# Student Pulse Newsletter



Cabarrus College of Health Sciences | December 2015

## Activities & Deadlines for December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
++++		Hot Cocoa Bar 10am-12pm • Lobby Join SGA and grab some hot cocoa!	2 Are you ready to RUMBLE so you don't CRUMBLE? 12-12:30pm • 237 Learn study techniques to ACE your final exams! All attendees will get a final exam prep pack.	3	4 SGA Meeting 10am • 237 All students welcome! Classes end for undergraduate courses	5
6 Classes end for graduate courses	7	8 Alumni Exam Break 10am-1pm • Pavilion Take a break from exams and grab some treats. Hosted by our Alumni Association. Final Exa	<b>9</b> ms for Undergraduat		Angel Tree Presents Due If you checked out an angel tag, please return the items to Beth (unwrapped) by 5pm today! xams for Graduate S	12 tudents
I 3 Final Exams for Graduate Students	I4 Angel Tree Gift Wrapping 10am • Pavilion Help us wrap the gifts from this year's Angel Tree.	I5 GRADUATION 6pm at the Kannapolis Performing Arts Center at A.L. Brown High School	16	17	18	19
20	21	22	23	24 College Close	25	26
27	28 Spring semester tuition due	29	30	31	Jan I COLLEGE CLOSED	2 2016 classes resume Jan 4: graduate Jan 11: undergrad

### SNAPSHOTS FROM NOVEMBER





We kicked off our annual Angel Tree service project. Students, faculty and staff have committed to buying coats, shoes, clothing, food and toys for 20 local children this holiday season. Our tree continues to get more spirited as we add more and more owls! If you didn't know, Cabarrus College's mascot is



Student Government Association (SGA) hosted a pumpkin painting event in the Student Pavilion!





Sarah Drake, member of Christian Student Union (CSU), with several shoe boxes for Operation Christmas Child. Sarah partnered with her church to help fill the boxes.





Student Occupational Therapy Association (SOTA) hosted their annual Wheelchair Basketball Tournament on Saturday, November 9th at Charlotte Country Day School. Cabarrus College students and alumni played the Carolina TarWheels.

### STUDENT SUCCESS & RETENTION By: Sherry Hamilton, Coordinator for Advising and Student Success



### WHAT IS STUDENT SUCCESS?

Cabarrus College of Health Sciences is committed to the success of every student! The Office of Student Retention is a resource for students, faculty and staff. We provide you with tips, tools and resources to ensure that you are equipped with the information you need to make your college experience the best it can be. Our office helps students stay on track through their time at Cabarrus College by providing advisement (Early Alert and Midterm Alert), Guided Study Sessions, study skills tips, success workshops, Change of Major process and many other important policy and

procedure updates.

If I can help with your college experience in any way, please call, email or come by my office.

Sincerely,

Sherry L. Hamilton, M.Ed. · Coordinator for Advising and Student Success (704) 403.1616 · Sherry.Hamilton@cabarruscollege.edu · Office 133 (the Student Affairs office)

#### **QUICK TIPS TO PREPARE FOR FINALS**

When preparing for an exam, you should create a study plan. Look at your weekly planner and find times available each day. On the day directly before your exam make certain you find a solid hour or more to use. Once you've found times, PLAN how and what you're going to study. Gather your notes, handouts, review sheets, etc. and don't forget your textbook. Decide what needs the most attention; for instance, if you feel confident with your notes (because you've looked at them regularly NOT just on the day you wrote them!) but you didn't read the book completely, you might want to use the first study time you found to go through your text. The second day of studying might be set aside to make flashcards from your notes as a study tool. Day three of your plan could be to meet with a couple of friends in the same class to talk through the material. Teaching others and discussing things can be a real help! Remember, as you study you need to identify ANYTHING you are unclear about and ASK!!! Make a plan and stick to it. On the morning of the exam, skim over everything one more time and make sure you eat a healthy breakfast and get plenty of rest. A clear head allows you to recall information better than a "fuzzy", hungry one. Good planning is critical at Final Exam time!! Start now preparing for finals week...waiting until the night before or even the weekend before is not enough.

#### PLEASE JOIN ME FOR A 30 MINUTE QUICK TIP WORKSHOP:

Are you ready to RUMBLE So you don't CRUMBLE?

Learn valuable tips, helpful hints and essential planning and study techniques to help you <u>ACE</u> your final exams!

> Date: December 2, 2015 Time: 12:00—12:30 p.m. Place: Room 237

All attendees will receive a final exam prep pack! Jump in the ring, give those finals a sting!

### **"OWLSOME" OPPORTUNITY**

#### Lunch and Learn STUDENT SUCCESS WORKSHOPS STARTING SPRING 2016

Come one come all as we gather for informal lunch and learn workshops on various topics throughout the Spring semester to help you succeed in and out of the classroom.

Workshops will run 50 minutes. Dates of workshops: TBD

Here is a list of some of the workshops we plan to offer:

"Where to Get a Copy of Your Next Test"

"How to Weaken the Freakin"

"We've Got the Money If You've Got The Time"

"A Place For Everything and Everything All Over the Place"

"GSS " Leaders - "Best Practices on Studying For Exams"

#### WANTED: SUCCESS STORIES

Are you looking to share success stories about our "OWLSOME" Faculty/Staff/Students?

The Office of Student Retention would like to hear your stories in order to recognize members of the college community that go above and beyond the call of duty to assist you in being successful. If you'd like to recognize someone, send an email to Sherry Hamilton with your story of how they have inspired you to succeed. Send your stories to:

Sherry.hamilton@cabarruscollege.edu

Your success story will be posted in the next Student Pulse newsletter.

### MESSAGE FROM ROTARACT

By: Robin Robinson, Financial Aid Specialist and Rotaract Advisor





Because of your generosity, we were able to buy gloves, hats, scarves and Alphabet workbooks for each of our 17 children in our adopted classroom at Long Preschool!

### **BUSINESS OFFICE UPDATES**

By: Dawn Barbee, Student Accounts Specialist



### Payment Plan Options for Spring 2016

For your convenience, payment plans may be set up for only \$50 per semester (interest is not charged). Payment plans must be re-established each semester. For questions regarding your tuition or establishing a payment plan, please contact Dawn Barbee at 704.403.2216.

#### Examples of how a payment plan would work:

Total Charges: \$300 Payment Plan Fee: \$50 Total Amount to be Financed: \$350 Divided by the number of payments: 7 Total Monthly Payments (\$350/7): \$50

### **Payment Plan Due Dates for Spring 2016**

BI-W	EEKLY	MONTHLY		
12/18/15	3/4/16	1/1/16		
1/8/16	3/18/16	2/1/16		
1/22/16	4/1/16	3/1/16		
2/8/16	4/15/16	4/1/16		
2/19/16				

### IT'S ALMOST TAX TIME!

For completing your tax return, the College will issue 1098-T reports detailing your eligible educational expenses. These will be available via your SonisWeb account starting January 31st. A hard copy will also be mailed to your home. Please check in SonisWeb to ensure the College has your current mailing address!

### ARE YOU REGISTERED FOR THE SPRING?

Registration is currently open for spring courses! Be sure to sign up for your classes by the following deadlines: December 11 at 5pm for undergraduate students December 13 at 5pm for graduate students

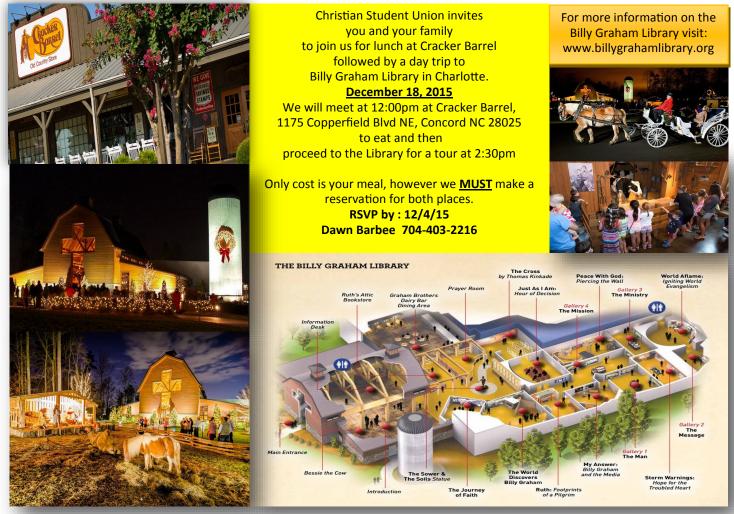
### FREE SHIPPING WEEK FROM THE ONLINE BOOKSTORE!



Need to order books for spring? Get free shipping from Cabarrus College's online bookstore from Monday, December 14 until 11:59pm CST on Friday, December 18th. Orders must be \$99 and over to get free shipping.

Visit the bookstore website to order!

### UPCOMING CHRISTIAN STUDENT UNION EVENT



### GENERAL EDUCATION SPOTLIGHT

Before registering for Spring Semester check this out - back for Spring 2016 are two Gen Ed favorites.

#### **ENVIRONMENTAL HEALTH (ENV 301)**

Taught by one of our newer Adjunct Faculty members, Nikki Perry, **ENV 301-Environmental Health** offers traditional environmental topics (air and water quality, toxins, food safety and pesticides) that will be discussed with an emphasis on how these issues impact human health and health care professions. This course uses current events and case studies to discuss health related issues and apply environmental knowledge towards solving these problems. Some topics will focus on local environmental hazards or issues, while others have regional, national and world-wide implications.

#### Here's what a former student said about ENV 301:

"This was overall a fantastic course. It really challenged my learning and abilities and I learned more than I ever thought I would have. Mrs. Perry was fantastic about assisting and answering questions. I would love to see her teach more courses."

#### **MARRIAGE AND FAMILY (SOC 203)**

Dr Scott Simpson, one of Cabarrus College's favorite Gen Ed instructors, will, once again, instruct **SOC 203 – MARRIAGE AND FAMILY.** Here's what this course is all about: You know the websites – Zoosk, Match, eHarmony, OurTime, Christian Mingle, BlackPeopleMeet, Compatible Partners, PlentyOfFish – nearly 1500 of them used by almost 40 million Americans for the purpose of making a significant connection. But that's where the websites stop – with the connection. What happens afterward – "happily ever after"? Everyone wishes that were the case, but that's unrealistic thinking. Yes, people want the fairy tale, but relationships take work and commitment regarding communication, conflict management, personality differences, etc. Why does he do the things he does? Why does she react the way she does? Why can't he/she be more this way? Whether you are looking forward to a significant relationship some day in the future or you have already made a significant connection with someone, this 3 credit hour course will help prepare you for the challenges of any relationship – familial, marital, and parental. It will also give you the ability to manage better the emotional dynamics encountered with families in the medical 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.

Here's what a few past students have to say about Dr. Simpson's exciting course:

"This particular class was very enjoyable, while also very informative on marriage and family topics and situations. Definitely one of my favorite classes at Cabarrus!"

"The instructor was very creative in his teaching. He was funny and kind, and overall an amazing teacher!" "I would recommend anyone to take this course!"

### FASFA ID REPLACES THE PIN By: Robin Robinson, Financial Aid Specialist

The Department of Education has begun an email campaign to encourage dependent students and their parents to convert from the old PIN to the FSA ID. We agree that it is very important for all students who plan on enrolling next year in school to go ahead and make this change early before the FAFSA deadline.

To create an FSA ID and for answers to other frequently asked questions about the new FSA ID click: <u>https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid</u>

While we agree it is very important that all students create an FSA ID as soon as possible we felt the email from the Department of Education may be a little confusing and we want to remind you that <u>you should not be making any changes</u> to your current 2015-16 FAFSA form.

\*\* Remember if you already have a PIN, you can link your information to your new FSA ID by entering your PIN while registering for your new FSA ID.



### CHRIS' CORNER

By: Chris Corsello, Dean for Student Affairs and Enrollment Management

#### CAN YOUR DOG SWIM?

There once was a hunter who came into the possession of a very special bird dog. The dog was the only one of its kind, because it could walk on water. One day the hunter invited a friend to go hunting with him so that he could show off his prized possession. After some time, they shot a few ducks, which fell into the river. The man ordered his dog to run and fetch the birds. The dog ran on water to fetch the birds. The man was expecting a compliment about the amazing dog, but did not receive it. Being curious, he asked his friend if the friend had noticed anything unusual about the dog. The friend replied, "Yes, I did see something unusual about your dog. Your dog can't swim!"

The moral of the story...it's all a matter of perspective, just like the stressors in our life; and no doubt this time of year certainly can bring them to the forefront. But consider this experiment: A counselor walked around a room while teaching a stress management workshop. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"

What do you think? Your dog cannot swim....

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes." She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything."

It's important to remember to let go of your stresses. As early in the day as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down! Sometimes putting the glass down, means looking at your situation through another lens, from another perspective.

Just like those hunting buddies...can your dog walk on water or not swim? Depends on your perspective! As you wrap up the semester, go for greatness, and do it stress free! Have a successful end to your semester and a happy holiday season.

### PET FOOD DRIVE

Christian Student Union is hosting a pet food and supply drive until December 11th. The donation box is located in the lobby and all items will go to the Humane Society of Concord and Greater Cabarrus County. If you'd like to make a monetary donation, please see Dawn Barbee (cashier).

#### PET ITEMS TO DONATE:

Baby food (jar - meat, chicken or lamb only) Canned chicken (in water, not oil) Canned puppy, kitten, dog & cat food Cat litter (Scoopable & Unscoopable) Pedigree Puppy food (dry) Pedigree Small Breed dog food (dry) Sturdy Cat & Dog toys OTHER ITEMS: Dawn dishwashing detergent Gallon-size freezer bags Garbage bags (Tall & Heavy Duty) Laundry detergent (High Efficiency) Office Supplies (printer paper, pens, pads, postits) Paper towels Postage stamps



