

# Student Pulse



Cabarrus College of Health Sciences | September 2013

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2

**Labor Day**

-No classes

-College closed

3

4

**Study Break  
Surprise**

11am - 12pm  
Lobby

5

**Research help  
with Emily  
Patridge:**

Student Pavilion  
12-1pm

6

7

9

10

**Blood Drive**

10am - 2pm

Email Cara.Lursen@  
cabarruscollege.edu  
to sign up

11

**Test Anxiety  
Workshop**

11:30am - 12:30pm

Room 236

Learn effective  
strategies to cope  
with test anxiety

12

**Research help:**  
Student Pavilion  
12-1pm

13

14

16

**SGA Meeting**

9 - 10am

Room 237

**Resume Workshop**

10:30am - 11:30am

Room 234

17

**Surgical Tech Spirit Week (see page 8)**

*Constitution  
Day*

18

19

**Research help:**  
Student Pavilion  
12-1pm

20

*Last day to drop  
a class without  
academic  
penalty for Fall I*

21

23

**♥ Cabarrus College Spirit Week! ♥**

24

**Make Your Own  
Natural Lip Balm**

11am - 1pm | Lobby

25

26

**Research help:**  
Student Pavilion  
12-1pm

27

**CPR Recertification**

9a-12p | \$42  
see page 5

28

**Homecoming!**  
11am-2pm

30

**CPR Initial Class**

12- 4pm | \$65  
see page 5

**September 2013**  
*activities & deadlines*

# Homecoming 2013

Mark your calendars! We are hosting our second annual Homecoming Celebration on **Saturday, September 28 from 11am - 2pm**. There will be activities for all ages as well as a delicious lunch! Meal tickets purchased in advance will be \$7. Meal tickets purchased on Saturday, September 28 will be \$10.

You can RSVP and prepay for lunch by calling 704-403-2216, or you may visit the Cashier on campus. You may also mail payments to: Cabarrus College Homecoming Celebration, 401 Medical Park Dr., Concord, NC 28025.

## ♥ Cabarrus College Spirit Week! ♥ September 23-28



**MONDAY**

Rep Your Favorite Sports Team

Check your Cabarrus  
College e-mail this month  
for more events and  
announcements about  
Spirit Week!



**FRIDAY**

Wear your blue or gray t-shirts

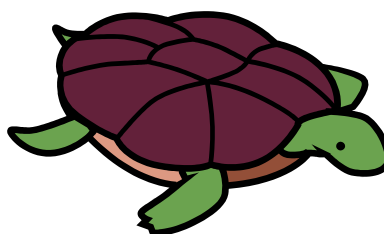
## Cabarrus College Mascot

Students, faculty and staff were asked to submit suggestions for our new college mascot. Below are the three finalists. Please visit <http://www.surveymonkey.com/s/CabarrusCollegeMascot> by Monday, September 9th at 5pm to vote for your favorite. Your votes will help decide the winner! *Please note: the images below are not the final mascot design. Once a winner is selected, a custom design will be created for Cabarrus College by local artist, Stephen Lursen.*

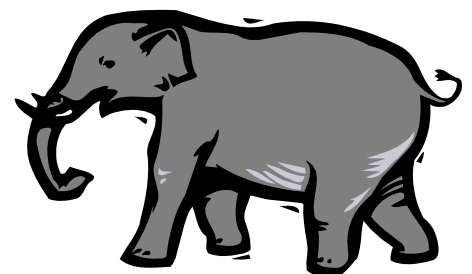
**The winner will be revealed at Homecoming!**



**OWL**



**TURTLE**



**ELEPHANT**

# College Dress Code



Pre-Professional  
student: Kayla Waller

Our dress code is all about modesty and presenting a professional image to the community.

**Here are the guidelines for students in every environment:**

- ◇ Students must wear their ID badges above the waist at all times
- ◇ Students will be clean and neat everywhere!
- ◇ All clothing is best with the concept of “modesty” in mind (ex: no bare midriffs, revealing necklines, visible under garments or really short shorts).

**Cabarrus College campus environment only:**

Allowed: Jeans, shorts (of a reasonable length), sweatpants, sweatshirts, t-shirts, conservative tank tops, shoes in good repair (including flip flops, sneakers and sandals).

Not Allowed: Halter tops, revealing tank tops, revealing necklines, pants that don't conceal underwear.



Nursing Students:  
Jason Agnew & Ben Wease



OTA Student:  
LaFarrell Lloyd

You can still look fashionable while following the Cabarrus College dress code! Pictures on this page were taken of current students during the first week of class.



Nursing Students:  
(Left to right): Samantha West, Casey  
Thompson, Leslie Fisher

To see the entire Student Dress Code (including guidelines for CMC NorthEast visits and clinicals) please visit:  
<http://www.cabarruscollege.edu/content/students/StudentDressCode.pdf>

# Pinnacle Award Nominees

Congratulations to Meg Patchett and Rachel Houston for their Pinnacle Award nominations. Meg and Rachel were nominated by their peers for showing Carolinas HealthCare System's Core Values of caring, commitment, integrity and teamwork. Excerpts from their nomination forms are below.

**Please join us in giving an extra special congratulations to Rachel for being one of 75 finalists for this prestigious award!**

## **Rachel Houston, CMA (AAMA)** **Program Chair of the Medical Assistant program**

Rachel joined the college in January 2012 and is responsible for overseeing the Medical Assistant program as well as advising MASO (Medical Assistant Student Organization).

Excerpts from her nomination:

*This year, there is one person who inspires me, and those around her, above and beyond all others because of her energy, enthusiasm, positive attitude, relentless drive to make great things happen, fantastic sense of humor, caring nature, teamwork, commitment and integrity. That person is Rachel Houston...*

*For some of our students, the cost of tuition, books and supplies can pose a significant financial strain on the family's income. They then worry how they can afford the cost of uniforms as well and will come to their faculty advisors for help. Rachel and another young faculty member brainstormed and came up with a great idea to help these students. They're asking Cabarrus College faculty and staff to donate new and gently used scrubs that then will be sold to students at yard sale prices during the first week of school, thus preserving the dignity of the students and enabling them to secure the items they need to go to clinicals.*



## **Meg Patchett, PhD** **Provost**

Meg joined Cabarrus College in August 2008. In her role as Provost, she oversees all academic, as well as the Cabarrus College Information Resource Center.

Excerpts from her nomination:

*Meg is known for her warm smile and caring demeanor. She greets everyone with compassion, kindness, respect and dignity. She is open-minded and willing to support those she works with regardless of their position. Dr. Patchett is gifted with tremendous compassion and the ability to actively listen...Meg is always willing to find time to meet with anyone who needs her assistance...*

*Dr. Patchett is a "go-to person" at the college. She is an anchor, mentor and a cement to unite faculty, students, healthcare providers and teammates to collectively accomplish the mission of the college and CHS. She is a living exemplar of the corporate concept of "One".*



# college news & opportunities

## **UPCOMING CLASSES**

### **CPR Initial Class**

Monday, September 30  
12-4pm | Cost: \$65



### **CPR Recertification**

Friday, September 27  
9am - 12pm | Cost: \$42

Reminder: If your certification expires, you will be required to take the initial class!



### **NA I Review Class**

October 24th or 25th  
8:30am - 4pm



Contact Dawn Barbee (704.403.2216) with registration questions & Mary Harrington (704.403.3209) with course questions.

## **HAVING TROUBLE WITH RESEARCH?**

Emily Patridge (Information Resource Center Manager) will be in the Student Pavilion every Thursday in the month of September from 12-1pm to help you out!

Please contact her (Emily.Patridge@cabarruscollege.edu) at any time if you need help!

# college news & opportunities

## **CONSTITUTION DAY**

September 17, 1787 was the day that 39 men signed the U.S. Constitution. Every year we commemorate this event by encouraging one of the basic rights of democracy: voting.

Please visit [www.ncsbe.gov](http://www.ncsbe.gov) for more information about how you can register to vote in the state of North Carolina.

Check your Cabarrus College email this month for more information on how we'll be celebrating Constitution Day on September 17, 2013.

## **CELEBRATIONS!**

Congratulations to BSN student Laura McCraw who was awarded one of 25 scholarships this year from the Great 100 Nurses of North Carolina.

## **PARKING**

Please be sure to have your parking sticker attached to your back windshield and pay attention to the signs in the parking lot. Students need to park in the right or left lots (see the picture below). You may receive a parking ticket for being in the wrong lot! See Beth in the lobby if you need a permit.



# Tips for success



From the Office of Advising and Student Success

## \*READ YOUR SYLLABUS.

Be familiar with due dates, deadlines and the instructor's office hours. Be sure to refer back to the syllabus throughout the semester and put all deadlines in your student planner or calendar!



## \*BE ON TIME TO CLASS

Or even better early. You need time to settle down, greet friends and prepare for the lesson.

## \*KEEP UP WITH EDVANCE360 AND YOUR COLLEGE EMAIL

Students should log into both of these systems each day to stay current on course information, changes to the syllabus and important College news.

## \*ATTEND CLASS

Research indicates that, on average, students with excellent attendance records have significantly higher GPAs than those who miss a class or two each month. *Also, the more you hear, see and interact with the course material, the more information you retain.*

## \*PARTICIPATE IN CLASS DISCUSSION AND GROUP PROJECTS

Instructors want students to demonstrate an active engagement with course material.

## \*TAKE NOTES

This helps you focus on the material and provides a great study tool.



## \*INTERACT POSITIVELY WITH YOUR INSTRUCTOR

Outside of class, email your instructor and visit during office hours to ask questions and discuss the course material.

## \*REMEMBER THE 3 HOUR RULE

For every hour spent in class, you should be spending three hours studying.

## \*ATTEND GUIDED STUDY SESSIONS (GSS)

Many courses offer GSS, a peer-led weekly study session. The GSS Student Leader, who has already taken the course and been successful, works with the instructor to plan weekly review sessions. Your course instructor will have your GSS information.

## \*SCHEDULE 1:1 TUTORING

Some courses also offer 1:1 tutoring. You may schedule one hour per week, per subject. Contact Julie Holland (Juliette.Holland@cabarruscollege.edu or 704.403.3207) to schedule a 1:1 session.

## \*ATTEND WORKSHOPS ON STUDENT SUCCESS

Workshops on topics like test success, note taking and stress management are offered throughout the semester. Check your email for dates and times. If you have specific needs, contact Cara Lursen (Cara.Lursen@cabarruscollege.edu or 704.403.1614) or Julie Holland.

# Club & organization announcements

## Surgical Technologist Student Association (STSA)

Mark your calendars! Surgical Tech week is quickly approaching and we are excited to announce our week full of fun and exciting activities! The reasoning behind Surgical Tech week is to teach the students of Cabarrus College of Health Sciences all about Surgical Technology and what we do on a day to day basis. Below is a list of events that will be happening in the Pavilion the week of September 16-19, 2013. We will also have some crafts displayed and fun games to play, so come on by and see us!

Monday 9.16.13 – Bake Sale & Silent Auction  
Tuesday 9.17.13 – Doughnuts and Coffee with Games and Trivia  
Wednesday 9.18.13 – Bake Sale with “Guess that Amount”  
Thursday 9.19.13 – STSA Chili cook-off & 50/50 raffle

We look forward to seeing you!  
-STSA students and faculty

## Student Occupational Therapy Association (SOTA)

By Katie Yacevich, OTA student and SOTA Historian

The OTA program ROCKS! OTA stands for Occupational Therapy Association for those of you who don't know. The OTA program has awesome professors who love being our teachers as well as OTs and OTAs. We strive to help people FUNCTION and sometimes it really DEPENDS on what we will do for therapy. The OTA program has a club called SOTA (Student Occupational Therapy Association).

### **SOTA's 2013-14 executive board is:**

Professor Amy Mahle- Advisor  
Tamika Lattimore- President  
Kathryn Wilson- Vice President  
Stacey Samoei- Secretary

Melissa Miller- Treasurer  
Brittany Turner- Social Chair  
Katie Yacevich- Historian

On August 28th, SOTA held a Lunch and Learn for the incoming OTA freshman and sophomore students to meet each other and eat...we all love to eat! We ate pizza, played BINGO and had lots of desserts. This also was a chance for the sophomore students to meet their freshman buddy for the year.

This fall we decided to begin the buddy system for the incoming OTA freshman. This is an amazing opportunity for the freshman to meet an upperclassman. It also gives the incoming OTA freshman a chance to ask questions about whatever their hearts desire.

At this meeting the new OTA students also met their new GSS leaders Klancy Burney and Megan Lively. These two lovely ladies will be leading the GSS sessions and helping the OTA freshmen with their first semester.

All the OTA sophomore are here to help too! So if you need us, just let us know. We are excited to have ya'll with us! We hope to see ya'll around school and don't be shy because we OTA students aren't!

The SOTA club will have our next meeting on September 10th at 10:45am in the OTA lab on the 3rd floor. Find us on Facebook and become our friend!

# Chris' Corner

## Giants, Magicians and Dwarfs

As I watched the 50<sup>th</sup> anniversary of the historic March on Washington and the “I have a Dream” speech by Martin Luther King, Jr., I was reminded of my summer camp counselor days. Yes – perhaps an odd connection, but read on.

Imagine the scene. Parents were off doing parenting things, as I’m left in charge of 80, seven-ten year olds. Yep – me - a child at heart - given the responsibility of both entertaining and corralling 80 children simultaneously.

GIANTS, MAGICIANS, and DWARFS was the game. It’s a large-scale version of Rock, Paper and Scissors and involves some intellectual decision-making. But the real purpose of the game is to make a lot of noise and run around chasing people until nobody knows which side you are on or who won. Organizing a playground full of kids, hopped up on sugar, into teams, explaining the rules of the game and reaching consensus on group identity is no small accomplishment; but we did it with a great deal of will and were ready to go...at least I thought so.

The excitement of the chase had reached a critical mass. “Now decide who you are – a GIANT, MAGICIAN, or DWARF!” I yelled. While the groups huddled in delirious, murmured consultation, a tug came at my shorts. A little girl looking up at me with big, bright blue eyes asks in a small, very concerned voice, “Where do the Mermaids stand?” A long pause. A very long pause. “Where do the Mermaids stand?” said I. “Yes, you see, I am a Mermaid.”

“There are no such things as Mermaids.” I said. “Oh, yes, I am one!” said she.

She did not relate to being a Giant, a Magician or a Dwarf. She knew her category - Mermaid. She wasn’t about to leave the game and stand on the sidelines alone. She intended to participate, wherever Mermaids fit into the scheme of things; without giving up dignity or identity. She took it for granted that there was a place for Mermaids and that I would know just where it was.

Well, where DO the Mermaids stand? All the “Mermaids” – all those who are different, who do not fit the norm and who do not accept the available boxes and pigeonholes? Answer that question and you can build a school, a village, a nation, or a world.

What was my answer? Every once in a while I say the right thing. “The Mermaid stands right here by the Queen of the Sea!” I said. Yes, right here by the Queen’s Fool, I thought to myself. So we stood there, hand in hand, surveying the crowd of Giants, Magicians and Dwarfs as they frolicked by in wild chaos.

As we celebrate those historic events on the Washington Mall 50 years ago and think about the vision one man delivered so passionately, let us remember all those who consider themselves mermaids. Extend your hand and your heart and find a place for all those who are different than us to stand – hopefully it will be right next to you.

It is not true, by the way, that mermaids do not exist. I know at least one personally. I have held her hand.

*Thoughts inspired by Robert Fulgrum*

# New Faces: faculty



## CASEY PAGE

Casey has her BSN from The University of South Carolina and an MSN from Western Carolina University. She has been a Registered Nurse for 18 years. Casey has worked for Carolinas HealthCare System for 6 years in both Community Investment and School Health. Prior to this, she has worked in the ER, PACU and Peds.

“I was connected with Cabarrus College via Jamie Brandon last fall and completed my practicum (student teaching, so to speak) with Mrs. McCahan’s N110 group in the Spring of 2012. After this experience, I knew Cabarrus College would be a great place to work!”

Casey has an 11-year-old daughter who is entering middle school this year. She enjoys mountain biking, camping and anything outdoors (especially the beach). She grew up in South Carolina and is a huge USC Gamecock fan!

## JAMIE BRANDON

Jamie is an alumni who graduated from the Louise Harkey School of Nursing in 1988. If you look really hard, you will find her in the lobby photos as you enter the building. She also has a BSN from Winston Salem State University and a Master of Science degree in Nursing Education from Western Carolina University.

Jamie has worked in many areas of nursing including med-surg, cardiac, ICU, dialysis, home-health, pediatrics and pain management. Her all-time favorite area is perioperative services. She considers herself an expert in this field.

In her spare time Jamie likes to work out. She has completed two marathons, run two half-marathons and a lot of 5Ks. She loves sports, especially football (she’s a huge University of Tennessee fan).

Jamie says she loves being at Cabarrus College. “I think about how blessed I am every day as I walk through the door at the college. My goal is to make a difference in the lives of the young men and women that will be taking care of us all several years down the road. I want them to appreciate and love this profession as much as I do.”



Jamie and her husband Todd.