skills Check Pt. 2	24    Thanksgiving Holiday College Closed	25	26
27	28 Open Forum  Last Day to Withdraw Fall II	29	30 BCLS Online Skills Check Pt. 2  EAP Webinar			