

Student Pulse



Cabarrus College of Health Sciences | March 2014

Monday

Tuesday

Wednesday

Thursday

Friday

3

4

5

6

7

Spring Break

10

Zumba

5:30-6:30pm | basement
Free for students, every
Monday

11

Open Interview*

12- 1pm | room 237

12

13

Open Interview*

12:30- 1:30pm | room 234

14

December 2014 Intent to
Graduate Forms due

17

18

Group Styles Quiz

2-3pm | Lobby

Take a quick quiz and
get a free study pack

19

20

21

Open Interview*

12- 1pm | room 237

Last day to drop a course
without academic penalty
for Full Spring

24

CPR/BCLS

10:30am-12:30pm
See page 2 for more
details

25

26

27

28

SGA Crafternoon

11am—1pm | Pavilion
Join SGA for a
free craft event.

31

march 2014

activities & deadlines

*Open interviews are for the Coordinator
for Advising & Student Success position.
Check your email for more details.

Registration begins at 9pm on 3/30 for
baccalaureate students and at 9pm on 4/1
for associate degree students

College news & updates

Cabarrus College Alumni Paint & Pour

Cabarrus College alumni from a variety of academic programs and graduation years gathered on February 10th to mingle and create beautiful pieces of art! The Alumni Association has events like these a few times a year. Once you graduate, watch your mail for invitations to fun events like this one!



Visit and 'like' our Cabarrus College Facebook page to see more pictures from the event!
www.facebook.com/cabarruscollege

Upcoming CPR Classes

The curriculum for this program utilizes the recommended content areas from the American Heart Association.

CPR/BCLS Online Part 1

The student must register and pay tuition directly to The American Heart Association: cost is \$22.00. Access the American Heart Association website by typing in the web address <https://www.onlineaha.org> and choose BLS Online Part 1 program. Complete 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 when registering for Part 2 - Skills Competency.

CPR/BCLS Online Part 2 - Skills Competency

The student must register & pay directly to Cabarrus College of Health Sciences: cost is \$25.00. You must bring the 'Course Completion Certificate' (Passing) in order to register for BLS Online Part 2. Be ready to "check off" on all BLS Skills. You must complete skills check (Part 2) within 60 days of completion of BLS (Part 1). You must successfully complete both Parts 1 & 2 to receive a CPR Healthcare Provider certification card.

March 24 - 10:30 am-12:30 pm

April 7 - 1:00 pm-3:00 pm

April 21 - 10:00 am-12:00 pm

May 5 - 1:00 pm-3:00 pm

May 19 - 10:00 am-12:00 pm

Please contact Lisa Tardo-Green (Lisa.Tardo-Green@cabarruscollege.edu) with any questions.

Faculty Spotlight

Submitted by Nancy Green



Amy Mahle, MHA, COTA/L, Assistant Professor for Occupational Therapy Assistant Program presenting *Strategies for Transitioning from Clinical Expertise to Classroom Excellence*, at the American Occupational Therapy Association.

If you would like to see the poster in person, please stop by the OTA labs on the third floor where it is proudly displayed. We would be happy to share it with you.

MS Walk

Written by Valerie Richard, Captain of the Cabarrus College Owls MS walk team

Cabarrus College of Health Sciences has formed a team called the Cabarrus College Owls and will participate in the MS walk - Cabarrus & Rowan County - on Saturday, April 5, 2014. We would love to have a large group of students and employees from Cabarrus College represent our school and help raise funds for such a worthy cause. Please consider joining our team today by going to the link below and signing up. Once on the link, please click "Join a Team" and select the Cabarrus College Owls.

http://walknct.nationalmssociety.org/site/TR/Walk/NCTWalkEvents?fr_id=22873&pg=entry

Remember to ask your friends, family, coworkers and neighbors to donate; every little bit helps. Donations can be made on the website or you can collect funds to hand in the day of the walk. Your gift helps support cutting-edge research and programs and services for everyone impacted by MS. Ending MS means no one will receive an MS diagnosis again. Every step counts. Every dollar helps. Every connection matters.

Very Important: After you sign up to join our team you will need to send me an email at Valerie.richard@carolinashealthcare.org. Include in the email your phone number and your T-shirt size. **I must receive your email by March 14th to be able to order your FREE T-shirt that we will all wear the day of the walk.** We will contact you by phone to come pick up your T-shirt the week before the walk.

If you are unable to participate in the walk I hope you will consider going online and contributing to this cause or feel free to give me your donation so that I can turn it in the day of the walk.

Employees - remember this is a good way to help meet your Community Outreach activity goal. Just remember to record this activity on the Community Benefit website.

If you have never participated in the MS walk I encourage you to do so as it is truly a wonderful event and an opportunity to help so many people. Each year that I have participated, I have left feeling grateful and blessed to be a part of it. If you have any questions please feel free to contact me at 704- 403- 3507.

Walk MS: CABARRUS & ROWAN COUNTY

Saturday, April 5, 2014

Location: NC Research Center [View with Google Maps](#)

Address: 201 N. Main St, Kannapolis, NC 28081

Registration Opens: 9:00am

Cabarrus College Owls will meet at 9:40 am at the steps of the core lab building for a group picture.

Opening Ceremony: 9:45am

Walk Starts at: 10:00am

Route Length: 1 or 3 miles

About MS Multiple sclerosis is an unpredictable, often disabling, disease of the central nervous system that interrupts the flow of information within the brain, and between the brain and body. Millions of people are affected by MS and the challenges of living with its unpredictable symptoms, which range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS.

What do I need to bring to Walk MS?

Bring a completed and signed walker check-in envelope and contributions you've collected. Your check-in envelope is mailed to you if you register two weeks before your event.

How will the MS Society know how much I have in online contributions?

Online contributions automatically are credited to your account. However, we will not have access to that information on the day of the event, so make sure to check your online total before the event and include the total on your walker check-in envelope.

**"You will rise
by lifting
others."**

- Robert G. Ingersoll

Join our team!

Chris' Corner

ENEMY QUARTERS

I have been to the enemies' quarters. It was an accident, but it happened. The first time it happened, I was in a Mexican restaurant. I was having dinner with some friends, and was very engaged in the conversation. There is nothing like good food and good conversation for one to lose one's senses. I was lost in tacos and talk when it happened.

I accidentally went into the men's room.

There is a strange feeling you get when this happens. There is a certain sense of familiarity and yet a real foreignness. Something seems wrong but you can't quite put your finger on it. And then, suddenly, another person appears from around the corner. An alarm starts to scream in my head, but my consciousness can't figure out why the alarm is going off. Until I realize I am the wrong gender to be in this room.

Trust me. There is no graceful way to get out of this situation. Your mouth starts to mumble a half-apology, half-excuse, while your feet trip over one another trying to get out the door.

Have you ever seen the E.F. Hutton commercials where everyone turns when the actor says, "My broker is E.F. Hutton" it's complete silence combined with stares. This is what happens when you emerge from the wrong bathroom. It seems as though the entire restaurant turns to look. In these situations, I always picture myself saying something very witty. Instead, I usually end up walking into something.

The most recent time it happened, I was with a very dear friend so it wasn't unusual for us to be consumed in conversation. We had just seen a very good movie and we were talking about the film's conclusion. I was walking along with him and he walked into the bathroom. I walked right along with him. This was a very crowded bathroom – even for the men's room – popcorn, soda, candy; you know how that stuff can sometimes go right through you. My friend walked away from me so quickly that he left cartoon-style tracks and a cartoon-style puff of smoke behind.

I was alone in the enemies' quarters.

I turned to escape and a wave of men came through the door. I fought my way through them. It is important that you understand that every one of them was looking at me as if I were the world's most perverted person AND a cheat – because I didn't want to face the long line of my respective bathroom. I believe my friend walked home that night rather than be seen with me again.

We have all done dumb things. (Okay, I seem to have done more than my fair share of dumb things but, whatever.) I have been told that recognizing your ability to make mistakes is part of maturing. I would like to say that I must be VERY mature. I make a lot of mistakes.

I know that the winter has been long, so too, the semester. This time of year, I find that the mistakes become more frequent and more prominent. And probably, like me, you find that it's harder to gracefully acknowledge your mistakes. My message this month is to hang in there. The end of the semester and graduation will be here before you know it, the summer too will be approaching (at least I hope so). Take some time to focus on the hope, focus on the possibilities and above all focus on the signs on the restroom doors!

Suggestion Box updates

Have a suggestion of your own? Stop by the suggestion box the next time you are on campus or send an email to Beth.Carlton@cabarruscollege.edu

| <u>My suggestion is:</u> | <u>Where it is now:</u> |
|--|--|
| Put a paper recycle bin in the computer lab. | There is currently a blue recycle bin in the computer lab. |
| Can we offer college hoodies for pets? | Under consideration. Students can always contact Cara Lursen (Cara.Lursen@cabarruscollege.edu) if they are interested in seeing specific promotional items offered to students. |

Summer Tuition Due Dates

Summer I– May 1, 2014

Summer II– June 12, 2014

If you would like to establish a payment plan, please contact the Business Office located in the Student Support Center or call Dawn Barbee, Student Account Specialist at 704-403-2216.

Payment Plan Options and Due Dates for Summer Classes

| Summer I | |
|-----------|----------|
| Bi-weekly | Monthly |
| 5/2/2014 | 5/1/2014 |
| 5/16/2014 | 6/1/2014 |
| 5/30/2014 | |

| Summer II | |
|-----------|----------|
| Bi-weekly | Monthly |
| 6/13/2014 | 6/1/2014 |
| 6/27/2014 | 7/1/2013 |
| 7/11/2014 | |

| Summer I & II Combined | |
|------------------------|----------|
| Bi-weekly | Monthly |
| 5/2/2014 | 5/1/2014 |
| 5/16/2014 | 6/1/2014 |
| 5/30/2014 | 7/1/2014 |
| 6/13/2014 | |
| 6/27/2014 | |
| 7/11/2014 | |

*Payment plan fee is \$50.

2014-2015 Academic Year Tuition Due Dates

Fall 2014 tuition due – August 4, 2014

Spring 2015 tuition due – December 29, 2014

2015 Summer I and Graduate Summer tuition due – May 4, 2015

2015 Summer II tuition due – June 8, 2015

Graduation News

General Information

Spring Graduation is on Tuesday, May 6th at 6pm. Our graduation website is now live. Please visit the link below to learn everything you need to know about graduating this May!

http://www.cabarruscollege.edu/student_life/commencement.cfm

Are you finishing up coursework this summer but would like to participate in the May 2014 commencement ceremony? Please read this section carefully!

In order for you to participate in graduation and have your graduation clearance form signed, you must have the following:

- ♦ Clearance from the Business Office
 - Pay your summer balances in full prior to graduation OR
 - Have a payment plan established through the Business Office with a current payment history
 - Contact Dawn Barbee, Student Accounts Specialist, at 704-403-2216 with any questions

- ♦ Clearance from the Financial Aid Office
 - Attend Federal Direct Loan Exit Counseling (if you have received loans while attending Cabarrus College)
 - Have the most current Financial Aid Award letter on file with the Financial Aid Office (if you have a financial aid hold this means you have an outstanding award letter).
 - For exit counseling or award letter questions please contact:
 - Robin Robinson, Financial Aid Specialist, 704-403-2445
 - Valerie Richard, Director of Financial Aid, 704-403-3507



Order Deadlines

Please visit our graduation vendor, Herff Jones, to order any of these items.

www.herffjones.com/college/cchs

Pins: March 31st

Cap and Gown: April 6th

Graduation Tickets will be distributed in early April (more information, including pickup times and locations, will be sent to your Cabarrus College emails). All tickets must be picked up by Monday, April 28th at 5pm after which they will be released in a lottery.

Occupational Therapy

Did You Know?

Occupational Therapy Plays an Integral Role for Children and Teens with Autism

By Amy Mahle, MHA, COTA/L

Autism is on the rise. The Centers for Disease Control and Prevention reports that 1 in 88 children have been diagnosed with an autism spectrum disorder (ASD), which has increased from 1 in 150 in 2002 (CDC, 2013).

Occupational therapy can play an important role in helping children with ASD thrive. OT practitioners determine the strengths and challenges which impact the child's ability to function each day. "Occupational therapy practitioners help people with autism adjust tasks and conditions to match their needs and abilities" (Scott, 2011, pg. 1). Some adaptations may be to decrease environmental distractions, or help the child communicate through special software. iPads and tablets are frequently used in small doses during therapy and can also be helpful for follow-up work at home. OT practitioners can recommend appropriate apps for specific needs, such as social skill building, sensory seekers, sensory avoiders, transitioning, and many more (AOTA, n.d.).



Therapy services for children and teens with autism may occur in the home, daycare, school, or outpatient settings by Occupational Therapists (OT) and Occupational Therapy Assistants (OTA). The AOTA's Fact Sheet on Occupational Therapy's Role in Autism lists the following ways therapists help:

- Evaluate an individual to determine whether he or she has accomplished developmentally appropriate skills needed in such areas as grooming and play and leisure skills.
- Provide interventions to help an individual respond to information coming through the senses. Intervention may include developmental activities, sensory integration or sensory processing, and play activities.
- Facilitate play activities that instruct as well as aid a child in interacting and communicating with others.
- Devise strategies to help the individual transition from one setting to another, from one person to another, and from one life phase to another.
- Collaborate with the individual and family to identify safe methods of community mobility.
- Identify, develop, or adapt work and other daily activities that are meaningful to enhance the individual's quality of life (Scott, 2011, pg. 2).

For more information on how OT can assist children, teens, or adults with ASD, visit www.aota.org.

AOTA (n.d.). *Children and youth apps*. Retrieved from <http://www.aota.org/Practice/Children-Youth/CY-Apps.aspx>

Centers for Disease Control and Prevention (2013). *ASD's: Data and statistics*. Retrieved from <http://www.cdc.gov/ncbddd/autism/data.html>

Scott, J. A. (2011). *AOTA's Fact Sheet on Occupational Therapy's Role in Autism*. Retrieved from <http://aota.org>