

Student Pulse



Cabarrus College of Health Sciences | August/September 2015

Welcome back!

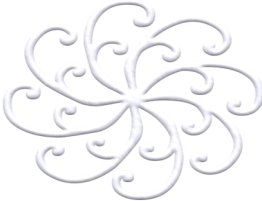

August 2015



Mon	Tue	Wed	Thu	Fri
17 <i>Fall Classes Begin</i> <i>(Undergraduate)</i> Convocation 11:15am–12:15pm Help Desk Lobby Hours: 12noon–6pm	18 Help Desk Lobby hours: 10am-1pm and 4pm –6pm	19 Help Desk Lobby Hours: 10am-1pm	20 Help Desk Lobby Hours: 10am-1pm	21 <i>Last day to drop or add a class (Undergraduate)</i> Help Desk Lobby Hours: 10am-1pm
24 <i>Fall Classes Begin</i> <i>(Graduate students)</i>	25	26	27	28
31				

Dates & Activities

September 2015

Mon	Tue	Wed	Thu	Fri
	1 Club Fair 11:30am-1:00pm	2	3	4
7 <i>College Closed</i> Labor Day Holiday	8 <i>Last day to drop/add, registration ends (Graduate)</i>	9	10	11
14	15	16	17	18 <i>Last day to drop course without academic penalty for Fall I (Undergraduate)</i>
21	22	23	24	25
28	29	30 <i>Title IX Training must be com- plete today</i>		

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

There will be a temporary “Help Desk” set up in the lobby during the first week of classes and it will be open as follows: Monday 8/17 from 12noon—6pm; Tuesday 8/18 from 10am—1pm and 4pm—6pm; Wednesday 8/19 from 10am—1pm; Thursday 8/20 from 10am—1pm; and Friday 8/21 from 10am—1pm. Students may pick up their College t-shirt, Student Handbook/Planner and will be able to ask any questions they might have! Students are responsible for reading the information published in the Student Handbook and the Catalog.

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>

Chris' Corner

From Chris Corsello, Dean, Student Affairs & Enrollment Management

Welcome to another exciting year at Cabarrus College of Health Sciences - it promises to be a great one! This issue of the PULSE is filled with exciting updates and important information for all students; new or returning. Please read the information in this issue thoroughly as it is intended to lighten the uneasiness of any new academic year by keeping you informed of important happenings here at the College. 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 college experience—in and out of the classroom.

As we kick off a new academic year, I'd like to take this opportunity to suggest a theme - **“Be a Turtle”**

My vision is for each and every student to be successful, in and out of the classroom and to grow in ways unimaginable. For this to happen, you have to push yourself. Try new things, take some risks, meet some new people, and develop new perspectives, new ways of thinking and doing. Where do you begin? You have to be a participant. Be willing and able to share some of what makes you a person and to be aware of some of what makes the other a person. That willingness and ability can happen when we are a) committed to the basic communication process, b) 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.

College will open for you an unbelievable range of opportunities to explore diverse fields of knowledge, along with a variety of activities that will help you grow personally and socially. Although you could educate yourself outside of the college environment, it is much more expedient and satisfying to learn with other students and from educators who are committed to creating an environment that supports learning.

In college you will have the time and freedom to delve into many areas of interest that you may not have explored. You will also be exposed to areas of the human experience that you did not know existed. Just imagine! In a relatively short span of time, you can acquaint yourself with a wide range of human knowledge and experience. At no other time in your life will you have such a concentrated opportunity for learning and reaching beyond what may have been your original goals.

I'm sure by now you're asking, what in the world does any of this have to do with “being a turtle?” I have to borrow a quote from Ruth Westheimer (Dr. Ruth for those who may need a reference), who said “My favorite animal is a turtle. The reason is that in order for the turtle to move, it has to stick its neck out. There are going to be times in your life when you're going to have to stick your neck out. There will be challenges and instead of hiding in a shell, you have to go out and meet them!” I think your time in college is the perfect time for being a turtle...stick your neck out, but also know...there are lots of faculty and staff who have your back and will help you succeed and meet those challenges!

I look forward to the year ahead and meeting all of you turtles! Best wishes for a great year.

Chris



Campus Resources References Sheet

Financial Aid and the Business Office

Scholarship assistance, financial aid assistance, VA certification, FAFSA questions, award packages

Valerie Richard, Director, Financial Aid - Valerie.Richard@cabarruscollege.edu (email) 704-403-3507 (phone)

Robin Robinson, Financial Aid Specialist - Robin.Robinson@cabarruscollege.edu (email) 704-403-2445 (phone)

Tuition payments, payment plans, bookstore, continuing education

Dawn Barbee, Student Accounts Specialist - Dawn.Barbee@cabarruscollege.edu (email) 704-403-2216 (phone)

Information Resource Center

Location: Lower level of the main campus building of Carolinas HealthCare System NorthEast.

The IRC can be accessed 24-7 with your badge.

Staff Hours: Sunday - Thursday from 8am - 4pm and Friday from 8:30am - 1:30pm

Emily Patridge, Librarian - Emily.Patridge@cabarruscollege.edu (email) 704-403-1798 (phone)

Cassie Dixon - Cassie.Dixon@cabarruscollege.edu (email) 704-403-1386 (phone)

Recruitment and Retention

Tutoring, academic issues, appeals, Guided Study Sessions (GSS), non-degree student advising, ASPIRE program, Change of Major

Sherry Hamilton, Coordinator, Advising and Student Success - Sherry.Hamilton@cabarruscollege.edu (email) 704-403-1616 (phone)

ACT and ASSET testing, required documents, questions about admissions

Gloris "Gigi" Springs, Admissions Secretary - Gloris.Springs@cabarruscollege.edu (email) 704-403-1556 (phone)

Campus Resources & References Sheet

Student Records and Information Management

Transfer credits, SONIS questions, transcripts, registration, advisor assignments, enrollment verifications

Todd Deese, Director, Student Records & Information Management - Todd.Deese@cabarruscollege.edu (email) 704-403-3218(phone)

Crystal Tyler, Associate Registrar - Crystal.Tyler@cabarruscollege.edu (email) 704-403-1611(phone)

Student Life

Room reservations, building issues, computer labs, lost and found, parking information

Beth Carlton, Secretary - Beth.Carlton@cabarruscollege.edu (email) 704-403-6601(phone)

Graduate education, marketing, college publications

Melanie Gass, Coordinator, Marketing and Graduate Education - Melanie.Gass@cabarruscollege.edu (email) 704-403-1613 (phone)

Student Activities, clubs, workshops, Student Pulse Newsletter, graduation, resume assistance, Title IX, Single Point of Contact

Cara Lursen, Coordinator, Campus and Community Outreach - Cara.Lursen@cabarruscollege.edu (email) 704-403-1614 (phone)

Technology

Canvas, college email

Susan Coon, Instructional Designer - Susan.Coon@cabarruscollege.edu (email) 704-403-6319 (phone)

Academic Program Chairs

Master of Occupational Therapy

Carol Fain, OTD, OTR/L - Carol.Fain@cabarruscollege.edu (email) 704-403-3511 (phone)

Interdisciplinary Health Studies

Carol Fain, OTD, OTR/L - Carol.Fain@cabarruscollege.edu (email) 704-403-3511 (phone)

Medical Imaging

Rhonda Weaver, MHA, RT (R) (M) (BD) (CT) - Rhonda.Weaver@cabarruscollege.edu (email) 704-403-1756 (phone)

Bachelor of Science in Nursing

Colleen Burgess, EdD, RN - Colleen.Burgess@cabarruscollege.edu (email) 704-403-3502 (phone)

Associate of Science in Nursing

Kim Plemmons, MSN, RN, CNE - Kim.Plemmons@cabarruscollege.edu (email) 704-403-1751 (phone)

Medical Assistant

Rachel Houston, CMA (AAMA) - Rachel.Houston@cabarruscollege.edu (email) 704-403-1228(phone)

Associate of Science

Zinat Hassanpour, MS, BS - Zinat.Hassanpour@cabarruscollege.edu (email) 704-403-1698 (phone)

Occupational Therapy Assistant

Nancy Green, MHA, OTR/L - Nancy.Green@cabarruscollege.edu (email) 704-403-3599 (phone)

Pharmacy Technology

Annette Simmons, MBA, CPhT - Annette.Simmons@cabarruscollege.edu (email) 704-403-3517 (phone)

Surgical Technology

Michelle Gay, BS, CST - Michelle.Gay@cabarruscollege.edu (email) 704-403-1758 (phone)

Other Important Numbers

Cabarrus College Main

704-403-1555

Carolinas HealthCare System NorthEast Security

704-403-1192

Employee Assistance Program

704-355-5021

Carolinas HealthCare System NorthEast Main

704-403-3000

Concord Police Department

704-786-9155

Cabarrus County Sherriff's Department

704-920-3000

You Asked For It, You Got It!

Last year we heard feedback from our students that the sun shining into the Student Pavilion was often hot and also made it difficult to see laptop screens. The Student Government Association (SGA) took your concerns seriously and voted to purchase shades for the Student Pavilion which were installed this summer. The shades are adjustable and easy to use. Feel free to roll them up or down as needed to make your studying more comfortable!

Want to help make decisions like this? Join SGA! SGA meets once a month and is open to all students at Cabarrus College! SGA hosts study break programming and helps make decisions to improve the college. Please email Sherry Hamilton at Sherry.Hamilton@cabarruscollege.edu if you are interested in joining SGA!



What's Happening Around Campus

Medical Imaging



Former Program Chair Mary Holder and Current Program Chair Rhonda Weaver at the North Carolina Society of Radiologic Technologists' Annual Conference!

OTA



Nancy Green and her sophomore OTA class recently went bowling in order to learn how to bowl from wheelchair level!



OTA students also volunteered earlier this month at Hinds Feet Farm and set up a carnival for the Traumatic Brain Injured as their service learning project!

New Arrivals!



Leiana Claire Lursen

Born 6/26/15

Congratulations to Cara Lursen and her husband Stephen on the birth of their beautiful new daughter Leiana Claire Lursen! Leiana is 8lbs, 6oz, and 20 inches long. Her name comes from two words, the first Lei means heavenly flower, and the second Ana means grace and favor in Hebrew which combined together means

“Heavenly Flower of Grace and Favor”



McGrady Warren Simmons (white hat)

Harrison Daughtrey Simmons (yellow hat)

Born 7/9/15

Congratulations twice over to Annette Simmons and her husband Steve who recently welcomed their adorable twin boys Harrison and McGrady on July 9, 2015! Harrison is 6lbs, 3oz, 18 inches and arrived at 9:58am and McGrady is 6lbs, 3 oz, 18.5 inches and arrived at 10am!

Financial Updates



From the Financial Aid office

As you move through this academic year please do not hesitate to email, call or visit us in the Student Support Center room 133.

Our office is open Monday through Friday 8:00 am – 5:00 pm and we look forward to helping you in the coming school year.

Valerie Richard

Director, Financial Aid

(704) 403-3507

Fax # (704) 403 -2077

Valerie.richard@cabarruscollege.edu

Robin Robinson

Financial Aid Specialist

(704) 403-2445

Fax # (704) 403-2077

Robin.robinson@cabarruscollege.edu

How to Create an FSA ID

The FSA ID - which is a username and password - has replaced the Federal Student Aid PIN and it must be used to log in to certain U.S. Department of Education websites. Your FSA ID confirms your identity when you access your financial aid information and electronically sign Federal Student Aid documents. If you do not already have an FSA ID, you can create one when logging in to either StudentAid.gov, StudentLoans.gov, the FAFSA website www.fafsa.gov, or the National Student Loan Data System website www.nslds.ed.gov.

Step 1 - When logging onto one of the websites listed above, click the link to create an FSA ID.

Step 2 - Create a username and password and enter your e-mail address.

Step 3 - Enter your name, date of birth, Social Security number, contact information, and challenge questions and answers.

Step 4 - If you have a Federal Student Aid PIN, you will then be able to enter it and link it to your FSA ID.

Step 5 - Review your information and read and accept the terms and conditions.

Step 6 - Confirm your e-mail address using the secure code which will be sent to the e-mail address you entered.

Once you verify your e-mail address, you can use it instead of your username to log in to the websites. You can use your FSA ID to sign a FAFSA right away. Once the Social Security Administration verifies your information in one to three days, or if you have linked your PIN to your FSA ID, you will be able to use your FSA ID to access the websites listed above. For more help, please visit StudentAid.gov/fsaid.



Financial Updates

A Tale of Two Students, by Robin Robinson, Financial Aid Specialist

The interest rate for Federal Direct Loans for 2015-2016 is 4.29% fixed. So what does that mean? Let's fast forward to the end of the academic year to see how a little interest payment now can save a lot of money in the long run.

Let's meet our first student named Sandy Beaches. Sandy Beaches borrowed \$5,500.00 in Unsubsidized Federal Direct Loans for the 2015-2016 academic year with a 4.29% fixed rate. She did not pay the interest that accrued monthly on the loan (approximately \$19.66) so the interest accrued and added to the principal (the amount borrowed.) She now owes \$8,057.47. She will have paid a total of \$2,557.47 in interest and her monthly payment will be \$67.34!

Let's meet our second student named Penny Wise. Penny Wise borrowed the same amount of \$5,500.00 in Unsubsidized Federal Direct Loans for the 2015-2016 academic year with a 4.29% fixed rate. She paid the interest that accrued monthly on the loan (approximately \$19.66) so the interest did not add to the principal. Let's see how much difference an interest payment makes. Penny now owes \$6,752.91 (\$1,304.56 less) and her monthly payment is \$56.45 (\$10.89 less!)

So how did Penny Wise go about saving approximately \$20.00 per month to pay the interest that accrued monthly?

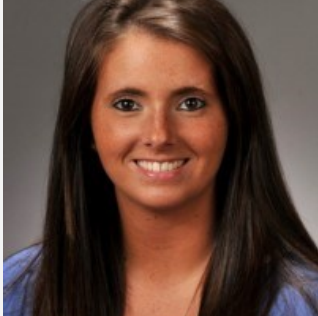
Well, Penny Wise had a coffee fix consisting of her daily latte, cappuccino or mocha that cost between \$2.50 and \$3.50 depending on the size she ordered. This coffee fix cost her \$17.50 per week, \$70.00 per month, and around \$280.00 per semester. So what did she do? She bought herself a one-cup coffee maker and started making her own coffee! Her savings each month not only covered her loan interest payment, but also enabled her to use her extra money to join the gym so she is now on her way to being physically fit in addition to being financially fit! It was a win-win situation!!!

Lastly, Penny Wise suggested to Sandy Beaches that they carpool together since they lived in the same neighborhood and attended the same class twice a week. This ended up saving gas money for both Penny and Sandy which cut their transportation costs in half!!!



Awards and Accomplishments

Faculty & Staff Spotlight



Rachel Houston, CMA (AAMA)

Rachel Houston, our Medical Assistant Chair, was the recipient of the **Educational Excellence Award** which was sponsored by Uwharrie Bank. This award recognizes faculty who best exemplify excellence in both teaching and in contributions to the total college learning environment. Ms. Houston was described as having employed a variety of active learning and teaching strategies in order to have her students think critically and to use their time in more efficient ways. Ms. Houston truly has a passion for Medical Assisting that has been imparted to her students and reflected by their engagement in their chosen profession.



Nancy Schneidenbach Green, MHA, OTR/L

Our Chair of the Occupational Therapy Assistant program, Nancy Green, was the recipient of the **Anita A. Brown Leadership in Education Award** which recognizes faculty who demonstrate the leadership characteristics of promoting and advancing education. Ms. Green was recognized for consistently mentoring students in their educational and vocational areas and was described as an incredibly gifted, enthusiastic and inspiring leader that develops the natural strengths in those around her. Ms. Green was also commended for being a visionary who creatively solves problems and consistently develops ideas.



Tammy Fulton, Academic Secretary

Our academic secretary, Tammy Fulton, was the recipient of the **Staff Excellence Award**. This award is bestowed upon a staff member who consistently makes a difference in the lives of others as exemplified by our core values: caring, commitment, teamwork, and integrity. Ms. Fulton was recognized by her teammates for always being available to everyone in the college and never shying away from a challenge. In addition, she is always very active in making sure that processes are smooth and efficient and she displays the qualities of being honest and fair in all she does.

Student Spotlight



Christina Jones

Cabarrus College of Health Sciences BSN student Christina Jones is the 2015 recipient of the Great 100 Nurses of North Carolina scholarship and will be recognized at the annual awards banquet this fall!

What's Happening Around Campus

Tips for Students

- *There is a locked drop box located in the front lobby at the front receptionist desk. This is a convenient way to drop off your documents and it is checked daily and routed to the appropriate department.*
- *If you have any comments or suggestions that you would like known to the college, there is a suggestion/comment box located in the front lobby. It is a locked box and it is checked weekly. Please let us know if you have any suggestions or comments!*
- *Consider joining a club or organization! Not sure which one is best for you? Attend our Club & Organization fair on September 1st from 11:30 am—1:00 pm in the Student Pavilion! There will be snacks and club and organization members will be present to answer questions you might have.*
- *Attend programs or events that you see advertised or emailed and don't be afraid to ask for help! Cabarrus College faculty and staff very purposefully chose to work here because they love helping college students like you!*

Free Resources

- *Zumba! There is a free Zumba class in the Cabarrus College basement every Monday and Wednesday from 5:30 pm—6:30 pm. This is free to all Cabarrus College students, faculty and staff.*
- *The Employee Assistance Program (EAP) offers confidential help for students and members of their immediate family for issues including marital conflicts, job/school stress, financial issues, emotional difficulties, alcohol and/or drug problems, legal concerns and parenting issues. Up to six sessions per year are free to students and your participation is completely confidential. Call 704-355-5021 to make an appointment.*

Information Resource Center

- *Your AHEC Digital Library (ADL) links to databases such as Academic Search Elite, CINAHL Complete, and Ovid Medline. The ADL also contains thousands of full-text e-journals and e-books. Please refer to the IRC (Library) page in Canvas or on the College Website for additional information about the Information Resource Center and the ADL.*
- *If you are a new student and you have not already received your ADL account information, then during the second week of the semester please keep an eye out in your Cabarrus College email for your "Welcome to the AHEC Digital Library" message which will contain your username and password. If you are a returning student and you have not received your information, then please contact Cassie Dixon at 704-403-1386 and she will be happy to set up a free ADL account for you!*

CCANS News

- *The officers of the Cabarrus College Association of Nursing Students (CCANS) would like to welcome all nursing students to join our club! We are looking forward to volunteering, participating in service projects, participating in stethoscope and t-shirt sales, and assisting with the capping ceremony for our nursing graduates.! CCANS is kicking off the semester with our Littmann stethoscope sale! Please contact Mrs. Rodgers or an officer if you are interested in purchasing a brand new Littmann stethoscope.*
- *CCANS meets once a month (date and location to be determined) to discuss upcoming events. Joining this club is a great way to become more involved with our school and with our community!*

Upcoming Spring Classes

Looking for a class that isn't "run of the mill?" The General Education Department has heard your request for a greater variety of courses. Below are descriptions of two exciting and interesting courses you might be interested in. Registration for these courses begins the first week of November. Don't miss out!

SOC 203 Marriage and Family - Dr. Scott Simpson (Instructor)



You know the websites—Match, eHarmony, OurTime, etc... nearly 1500 of them are used by almost 40 million Americans for the purpose of making a significant connection but that's exactly where the websites stop...with the connection. What happens to the "happily ever after?" Everyone wishes for that but that's unrealistic thinking. Yes, people want the fairy tale, but the relationships take work and commitment regarding communication, conflict management, and personality differences. Whether you are looking forward to a significant relationship some day in the future, or you already have made a significant connection with someone, this 3-credit course will help prepare you for the challenges of marriage and family relationships. It will also give you the ability to better manage the emotional dynamics between families that may occur in and around the health care environment. In the end, this course will enable you to become a more informed and insightful significant other, spouse, parent, and human being who has an enhanced understanding of what it takes to be in a relationship.

SOC 320 Sociology of Health and Illness - Christy Holson (Instructor)



Are you looking for a course to take that will enhance your ability to care for a diverse patient population? Sociology of Health and Illness is the course that will lead you to becoming the best health care professional that you can be! You may already know how to medically treat an illness and you may already know the medical terminology of the illness, but do you know the social factors that contribute to it? This course addresses that and more! You will end the semester with confidence that you better understand the social meaning and experience of illness, the role health care plays in it, and the important role that YOU will play in a patient's life!