

School of Clinical Laboratory Sciences students enjoy a reception sponsored by the SCLS faculty to welcome the new program chair.



Carolinas College of Health Sciences | April 2017



CCHS Hours of Operation

Monday to Friday

7:30 AM to 4:30 PM

Badge access: 24/7

The College is closed April 14.

CCHS Computer Lab

Monday to Thursday

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

Monday to Friday

7:30 AM to 4 PM

AHEC Library

Monday to Friday

8 AM to 5 PM

Badge access: 24/7.

The AHEC Library will not be staffed on April 14 in observance of Good Friday.

HAPPY MEDICAL LABORATORY PROFESSIONALS WEEK!

Carolinas College, along with the four laboratory programs' students and faculty (Histotechnology, Medical Laboratory Science, Specialist in Blood Banking, and Phlebotomy) celebrate Medical Laboratory Professionals Week, **April 23 to 29**. Medical Laboratory Professionals Week is an annual celebration of the laboratory professionals who play a vital role in every aspect of healthcare. Since they often work behind the scenes, few people know about the critical testing they perform every day. Lab week is a time to honor the more than 300,000 medical laboratory professionals around the world who prepare, perform and interpret more than 10 billion laboratory tests in the US every year. Over 70% of medical decisions are based on lab results.



School of Clinical Laboratory Sciences, Left to Right: Cynthia Bean (Chemistry), Kelly Shirley (Blood Bank), Tracy Walling (Histotechnology), Demetra Castillo (Program Chair), Cyndie Hobson (Microbiology), Kimberly Yarborough (Hematology) and Susan Thomasson (Phlebotomy).

OPEN FORUM WITH PRESIDENT HOPKINS

April 3, 2 to 2:30 PM, room 137. This is one of the opportunities CCHS students have for input into college decision-making. What's working well? What isn't? Have a question about college policies? Come share your thoughts or concerns.

FREE SHIPPING AT ONLINE BOOKSTORE

The bookstore listings for the Summer 2017 course offerings are now available. Each semester, MBS Books, our online bookstore, provides a **FREE** shipping period for textbook offers over \$99. For summer semester books, the free shipping dates are from April 23 through April 26. Take advantage of this opportunity to eliminate shipping costs from your textbook expenses.

Connect
with CCHS



COMMENCEMENT

Graduation is just around the corner. Ceremony is **May 5**, 3 p.m., at Prichard Memorial Baptist Church, 1117 South Boulevard, Charlotte.

Schedule

11:30 a.m.	Rehearsal
12:15 p.m.	Awards Luncheon (Students & Faculty Only)
1:30 p.m.	Marshals Arrive
2:30 p.m.	Processional Line-Up
3:00 p.m.	Commencement Exercises



Demetra Castillo

WELCOME!

Demetra Castillo, M.Ad.Ed., MLS(ASCP) CM is the new program chair of the school of Clinical Laboratory Sciences. She is a highly accomplished and proficient medical laboratory scientist with almost 20 years of experience in medical laboratory science clinical practice and education. She is originally from Chicago, where she received her bachelor's degree in medical technology (now medical laboratory science) from Rush University. She started working in the core laboratory as a student and continued after she graduated, where she was cross trained in hematology, chemistry, and immunoserology. She obtained a masters' degree in adult education from National Louis University after finding her passion for teaching students in their clinical practica. Shortly after graduating, she obtained a faculty position at her alma mater where she was the course director and practicum coordinator for hematology, coagulation, education, and research. She is currently a PhD candidate in health sciences, working on educational leadership in medical laboratory science programs. She has served on clinical and educational interprofessional teams promoting the medical laboratory profession, with her most recent venture creating and delivering an educational program for Chinese physicians treating hemophilia patients in Guangzhou, China. She

serves on advisory boards for several graduate MLS programs and is a site visitor and paper reviewer for the National Accrediting Agency for Clinical Laboratory Science programs. She has received numerous accolades from her students, as well as local, state, and national organizations. She has been an invited speaker at local, regional, national, and international venues. She believes that the medical laboratory science profession has a critical role on the healthcare team, and will continue to advocate for her students, program, and the profession to promote interprofessional teamwork and leadership. On a personal level, Demetra comes from Greek parents, and is married with three children and lives in the Fort Mill area.

MOVING ON ... BUT NOT OUT

Kelly Shirley has served as the program chair for the school of clinical laboratory sciences since 2010. Kelly's work always exemplifies each and every one of the system's and college's core values. She is strongly committed to the success of her students and the clinical laboratory sciences programs. In her time as chair, both the histotechnology and medical laboratory science programs have grown significantly, expanded to additional instructional sites, and revised their curriculum to enhance the student learning experience, all while maintaining consistently high program outcomes. A year ago, Kelly expressed an interest in returning to a faculty role when a vacancy opened within the program. She remained committed to the program as a nation-wide search was conducted to find her replacement. After an extensive nationwide search, a new chair was selected but she wouldn't be able to start until March 2017. This meant that Kelly would have to hold two concurrent leadership positions in the program for over a year, that of the program chair and specialist in blood bank education coordinator. She agreed to continue in those roles until the new chair would arrive. Not once did she complain about being overworked, underpaid, or unappreciated. Through everything, she remained steadfast in her commitment to her students, her faculty, the program and the college. She received some of the highest teammate engagement scores at the college. Thank you Kelly, for all of your hard work as you move into your "new" current position at the college.



Kelly Shirley



“Eighty percent of success is showing up.” ~Woody Allen

Techniques to Prepare for Exams

1. Start studying early, reviewing a portion of the course material each day.
2. Maintain balance in your life with exercise, a healthy diet and sufficient sleep.
3. Don't just hope you know it: KNOW you know it by pre-testing yourself. Use practice test questions and scenarios or create them and test yourself alone or with a study buddy. Better yet, teach the material to your buddy and answer follow-up questions. If you can teach it, you probably know it.
4. Create a testing affirmation for yourself. Attitude is everything, and you can do a lot to create a winning attitude to take into your testing room. Develop an affirming statement such as, “I'm capable, I'm prepared, and I'm ready to blow this test out of the water!” Repeat it to yourself regularly, using it to replace negative thoughts.



Make an appointment with your advisor or Sam Smith, Student Success Coordinator (704) 355-4025.

Group Tutoring Session Schedule - If you are interested, please make sure to sign up on the Student Success Moodle page as seats to these sessions are limited.

Course #	Every	Time	Room
BIO101	Monday	7 to 8 AM	233
	Wednesday	10 to 11 AM	233
	Thursday	1 to 2 PM	233
BIO102	Friday	10 to 11 AM	157
		1 to 2 PM	161
NUR101	Monday	1 to 2 PM	232
	Tuesday	2 to 3 PM	233
	Thursday	1 to 2 PM	233

For more success/study tips, check out the Student Success Center page on the Information Portal.

(Click on *Student Success Center* under *study skills and self-help*)

Recruiting Peer Tutors for SPRING 2017 courses.

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

If you're interested in part-time/PRN employment with CMC, sign up for a 15-minute appointment with CHS Recruitment Specialist Clifton Chapman in the lobby between 10 a.m. and noon on Monday, **April 3**.

To make an appointment:

1. Log onto the Information Portal and click on *Student Success Center* under CCHS Quick Links on the home page.
2. Select the *Employment Resources* tab. When you open that section, the interview sign-up sheet will be under Current Part-time and PRN Job Opportunities. 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. An HR representative usually visits the college on the first Monday of each month. Feel free to email or call with your questions: Clifton Chapman, Clifton.Chapman@carolinashealthcare.org, 704.631.0347. Sam Smith is also available here at CCHS to support your job search efforts.

PHI THETA KAPPA (PTK) UPDATE by Kylie Crawford, PTK Secretary

PTK is proud to welcome Dr. Tracy James, general education faculty, as the new PTK co-advisor! Congratulations to our new community outreach chair, Natasha DeMaio. We are still searching for a secretary-elect position. Please let Cathey Miller or Shelia Wallace know if you are interested in filling this role. During the March meeting, members of the PTK made 110 sandwiches that were delivered to Urban Ministries.



From left to right: Krysta Chirino, Dr. Tracy James, Jami Miller, Delaney Patterson and Summer Nunn on sandwich detail.

Upcoming Events:

April 6: Next Men's Shelter Visit

April 28: General member meeting, 11 a.m.

PTK is a national honor society, which recognizes and encourages the 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 PTK president Shelia.Wallace@cchs mail.org or PTK faculty advisor, cathey.miller@carolinascollege.edu.



From left to right: Kylie Crawford, Erin Freeze, Elyse Bridgewater, Shelia Wallace and Natasha DeMaio.

STUDENT NURSES ASSOCIATION (SNA) UPDATE by Nicole Denniston, SNA Secretary

Thank you to everyone who participated in the bake sale! Proceeds fund the Cynthia Favorite Scholarship, a \$250, peer-nominated scholarship given to a graduating nursing 202 student. SNA has only received a few nominations so far so we need your help. Know someone who deserves this award? Nomination forms are located on Diahanne Holandez's office door (room 118) or on the SNA Moodle page. Forms can be emailed to Diahanne Holandez, Terri Lynch or returned to either instructors' office. Please return them ASAP.



Rev. David Carl and SNA members.

Rev. David Carl, executive director of pastoral services education, spoke on "The Ethics of Nursing, Why You Need Ethics in Your Nursing Toolbox" at the last educational seminar sponsored by SNA. It was full of valuable information. Join us for the next seminar on **April 17** at 7:50 a.m. in the auditorium.

Considering joining SNA? Membership is just a one-time investment of \$10. Contact our membership chair Becca Shaw

through Rebecca.Shaw@cchsmail.org for more information.

SAVE THE DATE!

Commitment to Caring Ceremony, **May 3**, 6 pm. A celebration of the nursing graduates' entrance into the profession. Ceremony includes a pinning, lamp lighting, and "Blessing of the Hands." More information to come in future newsletters.

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session. April 4, 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.

BCLS for the HealthCare Provider. April 26, 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.

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). 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.

Heartcode BCLS Online Skills Check - Part 2. April 5, 12, 19 & 26. 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).

Grief and Loss (Multiple Webinar Dates). April 4 (9 to 10 AM); April 12 (Noon to 1 PM); April 20 (1 to 2 PM). Goals of the webinar include: 1) Explore the different stages of grief; 2) learn how different losses effect you differently; 3) Learn coping strategies for the recovery process. 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. April 20, 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 Morse, BCC; topic is *Mindful Self-Compassion*. Bring your lunch!

Basic Phlebotomy Skills Workshop. April 28, 8:30 a.m. to 4:30 p.m. Cost: \$169. 6.5 class hours (0.65 CEUs) Review/learn basic venipuncture techniques, the importance of the order of draw, review the anticoagulants/ best practices.....all the WHY behind the HOW! [Register HERE for Basic Phlebotomy Skills Workshop](#).

2017 INVITE YOUR FAMILY
FRIENDS AND DOGS!

Spring
Fling

Saturday, APRIL 22, 9am – 1pm

CCHS' Student Government Association is sponsoring a Spring Fling and Yard Sale, **April 22**, 9 a.m. to 1 p.m. It's a family oriented event with fun stuff to do for ALL!! Bring your friends! Sign-up at the front desk to join the Ultimate Relay Team, enter the Dog Show or buy a space for the Yard Sale area. Spaces are \$20, payable before or by the end of day on the 22nd. Yard sale participation is open to ALL. Student organizations are encouraged to man a table to raise funds for themselves. Any question, see Joy Godwin at the front desk. All proceeds fund the annual class gift.

Activities & Deadlines For April

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Open Forum HR Rep On Campus	4 Student Affairs Admission Info Session EAP Webinar	5 Heartcode BCLS Online Skills Check - Pt 2	6 PTK Volunteers at the Men's Shelter	7	8
9	10	11	12 Heartcode BCLS Online Skills Check - Pt 2 EAP Webinar	13	14 College Closed	15
16	17 SNA Education Seminar	18	19 Heartcode BCLS Online Skills Check - Pt 2 Mental Health First Aid Class	20 EAP Webinar	21	22 Spring Fling
23	24	25	26 BCLS for the HealthCare Provider Heartcode BCLS Online Skills Check - Pt 2	27	28 PTK General Mem- ber Meeting Basic Phlebotomy Skills Workshop	29
NATIONAL MEDICAL LABORATORY PROFESSIONALS WEEK						
30						