CCHS Approved to Offer Fully Online, For-credit Programs

Carolinas College has received approval from its accrediting body to offer fully online programs. The Board of Trustees of the Commission on Colleges of the Southern Association of Colleges and Schools (SACS) has awarded the college this new level of approval. Previously, the college was approved to offer online and hybrid classes, but not full for-credit programs. The CCHS proposal for online delivery focused on the Associate of Science in General Studies degree, of which approximately half is now offered via online or hybrid courses. To win this approval, the college needed to present a teaching and learning model appropriate to online delivery. It also needed to demonstrate the ability to deliver student services and resources to online students which are equivalent to the services and resources available to on-campus students. SACS needed to see that online student learning outcomes are clearly defined, assessment measures are identified, and benchmarks for effectiveness are met in the areas of student learning, student retention, and student and faculty satisfaction. CCHS also needed to demonstrate that physical, monetary, technology, faculty, library, and student service resources were in place and adequate to support distance education students. This new approval opens the door for more online, for-credit programs in the future.

Many thanks to college leaders and staff members who contributed ideas and hours of effort to shape the Associate of Science in General Studies curriculum, and supply the technology and student services necessary to receive this new and important approval.

March 3 - 7 is Spring Break. There are no classes, but administrative offices are open. Relax, refresh, and enjoy the break!

Student of the Month - Amanda Bowen

Congratulations to Amanda Bowen, CCHS Student of the Month for March. In addition to her studies as an intermediate nursing student, Amanda is a busy mom of three children and serves as a Student Ambassador. Amanda is a friendly face in the halls, greets everyone with a smile and a positive outlook, and can always be counted on to help with any project or event. Amanda wins this honor for the time and energy she’s devoted to greeting new students and helping them feel at home at CCHS.

Erin Go Bragh & Rock & Roll

Two FUN events are coming your way to celebrate St. Patrick’s Day and YOU! First, Student Life Committee is hosting an event “Green” event on Monday, March 17, in the lobby, 10:30 a.m.—1:00 p.m. Grab a green treat to celebrate your hard work, dedication, and success at CCHS! Second, following the “Green Treats,” hang with us in Rm. 190 (auditorium) and demo your skills with Guitar Hero or Wii Dance Party. Or vote to encourage classmates and staff/faculty to perform! Proceeds help support the April 12 Day of Service.
Congratulations Taylor & Lyndsi; Welcome to the “V Lot”!

Congratulations to Taylor Kauffman and Lyndsi James, recent recipients of V lot parking. Taylor won in a drawing among students’ who’ve authorized texting for emergency notification; Lyndsi won a Community Involvement raffle.

From the School of Radiologic Technology

Results are in, and the Radiologic Technology Class of 2013 blew the lid off their national registry exam. Yes, they reached that coveted 100% first-attempt pass rate on the ARRT registry examination. But that’s not all. Yes, these CCHS Rad Tech graduates exceeded the mean national scores. But that’s still not all. Get this: 7 of the 14 graduates placed in the “90th percentile and above” bracket. Yep...the top 10% of all testers in the nation! CCHS is so very proud of the graduates and the RT faculty.

Registering for Summer Semester

The Summer Online Registration Information and Course Listing will be sent to students’ college email on March 10. It will also be posted on the information portal under Student Resources/Incoming Student Information. Registration for summer classes will open at 7 a.m. on the following dates:

- March 24 - Online registration for Nursing, Radiologic Technology, Radiation Therapy, Surgical Technology and CRIBN Program students.
- March 31 - Online registration for General Studies and Pre-Nursing Program students.
- May 19 - Summer classes begin.
- May 23 - Late registration/drop-add period ends.

Students should meet with their advisors to discuss schedules before attempting to register for classes. After that meeting, advisors will lift the registration hold allowing you to register. Contact Sue Roux, Registrar, if you have questions or problems with the registration process.

Histotechnologists Rock!

March 10 is Histotechnology Professionals Day, created to honor their expertise, knowledge, skill and talent. What do histotechnologists do? In a nutshell, they obtain tissue samples and slice, fix, and stain those samples in a way that allows pathologists to make accurate diagnoses, often as the surgeon and pathologist wait. They make a difference in every diagnosis! In histotechnology, excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities. The College salutes M. Lamar Jones, Education Coordinator, and the CCHS Histotech students, and wishes them Happy Histotechnology Professionals Day!

Slip-Slidin’ Away....It’s a Matter of Safety

March is here, the “April showers” aren’t far behind. With that rain comes wet feet and wet floors. Laminate floors get slippery when wet! For everyone’s safety, please wipe your feet well when entering, and if you see wet areas on the floors, tell Joy at the front desk so we can place caution signage and call housekeeping. Just as we are all teammates in the delivery of patient care, so are we also teammates in creating a safe environment. Thank you for your help!!

May Graduates: March 12 is YOUR Day!

On Wednesday, March 12, members of the CCHS Alumni Association will be in the lobby from 2:30 – 4:00 PM to congratulate you on a job well done. Stop by for cake, punch, and treats!

National Shortage Causes TST Clinic Hiatus

The CCHS TST clinic, normally held monthly in the college lobby, remains suspended until further notice. If you have a tuberculosis exposure, contact Teammate Health at 704.631.0206 and your clinical instructor to determine how and when to be tested.

YOUR Help Needed with a National Population Challenge & a CHS Imperative

You know that diabetes is a national crisis. As CHS embarks on an ambitious plan to test the greater Charlotte population for pre-diabetes, more A-1-c hemoglobin testers are needed. A simple fingerstick and early diagnosis can make a staggering difference. CHS wants the help of CCHS students in operating community A-1-c test sites. Watch your CCHS email for news about training opportunities.
Welcome Cheryl!

Cheryl Pulliam has joined the College as the Institutional Research Associate. Cheryl will work closely with Dr. Lori Bequette, Dean of Assessment and General Studies, to ensure the college is setting, measuring and meeting quality and strategic goals each year. Cheryl, a native of Winston-Salem, has an extensive background in both healthcare and education. She began her career as a middle school teacher, then moved to healthcare first with Unisys corporation, then as a biostatistician and assistant epidemiologist in the research division of Carolinas HealthCare System. She served as the director of strategic planning and marketing for Presbyterian Healthcare/Novant Health, and most recently, returned to education where she founded and directed the School Executive Leadership Academy at Queens University of Charlotte. A cum laude graduate of Wake Forest University, Cheryl received a master’s degree in Public Health – Administration from the University of North Carolina at Chapel Hill. Cheryl enjoys the outdoors and typically walks/hikes 1500 miles/year. Small world story: Karen Miller (nursing faculty) was a middle school student of Cheryl’s “back in the day.” Greet Cheryl in Office #125.

Fun, Free Dinner, & CHS Scholarship Funds

The College has a rich history of alumni interaction and participation. One of the many aspects of alumni involvement with the college is to help fund scholarships and college improvements. The annual phone-athon fundraiser grows bigger and bigger each year. Last year we raised over $19,000 - and that was all because of our AMAZING student volunteers! Let’s do it again in 2014. Each evening April 7, 8 and 9, the college needs students from each program to volunteer with the alumni phone-athon. It is a great opportunity to help the college, participate in a worthy cause, and win PRIZES! Each evening, there will be dinner served at 5:00 p.m., training at 5:30 p.m., and calling from 6:00 to 8:00 p.m. To volunteer, contact Jill Powell (Jill.Powell@carolinascollege.edu) or Susan Patterson (Susan.Patterson@carolinascollege.edu) for de-

Your Voice Is Heard

CCHS provides many opportunities for students to have input into College decisions. At a recent meeting of the Council of Student Leaders (officers of student organizations) several students remarked “Cars fly down Garden Terrace! It’s scary!” CCHS Dean of Student Affairs took that concern to the college property management group, Lincoln Harris, who in turn took it to the City of Charlotte. Guess what? Speed humps are now planned. Thanks for sharing your opinions and your voice. You make a difference; we’re better together!

What’s All This I Hear About April 12?

It’s the biggest event of the spring semester—maybe of the entire CCHS year. (Although that free turkey dinner was pretty awesome, too.) Saturday, April 12 is the annual CCHS Day of Service and Celebration. It’s for you and your family - so bring the kids, the folks, the significant other, and show them where you spend so much time!

Q. OK, I got that. But what IS it, exactly?
A. The day begins with more than half a dozen different community service events. Take your pick. Some are on campus; some are at local venues like Second Harvest Food Bank. You and classmates/faculty/guests can make PB&Js for Crisis Assistance or pencil packs for Classroom Central. You can wash vehicles for Florence Crittenton. Kiddos can make cards for LCH patients; you can write thank you notes to scholarship donors.

Q. Ummm - And what was that you said about FUN?
A. The fun begins when the work wraps up, about noon. We serve a full NC BBQ lunch and there’s fun and games. And a pie-in-the-face competition.

Q. OK, now you’re talking, but that sounds pretty chaotic.
A. It’s all very well planned. Soon, we’ll be rolling out “Penny Wars.” Penny Wars (the idea of CCHS students!) finance the community benefit projects (PB&J, crafts, pencil pack materials). Whoever wins Penny Wars gets to select who gets the first pie in the face. Soon, jars will appear in the lobby. Each penny you place in your jar (per academic program or special interest group) is a point for your group. Each silver coin or dollar bill subtracts points from whoever’s jar you place it in. Competition gets fierce.

Q. I’m in! What’s next?
A. Watch for a survey/RSVP in your CCHS email. Use it to tentatively select your community benefit project. Come to the Guitar Hero/Wii Dance Party on March 17. It’s Day of Service publicity AND for a small price you can perform or “sponsor” someone you’d love to see perform! Finally, watch for Penny Wars and bring your pennies. Oh, and mark your calendar to join the fun on April 12 at CCHS!

Compliance Corner - Disposition of Patient Information

This month’s focus is disposition of patient information. Carolinas Healthcare System’s Office of Corporate Privacy requires all discarded patient information to be put in CHS-issued shred bins found in patient care areas. Paperwork of any kind, ID bracelets, and labels with patient information must go in these locked shred bins. Prescription bottles, IV bags or medical supplies with patient information should be disposed of in medical waste bins. Keys to the shred bins are available with proper authorization. If you see shred bins not working or overflowing, call Environmental Services. Speak up if you see information being disposed of improperly. Policy violators are subject to disciplinary action. We all need to do our part to ensure compliance.

Cheryl Pulliam

Lynn Jordan after being “Pie’d”

It’s a family-friendly day!
Continuing Education Opportunities

Inspiration for Pain Management (Chaplain’s Grand Rounds)

March 20, noon to 1 p.m. This month’s topic is of special interest to anyone planning a career in oncology, or who has battled or watched a loved one or patient battle cancer. It will touch & change you! This is part of the Chaplain’s Grand Rounds, and is based on the premise that there is a marvelous interface between inspiration and healing at the deepest level. When patients tap their vast resources for strength and endurance, outcomes are often better. The CHS Spiritual Care Division sponsors this annual 9-part series and it’s open and free to all students and CHS teammates. Each topic stands alone so it’s OK to come to just one. This year’s series explores the relationship of healing and inspiration. Held in the Suzanne Freeman Auditorium at CMC (ask Joy), it’s free, and open to students. Bring your lunch and enjoy!

How to Beat the Winter Blues Webinar

March 25, Noon to 1 p.m. Participants will learn the signs and symptoms of SAD (Season Affective Disorder); gain strategies for improving mood during winter months, and identify resources and options for assistance with SAD. Sponsored by CHS Employee Assistance Program, 720 East Blvd. Free for CHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register. 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 for a private appointment or to register for a class.

CCHS Admissions Information Sessions

March 11 & 25, 4 to 5 p.m. Have friends who want to know more about CCHS 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. For more information on our Medical Laboratory Science or Histotechnology program, contact Kelly Shirley, Program Director, at 704.355.4275.

BCLS for the Healthcare Provider

March 8 & 19, 8 a.m. - 1 p.m. Cost $60. 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.

BCLS Online - Part 1

Cost $22.00 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address (https://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 Skills Check Part 2 (see below).

BCLS Online Skills Check - Part 2

March 8, 12, 19 & 26, 1 - 3 p.m. 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).

Free Exercise Classes for Students - March Offerings

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<th>LOCATION</th>
<th>Day of the Week (all month)</th>
<th>DAY/TIME</th>
<th>FEE</th>
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<tr>
<td>CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!</td>
<td>Mondays</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
<td>Free to CCHS students and CHS teammates.</td>
<td><a href="mailto:Livewellevents@carolinashealthcare.org">Livewellevents@carolinashealthcare.org</a> or 704.446.1645. Park on East Boulevard or in the lot behind the LiveWell building. Enter through the door at the rear of the building.</td>
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<td>All Classes listed are held at the CHS LiveWELL Building at 801 East Blvd.</td>
<td>Zumba</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
<td>All classes are led by highly qualified, experienced instructors. Exercise flooring is safe, cushioned material. Bring your own water, towels, and yoga mat. Other materials specific to the class are provided (weights, hoops, etc.)</td>
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<tr>
<td>From the new Tijuana Flats restaurant on East, head toward South Blvd. It’s before the Greek Orthodox Church on the right. Park in the back or on East. Badge required.</td>
<td>Kick Boxing</td>
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<td>Enter from the back parking lot using your ID badge. Multipurpose workout areas are visible as soon as you enter.</td>
<td>Tuesdays</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
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<td></td>
<td>Total Workout Mo’s JamRock</td>
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<td>New “Quick Fit” Small group training with Jeremy Sinclair</td>
<td>Wednesdays</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
<td>$50.00 for 4 weeks (8 sessions)</td>
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<td>Body Sculpt Yoga</td>
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<td>Thursdays</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
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<td>Pilates Socacise</td>
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<td>Mon &amp; Wed 4:30 - 5:10 p.m. OR 5:20 - 6 p.m.</td>
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<td>Call Carol Tyndall 704.446.1645. Spaces very limited.</td>
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Open Forum with President Sheppard

CCHS students have many opportunities for input into college decision making: service on college committees, end-of-course surveys, suggestion board (across from classroom 161), SGA opinion polls, etc. One of the most significant is the bi-monthly President’s Forum. Attend, and let your voice be heard! Dr. Sheppard will be available Thursday, March 10 room 137, 1 to 1:45 p.m. Unable to fit this into your schedule, no problem! Stop by her office (Room 110) or shoot her an email: Ellen.Sheppard@CarolinasCollege.edu.

Get to Know the CCHS Team

Recently a CCHS student made this recommendation: “We all know that CCHS has amazing staff and faculty, but we students would like to know them better. How about using the monthly newsletter as a way to share more about who they are?” We love that idea and this month focus on CCHS alumnus, Rad Tech faculty member, and Student Life Committee Chair Jodie Huffstetler.

Jodie is from Hallsville, Missouri. She graduated from the University of Central Missouri in 1998 with a BS in Rehabilitation Psychology. She became a flight attendant based in Charlotte. She had five exciting years of travel, but realized she wanted more from a career, so she took a leave of absence and enrolled in CCHS School of Radiologic Technology. After her 2005 graduation she worked at CMC-University as a staff radiographer and was the designated clinical preceptor for CCHS students. She joined CCHS as a full time faculty member in 2009. She earned a masters in education from University of Phoenix in 2013 and has also been a recipient of the coveted “Award of Excellence” from the accrediting body for RT programs. Jodie lives in Mount Holly with her husband, two young children, and two cats.

Student Nurses Association

THANK YOU to everyone who supported the recent SNA Bake Sale. Whether you donated baked goods or funds, purchased the School of Nursing sweatshirt or t-shirt, or just helped with the sale, your contribution made the difference! All proceeds will go toward the biannual Cynthia Favorite Scholarship and future luncheons for new NUR101 students.

As a result of the snow-pocalypse, the February SNA member meeting has been rescheduled for Thursday, March 27 at 8:00 a.m. CCHS alumnus Deborah Lane-Mathern, CMC operating room nursing instructor, will talk about the role of the RN in the operating room setting as well as orientation and preparation courses available to new RN’s wanting to join the OR team. Don’t miss this fantastic opportunity. Have a safe and relaxing Spring Break!

March is a busy month for Phi Theta Kappa; lot’s of worthwhile opportunities to become involved and help the community!

Upcoming Events (sign ups and specific details available on PTK’s page on the information portal [IP]):

engu to bring baked goods or staff the donation table. Donations of new socks and underwear, t-shirts, and toiletries are greatly appreciated!

March 12: Men’s Shelter of Charlotte, 5:30 to 7:15 p.m. First time volunteers please print the Confidentiality Form found on the Information Portal.

March 14: Crisis Assistance Ministry, 2:30 to 4:30 p.m., fellowship to follow. All members are welcome to join.
PTK general meeting, 11 a.m., room 157; officer elections will be held. Interested candidates check out the PTK page on the Information Portal. Don’t forget: PTK t-shirts still available for purchase; please see Cathey Miller in room 252.

WOW! These Folks Are Amazing!

Part of a culture of excellence is recognizing others. The following CCHS students or teammates were recognized recently:

Students:
Nursing: Destiny Covington, Rick Deese, Daria Kears, Hillary Lindman, Cassie Swiger, Sally Ware, Lisa Williamson, Hannah & Lexi
Facult/Staff...
Technology: Bo Clarke
Nursing: Jane Binettei, Lynn Jordan, Susan Patterson, Sherlene Robinson, Brenda Vasquez & Caroline Wrisley

Take time today to recognize who make your journey easier. The WOW box is in the lobby.
Study Tip of the Month

Why is paraphrasing an important learning skill, and how can you use it? Paraphrasing is expressing ideas in your own words – rewording concepts using your ways of communicating. It’s an essential skill in research writing in order to avoid plagiarism. It is also one of the best strategies for making new concepts your own: If you can explain it, you have mastered it. When you are reading your text or studying your notes and you come across a difficult concept, challenge yourself to put it in your own words – out loud. If you leave it on the page, that’s where it’s likely to stay.

Recruiting for 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 Nancy Watkins, Student Success Coordinator.

Student Employment Opportunities

Interested in part-time/PRN employment with CMC? Talk to Jacquelynn Williams, CHS Human Resources Recruitment Specialist. She’ll be on campus March 10, 10 a.m. - noon, and is available to you at 704.631.0314 or Jacquelynn.Williams@CarolinasHealthcare.org. Ms. Williams usually visits the college on the first Monday of each month. Her last visit in the spring semester will be on April 7.

Did You Know?

The Center is available to students 24/7 and is a great place to study. For more information or study tips, contact Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025, Nancy.Watkins@carolinashealthcare.org

Important Dates to Remember (Details about each are found elsewhere in this newsletter.)

| March 2 - 4 | Spring I Final Exams |
| March 3 - 7 | Spring Break - NO CLASSES |
| March 8 | BCLS for the Provider |
| March 9 | BCLS Online Part 2 Skills Check |
| March 10 | Daylight Savings Time Begins |
| March 11 | Open Forum with President Sheppard |
| March 12 | Continuing Education & Job Fair |
| March 13 | HR Rep on Campus |
| March 14 | Admissions Information Session |
| March 15 | PTK Bake Sale & Swap |
| March 16 | Full Spring Midterm |
| March 17 | CCHS Alumni Association celebrates graduating students |
| March 18 | BCLS Online Part 2 Skills Check |
| March 19 | PTK Volunteers at the Men’s Shelter |
| March 20 | PTK Volunteers at Crisis Assistance Ministry |
| March 21 | Spring II Classes Begin |
| March 22 | Luck ’o The Irish Green Treats for all |
| March 23 | Guitar Hero & Wii Dance Party, Rm 190 |
| March 24 | BCLS for the Provider |
| March 25 | BCLS Online Part 2 Skills Check |
| March 26 | Chaplain’s Grand Rounds - Inspiration for Pain Management |
| March 27 | Online Registration for Nursing, Rad Tech, Radiation Therapy, Surg Tech & CRIBN Students Begins |
| March 28 | EAP Webinar - How to Beat the Winter Blues |
| March 29 | Admissions Information Session |
| March 30 | BCLS Online Part 2 Skills Check |
| March 31 | Online Registration for General Studies, and Pre-nursing begins |