



# Carolinus College of Health Sciences | March 2019

## GRADUATION IS FAST APPROACHING!

The May Commitment to Caring & Awards Ceremony will be on Thursday, **May 2**. The ceremony will take place at the Crowne Plaza Executive Park, 5700 Westpark Dr., Charlotte, NC. The schedule is as follows:

- 5:00 to 6:00 p.m. Graduates' Reception
- 6:00 to 8:30 p.m. Commitment to Caring & Awards Ceremony

Each graduate participating in the Commitment to Caring and Awards ceremony may have a special person pin them. As they are being called to the stage a brief statement will be read about how the pinner was supportive to the graduate. The statement should be no longer than three sentences. Email your statement to Pat.lewis@CarolinusCollege.edu by Friday **April 12 at 4 p.m. Late statements will not be accepted.**

The subject line of the email should be formatted as such:  
Program: Nursing; Name of Student: Jane Smith; Pinner John Smith - Husband  
Body of email- 3 sentence statement.

The May Commencement will be on Friday, **May 3**. The ceremony will take place at the Halton Theater at Overcash Auditorium, 1206 Elizabeth Avenue, Charlotte, NC.  
The schedule is as follows:

- 8:45 a.m. Rehearsal (Graduates, program chairs and program participants)
  - 9:30 a.m. Faculty arrive
  - 9:45 a.m. Doors open for guests
  - 10:30 a.m. Commencement Exercise
- Speaker: Congresswoman Alma Adams, 12th Congressional District of NC

## INTRODUCING THE CCHS EAGLE!



During the Fall 2018 term, a group of students and CCHS teammates decided to hold contests to name and design a school mascot. Students and teammates were asked what symbol embodies the spirit of our school? A vast number of suggestions were received - everything from lizards to chipmunks to bears.....it was a very long list. The group narrowed it down to the top 16 suggestions and after 314 votes, the EAGLE was chosen.

Next came the design of the mascot. Students and teammates were asked to submit a drawing for consideration. Four artists' renditions were submitted and 307 votes later, the CCHS EAGLE has landed! The winning drawing was submitted by C.J. Long, office manager for

Academic Affairs. C.J. was awarded an Atrium Health KEAP Award for her submission. The 2nd place submission was created by Ehsan Khodapasand, a student in the Medical Laboratory Science program. For his outstanding artistry, Ehsan received a tuition credit.

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

Connect with CCHS



## STUDENT OF THE MONTH

Congratulations to Aimee Solomon, our Student of the Month for March 2019 (pictured to the right with Dean Lewis). Aimee is a very involved student at Carolinas College. She is the president of the Student Ambassadors, a member of the Student Nurses Association (SNA) where she serves as a representative to the first nursing course, and a very active member of PTK (Phi Theta Kappa Honor Society). She also serves as a peer mentor. Aimee was nominated by Sharran Penny who stated, "Aimee strives and works hard to do her best in class and clinical. She strives to be the best nurse when she graduates. I have seen the work she does with other students, who have difficulty, improve their grades on tests. Students who have been helped by Aimee have stated that she is available, helpful and has a special way to assist them in learning difficult content. She is an excellent role model. Her attitude is always uplifting and positive, and her smile is contagious."



Prior to attending Carolinas College, Aimee received her Bachelor of Arts degree in Public Communication from American University. She also worked as a CNA and in her application to Carolinas College she credited that exposure as being one "of the most vital learning experiences of my life" and "a great starting point to build my foundation as a nurse." Aimee also volunteered as a suicide hotline counselor. Her goal is to make a difference in the lives of her patients by delivering compassionate and competent care. She has also further developed her communications skills to facilitate excellent patient care. "As a nurse, I want to help decipher the overload of information for patients." Thank you Aimee for exhibiting Carolinas College's core values of caring, commitment, teamwork and integrity. Aimee will receive a certificate, two movie tickets and \$5.00 in Avenue C bucks.

## STUDENT OF THE MONTH AWARD

Do you know a fellow student who is making an outstanding contribution to the community, including the College and the health care system? If so, consider nominating him or her to be the Student of the Month. This award recognizes a student each month who exhibits a dedication to the core values of the College – caring, commitment, integrity and teamwork. The Student Affairs department considers equally the student working hard behind the scenes as well as the leader who strives to make a positive impact. The monthly recipient will receive a certificate worthy of framing, two movie tickets, \$5.00 in Avenue C bucks, and a profile in the student newsletter. The criteria and fillable application is attached. Please submit nominations by the 15th of each month via e-mail to me at Karen.Lewis@CarolinasCollege.edu.

## SUMMER 2019 REGISTRATION INFORMATION (Each registration date will open at 7:30 a.m.)

- ☞ ONLINE REGISTRATION for Nursing (AAS), Nursing (RN-BSN) and Radiologic Technology students only - Begins **March 25**
- ☞ ONLINE REGISTRATION continues for above programs but now includes all General Studies students (including pre-nursing and pre-radiologic technology track students, begins: **April 1**
- ☞ OPEN ONLINE REGISTRATION continues for all programs and departments: **April 8**
- ☞ TUITION PAYMENTS DUE: **May 17** @ 4pm
- ☞ DROP-ADD: **May 20 - 24**
- ☞ NEW CLINICAL STUDENT COLLEGE ORIENTATION: Nursing (AAS), Medical Laboratory Science, Histotechnology: **May 13 - 14**
- ☞ NEW NON-CLINICAL STUDENT COLLEGE ORIENTATION General Studies (including pre-nursing & pre-rad): **May 13 (only)**
- ☞ TERM BEGINS/ENDS: Seven-week Summer: **May 20 - July 12**; Full Summer Term: **May 20 - August 2**
- ☞ LAST DATE TO WITHDRAW AND RECEIVE A GRADE OF "W:" Seven-week Summer **June 29**; Full Summer Term: **July 14**
- ☞ FINAL EXAMS: Seven-week Summer: **July 8 - 12**; Full Summer Term: **July 29 - August 2**
- ☞ STUDENT HOLIDAYS: **May 27** (College Closed); **July 4** (College Closed)
- ☞ SUMMER COMMENCEMENT: **August 2**

## 2019 AWARD NOMINATIONS

Each spring, the College awards three special awards that are described below. Take this opportunity to recognize a faculty or staff member, student, or alumnus for outstanding contributions in their roles. All nominations are due by Friday, **March 8**.

### Outstanding Educator

The prestigious outstanding educator award recognizes a college educator who has demonstrated effective and innovative teaching techniques, academic leadership, motivation and mentorship of students, demonstrable support of the college mission, or other leadership or service roles. Past recipients include Cyndie Hobson, Cathey Miller, Trish Campbell, Karen Miller, Carla Hanbury, Janie McCloskey and Susan Patterson. Take this opportunity to recognize an outstanding educator who has helped make a difference for you. The nomination form is accessible at [https://www.surveymonkey.com/r/Educator\\_of\\_Yr\\_2019](https://www.surveymonkey.com/r/Educator_of_Yr_2019).

### Distinguished Alumnus

The distinguished alumnus award recognizes an alumnus who has shown evidence of sustained excellence in patient care, healthcare administration, or laboratory procedures; an alumnus who has provided exceptional service to the community, the state, the nation, or the larger worldwide community; or who has shown outstanding leadership within the healthcare or allied health profession. The nomination form is accessible at [https://www.surveymonkey.com/r/Alum\\_of\\_Yr\\_2019](https://www.surveymonkey.com/r/Alum_of_Yr_2019).

### Provider of the Tree

The provider of the tree award recognizes and teammate and student who demonstrates the integration of spirituality and compassion inherent in the Tree of Life into their daily practice working holistically with patients, families and teammates. Nominations for a student and/or a teammate may come from faculty members, college or program administrators, staff, students, alumni or Atrium Health teammates. The nomination form is accessible at <https://www.surveymonkey.com/r/ProviderofTree2019>.

## FACULTY/STAFF NEWS

Dr. Carolyn Harmon, RN-BSN Chair, has been invited as an expert panelist to present on evidence-based practice at the North Carolina Organization of Nurse Leaders Conference in March 2019.

Dr. Lindsay Munn, RN-BSN faculty (pictured at the right) presenting her research study at Sigma Theta Tau's Conference in New Orleans.



## CYNTHIA FAVORITE SCHOLARSHIP

Cynthia Favorite (NUR '96) was diagnosed with a brain tumor while a student in the nursing program. Once surgery and treatment were over, she returned to school and eventually completed the program. While she was undergoing her surgery, the Student Nurses' Association decided that they would like to help her financially and so they pooled the money that had been raised that year during their fund raising events and gifted her with a scholarship - hence the birth of the Cynthia Favorite Scholarship. Unfortunately Cynthia eventually passed away but the SNA has continued to fund the scholarship in her name in order to honor her and a graduating senior each year.

The recipient must be a member of the graduating NUR 202 class, and must be nominated by his or her peers. The SNA will review all nominations and select a winner. Nomination forms can be found the file pocket on Diahanne Holandez' office door (room 118), on the SNA site on the information portal and can be sent via email to [Diahanne.holandez@CarolinasCollege.edu](mailto:Diahanne.holandez@CarolinasCollege.edu). Nominations must be submitted by Friday, **April 5, no exceptions**.

## FINANCIAL AID UPDATE

- **March 1 through April 15**, returning students can apply for scholarships for the 2019-2020 academic year.
- 2019-2020 FAFSA is required to be considered for any scholarships. The link to apply: [https://www.surveymonkey.com/r/Scholarship\\_2019-2020](https://www.surveymonkey.com/r/Scholarship_2019-2020).
- 2019-2020 FAFSA deadline is **April 15**. [www.fafsa.ed.gov](http://www.fafsa.ed.gov); Carolinas College School Code: 031042.
- Need help or have questions regarding your FAFSA? FAFSA Workshop – **March 25** @ 10am – 12:00pm/1:00 – 4:00pm – Computer Lab Annex

Contact: [Kirstie.Clark@CarolinasCollege.edu](mailto:Kirstie.Clark@CarolinasCollege.edu), director of financial aid; [Cynthia.Peace@CarolinasCollege.edu](mailto:Cynthia.Peace@CarolinasCollege.edu), loan officer

## STUDENT SUCCESS by Sam Smith, MBA

In this month's edition, I would like to share an article I read from the Mental Health Foundation about the importance of one's own well-being and happiness. The article also provided "8 Simple Ways to Practice Self-love." Studies have shown that loving yourself is very important to your mental health and helps boost your confidence and self-esteem. I hope you enjoy these "8 Simple Ways to Practice Self-love" and are able to incorporate some of them into your daily routine. ([www.mentalhealth.org.uk/blog/8-simple-ways-practise-self-love](http://www.mentalhealth.org.uk/blog/8-simple-ways-practise-self-love))

1. **Catch more zzzs.** Start paying as much attention to your sleep routine as you do other parts of your day. It's not just about how much sleep you get, it's the quality that matters.
2. **#Doyourthing.** Self-love starts with doing what you love. Not feeling like you're good at anything can have a negative effect on your self-esteem, but what if you're just not taking the time to show everyone what you're made of? Doing what you love helps to alleviate stress.
3. **Quit the self-criticizing.** If you're always thinking 'oh no, I should have said that' or 'I wish I was better at this', it's time to have a little faith in yourself and quit the criticism. It's time to love yourself for who you really are and be proud of the things you're good at.
4. **Talk it out.** Even if it feels like the smallest worry or silliest thing to feel stressed about, bottling it up is only going to make you feel worse. Talking about your feelings is a simple act of self-love.
5. **Get moving.** You don't have to be a gym rat for this one - incorporating any form of exercise into your everyday routine leaves your mind feeling positive and ultimately happier.
6. **Less of the lattes.** If caffeine and high sugar foods are a regular part of your diet, it's time to rethink. Self-love begins with what you eat and drink. Up your water intake each day so you feel hydrated and swap sweets for healthy snacks like nuts, seeds, and fruits.
7. **Digital re-think.** Changing the way you engage with social media and the online world may be just what you need to give your mind a little rest. Constantly looking at other people's filtered lives on social media can lead to you comparing yourself to others. Limit yourself to social media use to a set time each day. Follow and engage with the accounts that are going to inspire you and make you feel good about yourself as well as give you a sense of community.
8. **Prioritize 'you' time.** There's just so much going on that sometimes it can be hard to stop and take some time for yourself. It's so necessary to take some time out for **YOU**, even if that involves saying 'no' to those around you.



### Recruiting Peer Tutors for SPRING/SUMMER 2019 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](mailto:samuel.smith@carolinashealthcare.org)

**Student Employment Opportunities:** We have a new HR Representative; his name is Joe Sullivan. If you're interested in part-time/PRN employment with CMC, sign up for a 15-minute appointment with Joe in the lobby between 10 AM and noon on **March 4**.

#### To make an appointment:

- ☞ Log onto the information portal and click on *Student Success Center* under *CCHS Quick Links* on the home page.
- ☞ Select the *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 talk with Joe Sullivan on a drop-by basis as long as he is not busy with another student. A human resources representative usually visits the college on the first Monday of each month. E-mail [Joe.Sullivan@AtriumHealth.org](mailto:Joe.Sullivan@AtriumHealth.org), or call 704.631.0347, with any questions or contact me, Sam Smith, at CCHS to support your job search efforts. For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Support page on the information portal. (Click on *Student Resources*, then on *Student Success Center*.)

**Would you like a cool "swag bag"? How about a discounted meal at Chick-Fil-A (CMC, main hospital location ONLY)? Or, maybe a few dollars in Canteen Bucks? Stop by the Student Success Center for more information.**



## CONTINUING EDUCATION OPPORTUNITIES

**CCHS Admissions Information Session March 5**, 3:30 to 5 PM. Have friends who want to know about CCHS? Contact the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Susan Thomasson, 704.355.3921.

**BLS Online Program** 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](http://www.onlineaha.org). Choose HeartCode BLS. The course takes approximately two hours and must be taken before attending the Heartcode BLS Online Skills Check. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to Heartcode BLS Online Skills Check Part 2.

**BCLS for the Healthcare Provider March 6**, 8 AM to noon. Cost \$50. Textbook not 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](mailto:Christy.Dull@carolinashealthcare.org).

**BLS Online Skills Check March 6, 13, 20 and 27**. Times vary (March 6, 13 & 27 = 1 to 3 PM; March 20 = 9 to 11 AM). 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).

**2019 Chaplain's Grand Rounds - Ethical Decisions in Complex Times - March 21**. This **FREE**, nine-part lecture series will be conducted in the Suzanne Hill Freeman Auditorium on the campus of Carolinas Medical Center every 3rd Thursday of the month from noon to 1 PM. Feel free to bring your lunch. The theme of the series acknowledges that medical decision making is getting ever more complicated. Best medical practice too often collides with the wishes of patients and family members. Nuances of care can challenge existing policies and procedures in the gray arena of seeking to do what is right. Join us in person, through teleconference, Skype, or let us send you a recording. Please direct any questions to Renee Howard ([Renee.howard@atriumhealth.org](mailto:Renee.howard@atriumhealth.org)). This month's session is entitled **Religious Dimensions in Ethics** and will be presented by Daniel Miles, MDiv, BCC.

**EAP Webinar - Where Are You Going? Setting Goals for Personal and Professional Success - March 5** (9 to 10 a.m.); **March 13** (noon to 1 p.m.); **March 28** (1 to 2 p.m.). Goals of the webinar: 1) Defining what really matters to you; 2) Developing goals that align with your core values; 3) Exploring how you can overcome common pitfalls; 4) Understanding the importance of an action plan. Sponsored by Atrium Health's 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.

### PHI THETA KAPPA (PTK) UPDATE by Carissa Maret, PTK Secretary

Thank you to all who tried/were able to donate during the last CBCC blood drive on January 28. Fourteen pints of blood were donated which will impact 42 patients' lives. Thank you for continuing to be part of this effort at CCHS! The next blood drive will be Thursday, **April 4**. The next PTK bake sale is scheduled for **March 15** from 8 a.m. to 1 p.m. Please stop by to sample something sweet! Members can sign up for time slots and/or to bring goodies on the PTK Moodle page.

We are so excited for Charity Cochran (president), April Marshall (vice president), and Kamryn Wagner (treasurer) who will be graduating from the radiology program in May! Please join us in welcoming our PTK officers-elect, who will be assuming their new roles at the April meeting: President: Ana-Paula King; Vice President: Calee Exum; Treasurer: Emilee Lawyer; Outreach Coordinator: Whitney Caldwell. The next PTK meeting will be Friday, **March 22** at 10 a.m. PTK T-shirts: Blue with yellow writing: \$10; Green with blue writing: \$10.

### COMPLIANCE UPDATE - Infection Prevention by Dr. Jane Binetti

The hand hygiene compliance rates for the fourth quarter of 2018 at both Carolinas Medical Center (CMC) and Levine Children's Hospital (LCH) reached 75% or greater. As a result, in January of this year, CMC entered a Methicillin Resistant Staphylococcus Aureus (MRSA) Exclusion Trial. This means that any patient with active MRSA on their problem list will no longer be required to be assigned contact precautions. Instead, patients with active MRSA will be managed with standard precautions including strict hand hygiene. Further, the automatic population of isolation orders in CERNER will no longer populate. It is important to note that MRSA screening and decolonization will continue. In order for this privilege to remain in place, both CMC and LCH will have to maintain hand hygiene compliance of at least 75% each quarter throughout the year. Everyone must remain diligent about the need for compliance with this trial and be willing to address those who may lapse on these directives.

# Activities & Deadlines For March

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 HR Rep On Campus	5 Admissions Information Session  EAP Webinar - Where Are You Going? Setting Goals for Personal and Professional Success	6 BCLS for the Healthcare Provider  BLS Online Skills Check Full Spring Midterm	7	8 Deadline for Outstanding Educator, Distinguished Alumnus, and Provider of the Tree Award Nominations

## Spring Break



11 Spring II Classes Begin	12	13 BLS Online Skills Check	14	15 PTK Bake Sale
18	19	20 BLS Online Skills Check	21 Chaplain's Grand Rounds - Religious Dimensions in Ethics	22 PTK General Meeting
25 Online Registration Begins for NUR (AAS & BSN), and RT Students Only	26	27 BLS Online Skills Check	28	29