

Student Pulse



Cabarrus College of Health Sciences | August 2014

Welcome back!



august 2014

activities & deadlines

Monday

Tuesday

Wednesday

Thursday

Friday

18

Club Fair
8 - 10am | Pavilion
Free iced coffee

Convocation
10am | Parking Lot
*mandatory for all incoming students

-Fall classes start

19

Ice Cream Social
1-2:30pm
Student Pavilion

20

21

22

-Last day to drop or add a class

25

SGA Meeting
9:30am | room 234
open to all students!

Rotaract Service Club Meeting
10:30am | room 221
open to all students!

-Graduate classes begin

26

Blood Drive
10am-1pm
Parking Lot

Sign up for an appointment by emailing Cara.Lursen @cabarruscollege.edu or putting your name on the list on office 105's door.

27

Sam's Club Rep on Campus
11am - 2pm
Lobby

*Get a \$15 gift card when you purchase a Sam's Club membership (\$45, cash or check only)

DIY Lip Balm
11am-12pm
Student Pavilion

28

DIY Lip Balm
11am-12:30pm
Student Pavilion

29



Important Information

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.



E-mail

Check your Cabarrus College e-mail EVERY SINGLE DAY! This is the official way that the college will communicate with you!

Catalog & Handbook

Students are responsible for reading the information published in the Student Handbook and the Catalog. Handbooks were printed with a planner. To obtain a copy, please stop by Cara Lursen's office (105).

The Catalog and Handbook are also published on the web! Find the latest versions here:

Catalog: <http://www.cabarruscollege.edu/catalog.cfm>

Handbook: <http://www.cabarruscollege.edu/content/students/StudentHandbook.pdf>

Convocation 2014

Students attended Convocation on the morning of Monday, August 18th. They were able to meet new friends, get to know campus partners and learn more about Cabarrus College. Below are some highlights.



Students write their goals on strips of paper that later get assembled in to one large paper chain.



SGA President Meghan Stoner gave new students some tips on how to be successful at Cabarrus College.

What's Happening Around Campus

Medical Imaging

New Medical Imaging students and their Program Chair, Rhonda Weaver, on August 18th at their orientation.



Pharmacy Technology

News from Program Chair, Annette Simmons:

Over the summer, Pharmacy Technology (PHT) sophomore **Dimitri Chapman** successfully passed the Pharmacy Technician Certification Board exam and is now employed as a pharmacy technician at Medicap Pharmacy in Concord.

PHT sophomore **Rebecca Noland** successfully passed the PTCE also and is now employed as a pharmacy technician at Cannon Pharmacy in Concord.

PHT sophomore **Samantha Darconte** successfully passed the PTCE and is now employed as a pharmacy technician at Food Lion Pharmacy in China Grove.

All three of these students began the program with no prior pharmacy experience and are already beginning their careers as certified pharmacy technicians!

Academic Updates

General Education Changes

In the effort to expand and improve courses at Cabarrus College, new courses have been developed in the General Education department. Please review the Course catalog for a complete course description.



COM 310 - Communications, Culture, and Community

ENG 210 - World Literature

ENG 315 - Creative Writing

IHS 401 / IHS 501 - Applied Statistics and Research Methods

ENV 301 - Environmental Health

HUM 315 - Women In Art

MAT 201 - Introductory Statistics

IRC (Library) Tips

Cabarrus College has their own library (IRC) and librarians! You can find the librarians, books, journals, public computers, and very comfortable eating over at CMC-Northeast. If you enter through the Miriam Cannon Hayes Family Medical Center, take the elevator down to the basement. The IRC is open 24/7 with your badge and the librarians are available Sunday-Thursday from 8 a.m. – 4 p.m. To ensure that the librarians are available, please schedule a consult and send an email to library.assistance@cabarruscollege.edu.



Do you have a research assignment due? Is your personal **Charlotte AHEC Digital Library** account set up? Use this URL to fill out your membership form, https://www.charlotteahec.org/ahec_library/resources/adl_request.cfm. Membership is FREE and available to all currently enrolled students.

The IRC is hosting a National Library of Medicine traveling exhibit – **Harry Potter's World** from August 4 – September 13. Please stop by and check out this six paneled exhibit! It is FREE and open to the public.

What's Happening in OTA?



Bowling Outing

OTA students went bowling this summer with Program Chair, Nancy Green. Students were taught how to bowl from a wheelchair after their final exams. It made for a fun and educational outing!

NCOTA Legislative Day

Cabarrus College was well represented at the North Carolina Occupational Therapy Association (NCOTA) Legislative Day in Raleigh on May 28, 2014. North Carolina occupational therapy practitioners, educators, and students from across the state met with their state Senators and Representatives to educate legislators about occupational therapy (OT) and discuss the importance of OT services for NC residents. Meetings were timely, as the House and Senate are determining budgets which would directly impact Adult Medicaid outpatient therapy covered services. Medicaid reimbursement for rehabilitative services was significantly decreased in 2012 due to state budget cuts. Currently, most adults receiving Medicaid are restricted to three outpatient therapy visits per year total - inclusive of all rehabilitative services (occupational therapy, physical therapy, and speech therapy). If the individual has a more significant condition, such as an orthopedic condition or the effects of a stroke or traumatic brain injury, the client may receive 10-30 visits per year (including all disciplines). The covered services are at risk of being reduced yet again this fiscal year, which could result in negative impacts in daily functional abilities of individuals and decreased safety, possibly leading to increased costs to the state for more expensive Medicaid services, such as emergency care or long term care services for those same individuals.



Photo (L to R): Amber Ward MS, OTR/L, BCPR, ATP/SMS, NCOTA President & Cabarrus College Adjunct Professor; Amy Mahle MHA, COTA/L, Assistant Professor; Lisa Gullledge, OTA Student; Carol Fain OTD, OTR/L, MOT Program Chair.



Hinds' Feet Farm

Eleven OTA students completed their service learning projects at Hinds' Feet Farm in July.

Chris' Corner

From Chris Corsello, Dean for Student Affairs & Enrollment Management

Welcome to another exciting year at Cabarrus College of Health Sciences - it promises to be a great one! This is the first issue of the PULSE for this academic year and I'm excited to get started with my monthly submissions! I'm sure for many things are already whirling around and you may even be knee deep in "to do's". Don't worry, the faculty and staff are excited to begin a new year and are eager to assist you in any way they can. Our goal is simple - provide you with a wonderful experience - in and out of the classroom.

As we kick off a new academic year, I'd like to take this opportunity to share my hopes for the year ahead, starting with ... **"Building Bridges not Walls"**



My vision is that we all strive to build bridges where we might otherwise build a wall or take the easy road and not work towards building anything at all. It strikes me that we could all use a little reminder now and again, that human communication and connection are the keys to building these bridges and having successful exchanges and relationships.

Communication is much more than simply a means of getting things done or expressing emotions or creativity. Our communication determines who we become as individuals. Obviously, communication is not necessarily the be-all and end-all of life, but it is very important...it is not just one of the trivial or mundane things we do - like combing our hair, brushing our teeth, going to work - the quality of our life is directly related to the quality of our communication - which leads to our connectivity to others. Through communication there is a basic movement toward relation not division; bridges, not walls. We are after all, relational beings. Think of it this way if you must...the fundamental force in the human world is centripetal, not centrifugal. Remember your physics... when you whirl a weight on a string, centrifugal force is what forces the weight *out*, away from the center, and centripetal force is what holds it *in*!

Simply put, if we keep talking to one another we will move towards one another, not away. Sure, this sounds like sugar and spice doesn't it? I'm really not that naïve to think that if everybody just relaxes, holds hands, smiles and stares at the sunset then all conflict will disappear and the world/College will be a happy place. Sometimes the fear that stops us from communicating is legitimate. But worst of all...our ignorance can be devastating. If I don't know how to listen or how to tell you my feelings or how to clarify an abstract idea, that fact alone can inhibit our connection.

So, how do we get there? Each of us has to be a participant. We have to be willing and able to share some of what makes us a person and to be aware of some of what makes the other a person. That willingness and ability can happen when we are all, a) committed to the basic communication process, b) are willing and able to make ourselves and our ideas available to others, c) willing to listen to others and be empathetic, and d) have some resources available to deal with conflict.

This is my hope - we keep our lines of communication open, we take advantage of all those opportunities that present themselves and we move towards one another to create a powerful, connected Cabarrus College! Each of us must use every opportunity presented to us - and those we create ourselves - to share our thoughts, opinions, suggestions, critiques and even complaints. Through our efforts, commitment and partnerships we will no doubt make the connections with each other that will make the experiences - for all of us - successful and enjoyable.

I look forward to building bridges with you and I wish you much success in the year ahead!

Fall Reading Contest

We invite you all, new students and previously enrolled students, to enter our annual writing essay contest!

This year's selected reading is *Josie's Story* written by Sorrel King.

In *Josie's Story*, Sorrel writes about Josie, the medical errors that led to Josie's death, the family's struggles to deal with their grief, Sorrel's foray into the health care industry as a patient safety advocate, and the safety improvements that have come about in Josie's memory.

See more at: <http://www.josieking.org/josiesstorythebook#sthash.bXw4b4Cr.dpuf>

Topic of Essay

Please reflect on the significance (or lack of significance) of *Josie King's Story* as a current or future healthcare provider.

How to Submit your Entry

Your submission should include the following information:

1. Your name
2. Your submission's title
3. Your essay or the link to your audio or video file
4. Written entries must be 350-to 500-words. Other media should allow for viewing/listening time of no more than 3 minutes.
5. Entries must be received by October 2, 2014 (The winner will be contacted within two weeks of the submission date. The winner will also be announced in the Student Pulse)

Please submit your entry to library.assistance@cabarruscollege.edu and put in the subject line: Essay Submission

- If you are submitting an essay, please attach it as a Word file to the email.
- If you are submitting an audio or video file, please remember to provide the link in your email.

Prizes!



The winner will receive a reading gift basket that will include:

- Cabarrus College sweatpants
- A Cabarrus College fleece blanket
- A gift card to Starbucks
- Study snacks

Harry Potter's World Contest

**National Library of Medicines'
Traveling Exhibit:
Harry Potter's World: Renaissance, Science,
Magic and Medicine**



Visit the exhibit now through **September 13th** in the IRC (Cabarrus College's library located at Carolinas Medical Center NorthEast) and enter the:

Hogwarts Inquiring Minds Competition

Who is eligible? *Anyone completing the tour of the exhibit may submit an inquiring minds essay via email to Dr. Colleen Burgess at colleen.burgess@carolinashealthcare.org by 11:59 on September 14th.*

Write an essay in response to the prompt at the bottom of the page (200 - 250 word max) typed and double spaced, in 12 point Times New Roman font.

What: Win a \$100.00 Gift Certificate toward dinner for two at **Restaurant 46 Kannapolis, NC**

The exhibit contains six informational panels:

Potions
Fantastic Beasts
Monsters
Magical Creatures
Immortality
Herbology

(<http://www.nlm.nih.gov/exhibition/harrypottersworld/exhibition.html>)

As you explore the exhibit, make note of how healthcare was practiced during the Renaissance Time. Note how many "magical" health practices are mentioned.

This exhibit provides a wealth of historical wisdom/practices from the past. Without scientific "thought" and evidence based practice "we may be practicing current myths and magic"!

Essay Prompt

Discuss a contemporary health care practice that may classify as **Myth, Magic or Science** and explain why you believe it is myth, magic or science.

New Grading Scale!

Exciting News!! New Grading Scale Starts Fall 2014!! ATTENTION: RETURNING STUDENTS!!!!

August 18, 2014 marks the start of a new academic year at Cabarrus College of Health Sciences. It also marks an exciting change at the College! We will be utilizing a **new ten-point grading scale effective this fall!** Please see below for the breakdown of the new scale.

This is a college-wide change that will facilitate consistency between the undergraduate and graduate programs of study. It also will better align with the majority of neighboring colleges and universities.

So what does this mean for you? Well, the minimum of “80” will still be required for program progression. The only difference is that an “80” is no longer a C, but now is a B on the new scale. The College prides itself on its history of outstanding pass rates on licensure and certification exams that lead to employment in the healthcare field you’ve chosen to pursue. To continue our history of excellence we feel that it is important to maintain our minimum progression standard of 80 or higher. However, the 80 is still the same 80 it once was. The numerical grades do not change; just the representative letter will change.

The following is a case study comparison of an actual student demonstrating the **immediate benefit** to a student such as yourself:

	Old Grade Scale (7 point)			New Grade Scale (10 point)		
Course Title	Numerical Grade	Letter Grade	Grade Points	Numerical Grade	Letter Grade	Grade Points
BIO 100	90	B	3.00	90	A-	3.70
ENG 101	88	B	3.00	88	B+	3.30
PHT 130	92	B	3.00	92	A-	3.70
MED 101	91	B	3.00	91	A-	3.70
MED 102	86	C	2.00	86	B	3.00
		GPA 2.80			GPA 3.48	

As you can see, there are **significant benefits** associated with this change:

- Your overall GPA has the potential for being higher under the new scale. Higher GPAs result in more opportunities for employment consideration within the CHS system when benchmarked against other recent graduates.
- Higher GPAs also may result in more scholarship opportunities.

So what happens with the grades you earned last semester or previously at the College? Great question! Grades earned in course prior to August 18, 2014 will remain as recorded. No transcripts will be updated. However, instead of starting this change with a new cohort only, we have extended the change to include **all** enrolled students at the College effective Fall 2014. You can see in the chart above that even just one semester’s coursework on the new scale can greatly change your overall GPA. So whether you are graduating in December or if you’ll be with us a little longer, you’ll still **benefit** from the change! Isn’t that exciting!?

We realize that such a large change will bring many questions so we are offering the first of several Snack & Chat sessions with various faculty and staff on **Thursday, August 21st at 3pm in classroom 237**. This is an opportunity for you to ask questions and learn more about the change. Drop in anytime between 3pm and 4pm. Light refreshments will be available!

We are extremely excited for this change and we hope you will be too!

-Rachel Houston and your Grading Scale Task Force

Financial Updates

Reminders from the Financial Aid office



Glad I filed my FAFSA application!

Now I am going to continue the search on my own by applying for additional scholarships and grants!

It's not too late to apply! Visit www.fafsa.gov to apply for free!

The Director of Financial Aid will determine your eligibility for federal and state student grants, work-study and loans.

Check out our useful tips at:

<http://www.cabarruscollege.edu/financial/tips.cfm>

Payment Plan Dates

Example of how a payment plan would work:

Total Charges \$300.00

Payment Plan Fee (+) \$50.00

Total Amount to be Financed (=) \$350.00

Divide by number of payments (/) 7

Total monthly payment (=) \$50.00

Interested in more information about payment plans? Contact Dawn Barbee (Dawn.Barbee@cabarruscollege.edu or 704.403.2216).

Fall 2014 Options

Bi-Weekly

8/1/14
8/15/14
8/29/14
9/12/14
9/26/14
10/10/14
10/24/14
11/7/14
11/21/14

Monthly

8/1/14
9/1/14
10/1/14
11/1/14

Upcoming Events

Homecoming

Mark your calendars! We are hosting our third annual Homecoming Celebration on **Saturday, September 20 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 20 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.

Backpack Awareness

Join the American Occupational Therapy Association (AOTA) and our very own OTA students as we help others Live Life To Its Fullest by avoiding the pain and injury that can come from heavy backpacks and bags. On **Thursday, September 18, 2014**, the Cabarrus College community will learn safety tips to stay protected from back pain throughout life. Our OTA students will perform a weigh-in, and instruct fellow classmates, faculty, and staff about how to properly choose, pack, lift, and carry various types of bags—including backpacks, purses, briefcases, and suitcases. See you in **The Pavilion from 9am – 11am** where you will learn how to “Pack It Light, Wear It Right!”.

Financial Wellness Series

Fifth Third Bank is holding a Financial Wellness Series for Cabarrus College students, faculty and staff. If you are interested in attending any one-on-one sessions listed below, please email Cara Lursen (Cara.Lursen@cabarruscollege.edu).

Budgeting for Financial Success

(September 17 and 18 from 11am-1pm)

Learn how to create breathing room in your budget and find more money for savings with a few simple phone calls and changes!

Credit Reports– Build, Rebuild and Maintain Great Credit

(October 22 and 23 from 11am-1pm)

Whether you have great credit, severely damaged credit or no credit, you will be much more in control after this! Learn exactly what makes up your score and how to do “clean up” on your credit report.



Have a story for the Student Pulse? Please email Cara.Lursen@cabarruscollege.edu.