



The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence. - Confucius

CCHS Hours of Operation Administrative Offices

Monday - Friday
7:30 AM - 4:30 PM

Computer Lab Hours

Normal Lab Hours

Monday - Thursday
8 AM - 7:30 PM

Friday
8 AM - 4:30 PM

Saturday
11 AM - 4 PM

Sunday - Closed

The computer lab will be closed on Monday, Sept. 2, for Labor Day

Charlotte AHEC Library

(Med Ed Bldg., 1st Floor)

Monday - Friday
8 AM - 5 PM

2nd floor study rooms open 24/7 via badge access.

Charlotte AHEC Library will be closed on Sept. 2 for Labor Day.

From the Registrar's Office

Congratulations to students named to the Dean's List for summer semester, 2013. To be eligible for the Dean's List, a student must earn a semester GPA of 3.50 or higher and be enrolled in a for-credit healthcare program or general studies (including pre-nursing program) with 6 or more semester credits.

General Studies: Pamela Vu

Histotechnology: Ariana Miller, Dontavius Mobley, Michael Voulgaris & Paige Waymer

Nursing: Michelle Alwerdt, Christine Bell, Kimberly Belli, Alisha Blinck, Amanda Bowen, Christina Costello, Anne Cross, Mardi Crucitti, Jonathan Daigle, Caroline Deaton, Kasey Ellis, Donnelle Gaston, Christylee Griffin, John Gundel, Lauren Helms, Asia Holmon, Anna Hunter, Daria Kearse, Stacey Kern, Judith Lemmons, Melissa Maloney, Bryan McLaughlin, Kristen Medina, Deirdre Middleton, Madison Miller, Kimberly Mitchum, Anna Osborn, Melissa Parker, Kara Pevarski, Valerie Rodono, Alison Samoyedny, Mary Sawyer, Tracey Stone, Katelyn Sumner, Marianne Sweitzer, Katharine Swennes, Nicole Talley, Micah Testerman, Laura Turpin & Andrea Walker

Pre-Nursing: Timothy Abernathy, Ivana Arnette, Chadwin Craven, Nessrene Doudar, Leslie Harris, Juliana Johnson, Tanya Jolicoeur, Honnah Jones, Coreen Madonia-Fornos, Abby Malloy, Julie Martinat, Brittany Moss, Miles Nelson, My Huynh Nguyen, Elizabeth Sutcliffe, & Brittany VanDerMeid

Radiation Therapy: Suzanne Briggs, Yeyliana Cedeno, Marica Harris-Ivey, Emily Hartleben

Radiologic Technology: Brittany Harwell, Rene Norman, Jennifer Rivituto, Stephanie Smith & Lindsey Williams
Surgical Technology: Jennifer Actis, Marie Barkley, Paul Justice, Derrell Lyles, Cassandra Rabito-Pariseau, Mason Smith, Elizabeth Southerland, Kathleen Stallard, & Cecily Tindall

Undecided: Emma Campbell, Yolanda Garcia, Caroline Henderson & Cristina Murphy Valdez

Monday, **Sept. 2**, is Labor Day! Classes are canceled and administrative offices are closed. Please pause to reflect on what NC's labor unions and united workers did to improve working conditions in the state.



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. The single best way to protect against the flu is by getting a flu vaccination each fall. This year the H1N1 vaccine has been combined with the seasonal flu vaccine thereby eliminating the need for two vaccinations. The majority of adults have antibody protection against influenza virus infection within two weeks after vaccination.

Carolinan College, in conjunction with Carolinas HealthCare System, will continue with a free voluntary flu vaccination program this year. Students in histotechnology, medical laboratory science, nursing, radiation therapy, radiologic technology, and surgical technology who choose not to get a flu vaccination will be required to complete a mandatory declination form and to wear a mask in clinical should "official flu

season precautions" be implemented. In the meantime, we encourage everyone to get vaccinated for the safety of our patients, students, and employees.

FREE flu vaccinations will be offered to all students and employees at the college on the following dates:

- ☞ Tuesday, **Oct. 8** - 10:00 a.m. to 12:00 p.m.
- ☞ Thursday, **Oct. 10** - 9:30 a.m. to 11:30 a.m.
- ☞ Monday, **Oct. 21** - 12:00 p.m. to 1:30 p.m.
- ☞ Friday, **Oct. 25** - 11:00 a.m. to 1:00 p.m.

For flu information and schedules with additional dates and locations, please check the bulletin board in the lobby or click on the Stop the Flu icon on the Carolinas College Information Portal.

Protect yourself and those around you: Choose to get your flu vaccination!

Financial aid refund checks for those with a completed file will be available starting on **Sept. 10** at 10 a.m. in the business office (suite 208). Your CCHS Student ID must be presented to pick up a check.

Find us on
Facebook:

Carolinan College
&
Carolinan College
Alumni Association



From the Admissions Office



Welcome New and Returning Students! It has been an exciting time in the admissions office! On Aug. 12 and 15, we welcomed 165 new students. Our incoming class consists of 6 CRBIN, 16 general studies, 8 medical laboratory science, 68 nursing, 40 pre-nursing, 6 radiation therapy, 18 radiology, and 3 associates degree seeking students. If you see these new faces around the campus, please give them a warm CCHS welcome!

How did we do during New Student Orientation? Your opinion matters! We want to know how new student orientation went for you. Did we answer your questions? Was content covered in a timely manner? These are some of the questions you will see on the new student orientation survey which has been sent to your CCHS email account. Your feedback is important to us. Participation initiates change and is appreciated!

Blake Brawley takes a break during New Student Orientation.



CCHS Gives Back!



On August 17, CCHS students and staff again rolled up their sleeves to help the larger Charlotte community. The walls, door ways, cabinets, and trim at the Park Road YWCA were whitened and brightened by our team of volunteers. Thanks to all who participated!



Carolinas Simulation Center Awarded Prestigious Honor

The college is fortunate to have access to a world class simulation center. Recently at the Human Patient Simulation Network World Conference, Carolinas Simulation Center was recognized as an Education Innovator, an honor that was achieved by only five facilities in the world. This award recognizes the educational growth, multi-disciplinary programs, research, and safety initiatives in our system that the Center is integral part of. Congratulations to Dawn Swiderski, Scott Wilson, Katherine Ingram, Kisha Choice, Tara Johnson, Manuel Pimentel, John Ehlers, Melinda Armstrong, Laura Cragg & Crystal Bencken for their hard work and dedication.

Constitution Day



Constitution Day commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men on September 17, 1787. Our Constitution applies to our nation and all who are born in the U.S. or by naturalization have become citizens. Constitution Day will be celebrated on **Sept. 17**. In honor of this historic event, Carolinas College has created a special page on the Information Portal. Please take a moment to visit this page.

As part of one's constitutional responsibility, every citizen should vote. The leaders you elect make decisions that affect you - your job, your health care, your energy costs, your security and more. Get Registered. Get Informed. Get Out and Vote on November 5, 2013. The deadline to register to vote in North Carolina is October 11, and in South Carolina it is October 14. For voter registration information, visit the web sites below:

Mecklenburg County: <http://www.meckboe.org/>

State of North Carolina: <http://www.sboe.state.nc.us>

State of South Carolina: <http://www.state.sc.us/scsec/>

It's a Matter of Safety....

YES..... You **DO** need to wear your ID badge at ALL times while in class at the college or in clinicals at any of the CHS sites! Your photo ID badge must be worn at chest level with your name and photo facing outward so it is visible to faculty and staff at the college and patients, families, staff and physicians at CHS facilities. It is a matter of security, integrity and decorum. If you forget your ID badge, you must obtain a "temporary badge" from the front desk at CCHS.

Pedestrian Safety Carolinas Medical Center (CMC) is a busy place with a lot of vehicle traffic. With the walk to and from the MMP, MCP, and Scott decks, please practice good pedestrian safety. First, the designated walking path is the sidewalks along Blythe Blvd. These are well-lighted, have "blue light" emergency phones, and are patrolled by CHS Security. A map of this preferred path is available on the information portal in the "Student Resources" section. Second, pay attention to the traffic, especially at the intersection in front of CMC. Drivers may be distracted and not see you in the crosswalk. Finally, walk in pairs, especially at night. While CMC is a safe campus, walking in pairs provides an extra level of safety. Please remember that CHS Security is available to provide an escort - simply call 704-355-2093.

Student Parking In order to manage the large volume of cars on the Carolinas Medical Center (CMC) campus, everyone has a designated parking lot. All students are assigned to park in the Morehead Medical Plaza (MMP) deck located at the corner of Kenilworth and Morehead streets. Students enter and park in the "Staff" section and have access in this deck 24 hours a day, both class and clinical days, via ID badge. After 3:00 p.m. and on weekends, students have access to the V lot (next to the college, accessed via Loop Rd.). Parking along Garden Terrace and Lombardy Circle may lead to your car being ticketed or booted by Charlotte-Mecklenburg Police. In addition, parking in a lot other than the MMP deck may lead to your car being ticketed or booted by CHS Security personnel as well as being fined by the college. Continued violation of the parking policy may lead to disciplinary action.

Parking Lot Safety Tips

1. Remember your parking spot! This will limit your time in the parking deck.
2. Always use the buddy system or, travel in a group. However, if you are alone call 704-355-2093 for an escort.
3. Always pay attention to your surroundings. Situational awareness is essential to your personal safety just as it is in your chosen profession!
4. Report ANY suspicious activity to security 704-355-3333.
5. Keep your vehicle doors locked and windows up when you park. Upon returning to your car, have your keys in hand ready to unlock your car, and look in your vehicle before entering to be sure it is unoccupied. After you enter your car, lock your doors.
6. Keep anything of value in your car out of sight to reduce theft.
7. Do not hesitate to use the H.E.L.P. phones (located strategically in the parking deck) if help is needed or to report suspicious activity.

These "tips" are meant to keep you safe, so **PLEASE practice Situational Awareness and remind others to do the same!**

Faculty/Staff Updates



Laura Holland

The college is pleased to welcome Laura Holland as the new college admissions representative. Laura has a degree in English from UNC Charlotte and had most recently been working for Cabarrus College in their admissions and registrar's office. Laura has experience in marketing including social media and is bilingual in English and Spanish. On a personal note, she was born in Atlanta but the family moved to Concord when she was three. She loves to cook, go on runs with her outrageously adorable dog Tallulah, and LOVES University of Georgia football. She brings energy and excitement to the position and will be a great addition to the college. Laura's office is room 167. Stop by and give her a warm CCHS welcome!

On a sad note, Diana Bell's last day was August 30. Diana left to join her husband Bobby in Greenville, SC, where he has been working for the past year. Diana was a vital member of the student services team since 2009 and helped hundreds of healthcare providers get their start at CCHS. She will be greatly missed. To share how Diana helped you connect with CCHS, go to our Facebook page and tell your "Diana Bell Story."



Diana Bell

Need a Quiet Place to Study? Try These...

- ☞ In the Pavilion. Exit the door near room 122A, turn right (take your badge!). Viola! At end of sidewalk is a lovely secluded outdoor study area.
- ☞ Second floor study rooms at the AHEC Library, available 24/7 with badge access. Use the elevator in the medical education building lobby.
- ☞ Gazebo & tables in the CCHS courtyard.
- ☞ Student lounge's three quiet study rooms, the computer room or annex, room 137, or any classroom, anytime not in use (you can reserve them through student services).
- ☞ The nine study carrels near room 122 (no reservations needed).
- ☞ The Student Success Center, room 213.



Graduating ANYTIME in 2014?

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 using with 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. DON'T be left out! Pictures are taken in late January.

Student of the Month

Congratulations to Heather Alcock, CCHS Student of the Month for September. Heather, an intermediate nursing student, currently serves as president of the Student Nurses Association (SNA). Each fall and spring, SNA provides lunch during orientation for incoming nursing students. As a result of the renovation this fall, nursing orientation was moved off-site. This did not deter Heather and her SNA team as they enthusiastically revised their plans and delivered lunch. Even as the semester got underway, she was again quick to volunteer at the SNA fundraiser during the first week of class. Heather is a tireless leader who works hard for SNA and for the college. Prior to enrolling at Carolinas College, Heather earned a bachelor of arts degree from the University of Toledo. Please congratulate Heather as you see her on campus.



Heather Alcock

Know a fellow student who's making an outstanding contribution to the community, the college, or the healthcare system? If so, consider nominating him or her to be our Student of the Month. The award recognizes dedication to the core values of the college. The college's leadership team considers equally the student working hard behind the scenes to make a positive impact as well as the more visible leader. The recipient receives a certificate, a profile in this newsletter, and the recognition and gratitude of the entire CCHS community. Criteria and applications are in the "Student Resources" section of the CCHS Information Portal.

Student Government Association (SGA)

Welcome all new and returning students! What a great start to another great year! SGA has a lot planned for the 2013-2014 year and looks forward to once again serving as **YOUR** liaison to faculty and the administration.

Have ideas, concerns, or questions? Bring them to any of the following SGA members' attention and they will happily answer them directly or find the appropriate source: President Bryan McLaughlin; Vice President Jenni Actis; Secretaries Adam Cannon and Mandi Raines; and Treasurer Katey Banks.

Upcoming events in the works:

- ☞ T-shirt sales (purchase school shirts and other apparel to show off **YOUR** CCHS pride), raffles, and jewelry sales, etc.
- ☞ Community service projects. Treasurer Katey Banks is working on a few ideas involving the Ronald McDonald House, Susan G Komen, HopeBuilders 5-K Race and others. Let her know what you think or if you have an idea you'd like to share

Oh, and there may be some competitive dancing in November and it may involve the faculty competing for your votes! Stay tuned...we'll see...There will be an SGA meeting at 3:30 p.m. in the CMC cafeteria on **Sept. 25**. Let your voice be **HEARD!** Remember....**YOUR VOICE MATTERS!** See Joy Godwin at the front reception desk for directions!

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: Becca Blanchard

Faculty/Staff...

Continuing Education: Hildegard Witteman, Dona Haney & Marilyn Bean

General Studies: Suzanna Thornton

Nursing: April Davis & Meredith Hirsch

Medical Laboratory Science: Cynthia Bean, Cyndie Hobson & Melissa Jackson

Student Services: Joy Godwin

2013 Pinnacle Nominees!

The highest form of employee recognition at Carolinas HealthCare System is the Pinnacle Award. Of over 60,000 CHS employees, several hundred were nominated for Pinnacle recognition in July. Congratulations to the five teammates below for demonstrating the CHS core values and for being Pinnacle nominees. (Though Ms. Dull and Dr. Bullard are not college employees, they are familiar faces you've seen in the Rankin Education Center.) Of all the nominees, 75 were selected as finalists. CCHS also thanks those who took time to nominate a teammate for recognition. Twelve Pinnacle winners will be announced in September.



Kim Bradshaw
Business, Finance &
Technology



Christy Dull
Pinnacle Finalist
Center for Life Support
Education



Rhoda Rillorta
Student Services



Brenda Vasquez
Pinnacle Finalist
School of Nursing



Dr. Mark Bullard
Pinnacle Finalist
Carolinas Simulation Ctr

Celebrating Excellence in Surgical Technology



Kali Simien

Carolinas College of Health Sciences along with Carolinas HealthCare System will recognize National Surgical Technologist Week **Sept. 15 – 21**. This year's focus is "Instruments of Excellence." The surgical technology students will host a demonstration in the lobby. In 2012, the first year all graduates of accredited surg tech programs were required to sit for the national certification exam, CCHS students exceeded the national testing average by over 20 points! In 2013, the CCHS program won its accrediting body's prestigious National Merit Award for 100% performance on the national certification exam.

Kali Simien, Program Director, joined CCHS in 2008 in the role of instructor and became the program director in March 2012. Kali has a bachelor's degree in business administration from UNC-Charlotte and is a certified surgical technologist. Gardenia Davis has a BS in architecture from Howard University and is an alumnus of the program, Class of 2003. She has worked as a certified surgical technologist at both CMC-Mercy and Carolinas Medical Center. Gardenia joined CCHS as an instructor in May 2012.



Gardenia Davis

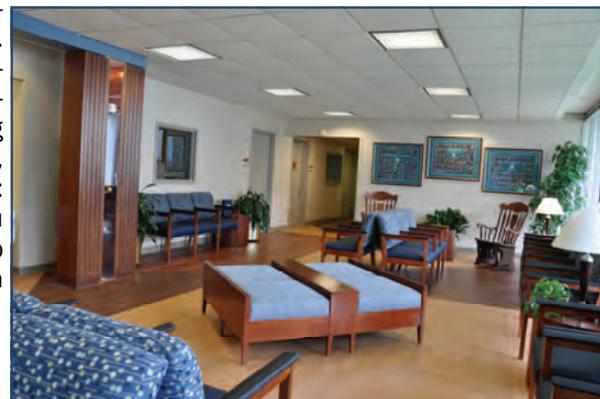
In March, the national surgical technology accrediting body awarded CCHS student Stacey Cooler its coveted student honor, the ARC/STSA Scholarship. Happy Surgical Technology Week to our students and kudos to the staff for providing an "Excellence with an Edge" educational experience!

The CCHS School of Surgical Technology offers three curriculum options, a 2-year AAS degree, a 1-year diploma, or a variable length diploma-to-degree bridge.



The Renovation is Nearly Complete

For over a year the college planned its recent renovation. With it came dozens of big decisions and hundreds of small ones. Most decisions required critical thinking, a communication plan, and a contingency strategy. Some things went smoothly; some did not. Many people were inconvenienced in monumental ways; everyone was inconvenienced in some way. Through it all, the master planner, communicator, and strategist was Kim Bradshaw. Kim was farsighted in anticipating problems, creative in seeking solutions, and patient in resolving problems. Kim: we love you and our new look! Thank you for your many hours of hard work on top of your already demanding role as dean of business, finance, and technology.





Open Forum with President Sheppard

Dr. Ellen Sheppard, CCHS President, holds monthly open discussion sessions. Have a great new idea? Or a suggestion? Dr. Sheppard will be available Monday, **Sept. 26**, 10:30 - 11:30, in room 137. If you are unable to fit this into your schedule, send an email: Ellen.Sheppard@CarolinasCollege.edu; or stop by her office, room 110.



Phi Theta Kappa (PTK)

Fall semester is in full swing! PTK has many exciting events planned this term for members to “plug in” to the community and fellowship with fellow PTK students. T-shirts are still available for purchase at \$9.90 each; see Cathey Miller in room 252.

Upcoming Events:

- ☞ **Sept. 27:** General meeting, 11:00am. Room 219.
- ☞ **Oct. 16:** Volunteering at the Men’s Shelter of Charlotte, 5:30-7:15pm. Please print the confidentiality form found on the Information Portal if planning to attend.
- ☞ **Oct. 24:** Blood drive at CCHS

Another volunteer event at Crisis Assistance Ministry is in the works for September. Information will be posted on the information portal and emailed to members.

Student Nurse Association (SNA) News

Welcome all new and returning students! SNA hopes everyone had a nice summer and is well rested and ready for the fall semester! Thank you to Bryan McLaughlin, Kelly Craighead, Meg Jones, Christi Milledge and Healthier Alcock for volunteering to serve lunch on Aug. 13 to the incoming NUR101 students and answering their questions! We hope the NUR101 students enjoyed their lunches!! Congratulations to Ashton Pope who won a free t-shirt at the orientation luncheon.

A great big Thank You to all who supported the recent bake sale fundraiser, whether you purchased baked goods, t-shirts, or a V-Lot raffle ticket. Proceeds go toward the Cynthia Favorite Scholarship which is awarded to a graduating senior nursing student twice a year. T-shirts are still available for pre-order. Get the form from Brenda Vasquez’s office (office # 103). All orders must be pre-paid with cash or check. Congratulations to the following lucky winners: Nursing Survival Basket - Krista Mohrmann and Katherine Dodson - “V” lot parking raffle!

Upcoming Events:

- ☞ **Sept. 19**, 8 - 9 a.m., room 161. CCHS & CRNA alumna, Kris Earle will be on campus to talk about her exciting career as a nurse anesthetist. You don’t want to miss it!
- ☞ **Sept. 19**, 1:30 -2:00 p.m. Attention all nursing 101 students! SNA is sponsoring an information session, led by a panel of students, following your first test review. Hear tips and suggestions for how to be successful in NUR101. Don’t miss it!
- ☞ **Sept. 26**, 8 - 9 a.m., room 161. Guest speaker Susan McLaughlin, RN, BSN, will be on campus to talk about her varied nursing career. Learn about the many different nursing career options you can have!

Compliance Corner - Code Pink

In keeping with CHS’ efforts to protect patients, this month’s Compliance Corner reviews the **Code Pink** policy. **Code Pink** is a response plan activated when a patient or visitor under 18 years of age is reported missing from a patient care area. A **Code Pink** alerts all staff to be on heightened awareness and to implement established policy safety protocols. The charge nurse will print a current census and direct personnel to...

- ☞ Check stairwells for anyone with a minor or baby
- ☞ Check patient transport elevators and all exits
- ☞ Be on the lookout for suspicious behaviors

An “All Clear” will be announced when the alert phase is over. No discharges from pediatric areas (Levine Children’s Hospital, postpartum or newborn nursery) should occur without specific approval of a manager during the alert.

Activating a **Code Pink** can be done by calling security at 5-3333 from a campus phone or 704.355.3333 from a mobile phone, the emergency operator at 5-2345 (704.355.2345 from mobile), or the nursing office at 5-2350 (704.355.2350 from mobile). Be prepared to provide the location of the abduction, a description of the infant or child by age and sex, and any information on the suspected abductor. For more information on **Code Pink** log on to PeopleConnect, click on Policies, then Safety Management Program Manual.

Continuing Education Opportunities

BCLS for the Healthcare Provider

Sept. 4, 10 & 25. 8:00 a.m. - 1:00 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

Sept. 4, 10 & 25. 1:00 - 3:00 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).

Back to Family Fun

Sept. 3, Noon - 1:00 p.m. (Webinar) & **Sept. 17,** 5:30 - 6:30 p.m. Discover 1) strategies for planning meaningful family activities, 2) tips for reducing stress during family outings, 3) skills for engaging family participation. Sponsored by CHS Employee Assistance Program (EAP), 720 East Blvd. **Free** for CCHS students! 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, 704.355.5021, for a private appointment or to register for a class.

CCHS Admissions Information Sessions

Sept. 10 & 24, 4:00 - 5:00 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.

Chaplains Grand Rounds - Inspiration & Healing

Sept. 19, 12 to 1 PM. This 9-part series is held in the Suzanne Freeman Auditorium at Carolinas Medical Center, is free, and open to students. Each session is independent of the others. All are free with no registration required. 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. This series will explore the relationship of healing and inspiration. Feel free to bring your lunch and enjoy!

Healing Touch Level 1 Class

Sept. 28 - 29, 8:30 a.m. - 6:30 p.m. both days. Cost: Student rate \$295.00; includes course notebook and technique cards. Offers 18 hours continuing education credits. Taking a Healing Touch Level 1 class is a personal adventure into your heart and soul! It invites you to explore who you are, what you believe, and what you can actually do with your hands to facilitate a healing response in others. Healing Touch Level 1 is for the person who wants to enhance wellness in themselves and the lives of people they care about by using the gift of energetic touch. Learning healing touch will enable you to offer comfort and relief when nothing else seems to help. You will possess a life-changing gift that you can give over and over again, once you have mastered simple, easy-to-learn steps and techniques that support health and facilitate the healing process. For more information, contact Lakisha Bennett, Lakisha.bennett@carolinashealthcare.org or 704-355-2663.

Spiritual Dynamics of Pain and Symptom Management

Sept. 23, 12:30 - 1:30 p.m. Carolinas Palliative Care and Hospice Network are hosting a series of lunch-n-learn lectures. The lecture will be teleconferenced from CMC-Lincolnton and may be viewed at several CMC locations. For specific viewing information email Gwen.Lambert@Carolinashealthcare.org.

2013 Quality Education Series - Strategies for Being an Effective Change Agent

Oct. 2, 12-1 p.m. CMC dining room. Presented by Dr. Kshitij Mistry. Contact Leslie Doyle, leslie.doyle@carolinashealthcare.org., to register. Space is limited and registration is required.

All AHEC programs listed below will be held at the Center for Learning and Development (5039 Airport Center Parkway, Building K, Charlotte, NC 28208). For more information on these workshops or to register, please visit the AHEC website www.charlotteahec.org, Continuing Education /Mental Health Education/Workshops & Education. Contact Chanyne Cupil, Project Coordinator, 704.512.6710 or at Chanyne.Cupil@Carolinashealthcare.org. Ask if a student discount is available.

Psychospiritual Care for Bereaved Children, Youth and Families

Sept.13 | 9:00 AM - 4:30 PM

Hip Hop Culture: A Bridge for Connecting with Urban Youth

Sept. 16 | 9:00 AM - 4:30 PM

Assessment and Management of Depressive Disorders in Primary Care Settings, Sept. 17 | 9:00 AM - 1:15 PM

Military and Trauma Counseling: Psychosocial Strategies for Treating the Mind, Body, and Spirit of Military and Civilian Trauma

Sept. 19 | 9:00 AM - 4:30 PM

Promoting Resilience in Adult Female Survivors of Child Sexual Abuse , Sept. 20 | 9:00 AM - 4:00 PM

The Model of Heart-Centered Grief: Seven Steps to Empowerment Through Loss, Sept. 23 | 9:00 AM - 4:30 PM

Premarital Counseling

Sept. 25 | 9:00 AM - 4:30 PM

FROM DSM-IV-TR to DSM-5: What Specifically is Changing?

Sept. 27 | 9:00 AM - 4:30 PM

Counseling the Soul from a Christian Perspective: Becoming Engaged in the Beauty of Redemption

Sept. 30 | 9:00 AM - 4:30 PM



Important Dates to Remember (all items described in detail elsewhere in this newsletter)...

Sept. 2	HOLIDAY - COLLEGE AND AHEC LIBRARY CLOSED	Sept. 23	Carolinas Palliative Care & Hospice Network Lecture: <i>Spiritual Dynamics of Pain and Symptom Management</i>
Sept. 3	EAP Webinar - <i>Back to Family Fun</i>	Sept. 24	Admission Information Session
Sept. 4	BCLS for the Healthcare Provider BCLS Online Skills Check - Part 2	Sept. 25	SGA Meeting BCLS for the Healthcare Provider BCLS Online Skills Check - Part 2 Charlotte AHEC Course - <i>Premarital Counseling</i>
Sept. 10	BCLS for the Healthcare Provider BCLS Online Skills Check - Part 2 Admission Information Session	Sept. 26	Open Forum with President Sheppard SNA Sponsored Information Session
Sept. 11	Fall I Midterm	Sept. 27	Charlotte AHEC Course - <i>From DSM-IV-TR to DSM-5: What Specifically is Changing</i>
Sept. 13	Charlotte AHEC Course - <i>Psychospiritual Care for Bereaved Children, Youth and Families</i>	Sept. 28-29	Healing Touch Level I
Sept. 16	Charlotte AHEC Course - <i>Hip Hop Culture: A Bridge for Connecting with Urban Youth</i>	Sept. 30	Charlotte AHEC Course - <i>Counseling the Soul from a Christian Perspective: Becoming Engaged in the Beauty of Redemption</i>
Sept. 17	Constitution Day Charlotte AHEC Course - <i>Assessment & Management of Depressive Disorders in Primary Care Settings</i>		
Sept. 19	SNA Sponsored Information Session Chaplains Grand Rounds - <i>Inspiration & Healing</i> Charlotte AHEC Course - <i>Military & Trauma Counseling: Psychosocial Strategies for Treating the Mind, Body and Spirit of Military and Civilian Trauma</i>		
Sept. 20	Last Day to Withdraw - Fall I		
Sept. 20	Charlotte AHEC Course - <i>Promoting Resilience in Adult Female Survivors of Child Sexual Abuse</i>		
Sept. 23	Charlotte AHEC Course - <i>The Model of Heart-Centered Grief: Seven Steps to Empowerment Through Loss</i>		

SAVE THE DATE...

Oct. 2	Quality Education Series - <i>Strategies for Being an Effective Change Agent</i>
Oct. 8 & 10	Free Flu Vaccines on Campus
Oct. 11	Deadline to Register to Vote in NC
Oct. 14	Deadline to Register to Vote in SC
Oct. 21 & 25	Free Flu Vaccines on Campus

Student Success Center

Success Tip of the Month - Being new can be scary! The antidote is to get involved! Carolinas College has a number of active organizations. Find out about them and sign up - this is a great way to meet fellow students. Stay fit and make connections at the same time! Check out these **FREE** fitness classes held at the LiveWELL building at 801 East Blvd - just bring your badge:

Monday:	Zumba (5/6 pm); Kick Boxing (6-7 pm)
Tuesday:	Total Workout (5-6 pm); Mo's JamRock (6-7 pm)
Wednesday:	Body Sculpt (5-6 pm); Yoga (6-7 pm)
Thursday:	Cardio Hoop Fitness (5-6 pm); Socacise (6-7 pm)

Also keep in mind that students can use the YWCA on Park Road free of charge on Wednesdays. Again, just bring your badge. Find a study buddy or group early in the semester. The right one can be a great success strategy as well as a way to connect with other students.

SNA and the Student Success Center sponsor Information Session for NUR 101 Students - If you are currently starting the nursing program, you are adjusting to a whole new world. Get ad-

vice from students who have just been where you are! Attend an information session provided by intermediate nursing students on Thursday, **Sept. 19**, from 1:30 - 2:00 in room 190. This is directly after your test 1 review, so just stay put and hear valuable tips from fellow students!

Continuing Education & Job Fair. Tuesday, **Sept. 24**, 1:30 - 3:30 p.m. As you plan your life beyond Carolinas College, don't miss this opportunity to talk with representatives from colleges and universities about their programs and to gather materials. Human resources personnel from NC and SC hospitals are also invited. Mark your calendar!

Student Employment Opportunities - If you're interested in part-time/PRN employment with CMC, talk to Jacquelynn Williams, our Human Resources Recruitment Specialist. Jacquelynn will not be on campus in September but she is available to you at: 704.631.0314 or Jacquelynn.Williams@carolinashcare.org. Ms. Williams usually visits the college on the first Monday of each month. Her next visit will be Oct. 1.

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Have a Safe and Happy
Labor Day Holiday!

