



Joy Godwin addresses attendees at the Martin Luther King Jr. celebration held in January 2017.

## Carolinas College of Health Sciences | March 2017



### CCHS Hours of Operation

Monday to Friday

7:30 AM to 4:30 PM

Badge access: 24/7

### 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.

**DAYLIGHT SAVINGS TIME** begins Sunday, **March 12**. Don't forget to turn your clocks ahead one hour at midnight on Saturday, **March 11**.

**HISTOTECHNOLOGY PROFESSIONALS DAY** is **March 10** and was created to honor

their expertise, knowledge, skill and talent. What do histotechnologists do? After a tissue sample is removed from a patient, the histotechnologist prepares the tissue for microscopic analysis. The tissue is fixed in a preservative, and sliced into very thin sections which are picked up on glass slides and stained. Slides are given to the waiting pathologist who uses them to make a 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 the Histotechnology students and wishes them a Happy Histotechnology Professionals Day!



Seated: Alicia Penland. Standing from left to right: Marina Barankevich, Cara Logerfo, Tracy Walling (HTL Education Coordinator), Ashley Ireland

### OPEN FORUM WITH PRESIDENT HOPKINS

**March 6**, 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.

### 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.

Connect  
with CCHS



## FROM THE BUSINESS OFFICE

**Scholarship Applications** - It's time to complete your scholarship application for the 2017-18 academic year. The process has been changed this year in that you are now able to complete the application via Survey Monkey ([www.surveymonkey.com/r/9FCQ35Z](http://www.surveymonkey.com/r/9FCQ35Z)). The application deadline date is **April 14, 2017**. Questions? Contact Cynthia Peace at [Cynthia.Peace@CarolinasCollege.edu](mailto:Cynthia.Peace@CarolinasCollege.edu) or 704-355-5579.

**Financial Aid** - Any student interested in or who will be using financial aid for fall 2017 must complete the 2017-2018 FAFSA. The 2017-2018 FAFSA can be completed now using your 2015 tax return. Please visit [www.fafsa.gov](http://www.fafsa.gov). Carolinas College's school code: 031042.

**Important Requirement for Any Student Returning for the 2017-2018 School Year and Applying for Financial Aid** - The State of North Carolina has changed its method of determining residency for purposes of state financial aid. In the past, residency has been determined by each campus now that determination will no longer be made by the campus but instead will be made by the State through its Residency Determination Service (RDS) website (<https://www.ncresidency.org>). To assure your eligibility for state aid, please visit the RDS website at your earliest opportunity. Once you have a determination made through the RDS website, it will last as long as you remain continuously enrolled. You will no longer have to do this every year.

**Now Hiring Immediately: Federal Work Study Positions** - Students employed through the Federal Work Study Program (FWS) provide support in one or more of the various departments of the college. Applicants must be currently enrolled for a minimum of six credit hours, be in good standing with CHS and the college, have a completed current year (2015-16) Free Application for Federal Student Aid (FAFSA) on file, and meet federal FWS eligibility guidelines. Interested students should contact Kirstie Clark either in person (room 208), via email [Kirstie.clark@CarolinasCollege.edu](mailto:Kirstie.clark@CarolinasCollege.edu) or 704-355-8894.

**SUMMER SEMESTER REGISTRATION BEGINS IN MARCH** Each online registration date will open at 7 a.m.

*Online Registration:*

- ☞ Begins **March 27**: Nursing, Radiologic Technology, Radiation Therapy, Surgical Technology, Clinical Laboratory Science Program Students Only
- ☞ Begins **April 3**: Continues for the above programs and now includes all General Studies, including Pre-Nursing and Pre-Radiologic Technology students.

*Open Online Registration: April 10*: Continues for all programs and departments.

*Tuition Payments Due: May 19* by 4 p.m.

*Late Registration/Drop/Add: May 22 to 26*. **NOTE:** Late fees will apply for continuing students registering at this time. Tuition payments are due immediately for all late registrations.

*New Student College Orientation for ALL New Students: May 15*

*New Clinical Student Orientation for all new Surgical Technology and Clinical Laboratory Science Students: May 16*

*Term Begins/Ends: Summer I: May 22 to July 14; Summer Full Term: May 22 to August 4*

*Last Date to Withdraw Without Receiving a Failing Grade: Summer I: June 23; Summer Full Term: July 12*

*Final Exams: Summer I: July 10 to 14; Summer Full Term: July 31 to August 4*

*Student Holidays: May 29* (College Closed); **July 3 to 4** (College Closed)

*Program Completion and Awards Ceremony: August 4*

## COMPLIANCE CORNER - Hand Hygiene Observers

Simple, basic hand hygiene is a powerful component in infection prevention and control. Decreasing the spread of infection is of primary importance to Carolinas HealthCare System (CHS). CHS utilizes hand hygiene observers to randomly round units within the hospital to observe teammate compliance with hand hygiene procedures. Hand hygiene should be used when entering a patient's room, even if you do not touch anything in the process, and after leaving a patient's room. Hand hygiene observers do not document anything they cannot see. If you bring supplies into a patient room, put them down and do hand hygiene before you provide care, it will not be considered an observation.

Important reminders:

- ☞ Hand hygiene is required before and after use of gloves.
- ☞ If your patient is in an isolation room, you **MUST** wash your hands before donning protective equipment, and after you take it off.
- ☞ Gloves alone are never a replacement for required hand hygiene!



## 2017 PHONE-A-TON: FUN, PRIZES AND A GREAT CCHS TRADITION

This is the College's signature fundraising event, and ultimately benefits YOU - the students. Funds raised support student scholarships and a state-of-the-art teaching materials/equipment - things tuition alone cannot cover.

This year's event will take place on **March 27, 28, & 29th**. Your participation is greatly needed and appreciated. Besides helping the college, participating in a worthy cause, and talking to CCHS alumni, you get free food and a chance to WIN PRIZES! Each night dinner is served at 4:45 p.m. with a training session starting at 5:15 p.m. You will be on the phones from 6 to 8:30 p.m. but don't worry, there is a sweet dessert break to swap stories! Sign-up for one, two or all three nights! **Each student that signs-up (and shows up) will be entered into a drawing.** You get one chance for each day you sign-up/show-up (so... if you sign up for three nights, you get three chances to win). There will be one winner chosen.

To volunteer, contact [Merritt.Newman@CarolinasCollege.edu](mailto:Merritt.Newman@CarolinasCollege.edu) OR sign-up sheets are located in the Student Study Lounge, the SGA bulletin board, and on *SignUp Genius* (on Moodle).



Nursing student Erin Lance celebrates a donation during the 2016 Phone-a-thon

## NURSING STUDENTS PARTICIPATE IN HOT SPOTTING



Nursing students Logan Nail and Lori Lantos at the Philadelphia meeting in January with Dr. Jeffrey Brenner, the founder of the Camden Coalition and the Hot Spotting initiative.

## RECOGNIZE THAT SPECIAL INSTRUCTOR WHO MADE A DIFFERENCE FOR YOU!

Each spring, students can nominate faculty for the prestigious Outstanding Educator Award. Go to [CarolinasCollege.edu](http://CarolinasCollege.edu) then click on *About Carolinas College*, then *Policies and Procedures*, then scroll down to the *Personnel* section. Choose the *Outstanding Educator of the Year Award - Nomination Form*. Once completed forward to [Lori.Bequette@CarolinasCollege.edu](mailto:Lori.Bequette@CarolinasCollege.edu). Cathey Miller, radiologic technology instructor, is our current Outstanding Educator. Don't miss this opportunity to let someone know they've made a difference! Nomination deadline is **March 15**.

Likewise, if you know a CCHS graduate who is doing great things for his/her profession, nominate him/her for the Distinguished Alumnus Award by choosing the *Distinguished Alumnus Award Nomination Form* located in the same section.



Cathey Miller  
Outstanding Educator 2016

There are no secrets to success. It is the result of preparation, hard work, learning from failure. -- Colin Powell

**Annual CCHS Continuing Educations & Job Fair is Thursday, March 2, 10:30am – 1:00pm**

The Student Success Center is now offering group tutoring for the following classes:

- BIO 101:** Every Monday, 7 to 8 a.m. (rm 233)  
**BIO 101:** Every Wednesday, 10 to 11 a.m. (rm 233)  
 Every Thursday, 1 to 2 p.m. (rm 233)  
**BIO 102:** Every Friday, 10 to 11 a.m. (rm 157) or 1 to 2 p.m. (rm 161)  
**NUR 101:** Every Monday, 1 to 2 p.m. (rm 232)  
 Every Tuesday, 2 to 3 p.m. (rm 233)  
 Every Thursday, 1 to 2 p.m. (rm 233)



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

### After the Exam

When a test is returned, do a test-error analysis. Analyze why the wrong answers are wrong (e.g., didn't know the information, misread the question, made a mathematical error). Ask the instructor or a tutor about any questions you don't understand. Ask yourself the following questions after taking your exam:

- ✓ In what ways was the exam similar to what I expected?
- ✓ In what ways was the exam different from what I expected?
- ✓ What part of my preparation helped me most?
- ✓ What should I have done but didn't?
- ✓ What percentage of the questions were drawn from class notes, the text, or other sources?
- ✓ What study skills should I work on to prepare for the next test?
- ✓ If possible, meet with your professor for help. Arrive prepared with questions. Approach the meeting with a positive attitude. Look for ways to improve for the next exam.

Decide which study habits worked well and which didn't and work to improve weaker skills. Make an appointment with your advisor or Sam Smith, Student Success Coordinator, 704.355.4025.

**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, **March 6.**

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

Thank you to everyone who participated in the February blood drive. Twenty-six pints were collected which will make an impact on the lives of 78 local patients.

Congratulations, Krysta Chirino, on being voted PTK's new Treasurer! Officer positions are available. If any member is interested in filling the position of Service Community Outreach Chair please bring a short bio including your qualifications and/or why you want to fill the position to our next general meeting. Our other offices (President, Vice President and Secretary) will be vacated after May graduation. Officer-elect positions are also needed.

An induction ceremony was held on the 9th of February to celebrate the great accomplishment of the new members. We were privileged to have Carolinas College's Dean of Student Affairs, Dr. Karen Lewis, as our guest speaker. Pictured are 16 of the 27 new inductees.

### Upcoming Events:

**March 24:** General member meeting; 11 a.m. Will be making sandwiches for the Men's Shelter.

**March 30:** CBCC Blood Mobile; 11:30 a.m. to 3:30 p.m. Sign-up sheet will be in the lobby.

**April 6:** Next visit to Men's Shelter; 5:30 to 7 p.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@cchsmail.org or PTK faculty advisor [cathey.miller@carolinashealthcare.org](mailto:cathey.miller@carolinashealthcare.org).



Induction ceremony inductee's bottom row left to right: Bryan Case, Deaja Lee, Kailey Simpson, Maci Huffman, Kaitlin Rohwedder, Emily Libke, and Lucretia Torrence. Middle row left to right: Jennifer Popienick and Alexandra Hill. Top Row left to right: Kristen Barrowclough, Jessica Harston, Amanda Kelm, Alexis Bundy, Jami Miller, Jasmine McRae, and Megan Milsap.

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

The first SNA Bake sale of the year is coming up at the end of March! Proceeds from the sale fund the Cynthia Favorite Scholarship; a peer-nominated scholarship given to a graduating NUR 202 student who has demonstrated exceptional leadership and commitment to the school and the community. Nomination forms are being accepted now and are located on Diahanne Holandez's office door (room 118) or on the SNA page on the college's information portal. Email the form to Diahanne.Holandez@CarolinasCollege.edu or Cynthia.Lynch@CarolinasCollege.edu or return it to either instructors' office by **March 24**.

The next SNA general members meeting will be at the end of March from 8 to 8:50 a.m. Stay tuned for exact dates posted on the TV in the lobby and on SNA's page on the information portal.

SNA members will again have the opportunity volunteer with the Special Olympics this April. More information regarding dates and involvement will be posted very soon. If you are interested in participating contact Diahanne.Holandez@CarolinasCollege.edu.

Considering joining SNA? We would love to have you! Membership is just a one-time fee of \$10. Contact membership chair Becca Shaw at [Rebecca.Shaw@cchsmail.org](mailto:Rebecca.Shaw@cchsmail.org) for more information.



April B. Davis was the Cynthia Favorite Scholarship Award winner in December 2016. Pictured with SNA President Steven Cuzmenco.

## CONTINUING EDUCATION OPPORTUNITIES

**CCHS Admissions Information Session. March 7**, 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. March 29**, 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](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.

**Heartcode BCLS Online Skills Check - Part 2. March 1, 8, 15, 22 & 29.** 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).

**Dealing with Difficult People (Multiple Webinar Dates). March 7 (9 to 10 AM); March 15 (Noon to 1 PM); March 23 (1 to 2 PM).** Goals of the webinar include: 1) Discuss characteristics of different personalities and how to deal with them; 2) Define conflict and different conflict resolution styles; 3) Address communication styles and healthy communication strategies. 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. March 16**, 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 Allison Bickett, MS; topic is *Emotional Wisdom in Compassion*. Bring your lunch!



### WELCOME NEW TEAMMATE

Bridget Tieben will join CCHS on March 13 as a full-time clinical faculty member supporting NUR 101 and NUR 202. Bridget comes to the college with a rich clinical background. She has been a staff nurse in labor and delivery and the operating room and has been in management positions at the Northcross Surgery Center, East Lincoln Surgery Center, OrthoCarolina, and most recently at Medical Facilities of America. She has also worked as clinical adjunct faculty for Gaston College. Bridget completed her ADN at Marian Technical College in Ohio, her BSN at Winston-Salem State University, and her MSN at Queens University with a concentration in nursing education. Please welcome her to the CCHS Family! Her office will be in room 148.

**Bridget Tieben**

# Activities & Deadlines For March

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 BCLS Online Skills Check - Pt. 2  BIO 101 Tutoring	2 Continuing Education & Job Fair  BIO 101 Tutoring  NUR 101 Tutoring	3 BIO 102 Tutoring	4
5	6 Open Forum  HR Rep on Campus  BIO 101 Tutoring  NUR 101 Tutoring	7 Admissions Information Session  EAP Webinar  NUR 101 Tutoring	8 BCLS Online Skills Check - Pt. 2  BIO 101 Tutoring	9 BIO 101 Tutoring  NUR 101 Tutoring	10 Histotechnology Professionals Day  BIO 102 Tutoring	11 Daylight Savings Time Begins  
12	13 BIO 101 Tutoring  NUR 101 Tutoring	14 NUR 101 Tutoring	15 BCLS Online Skills Check - Pt. 2  EAP Webinar  Outstanding Educator Nominations Due  BIO 101 Tutoring	16 Chaplain's Grand Rounds  BIO 101 Tutoring  NUR 101 Tutoring	17 BIO 102 Tutoring	18
19	20 BIO 101 Tutoring  NUR 101 Tutoring	21 NUR 101 Tutoring	22 BCLS Online Skills Check - Pt. 2  BIO 101 Tutoring	23 EAP Webinar  BIO 101 Tutoring  NUR 101 Tutoring	24 PTK General Meeting  BIO 102 Tutoring  Cynthia Favorite Nominations Due	25
26	27 Online Registration Begins for Summer Classes  BIO 101 Tutoring  NUR 101 Tutoring	28 NUR 101 Tutoring	29 BCLS for the Healthcare Provider  BCLS Online Skills Check - Pt. 2  BIO 101 Tutoring	30 PTK Sponsored Blood Drive  BIO 101 Tutoring  NUR 101 Tutoring	31 BIO 102 Tutoring	
 <div style="background-color: yellow; padding: 5px; display: inline-block; border: 1px solid black;"> <b>Annual Phone-a-Thon</b> </div> 						