

# Student Pulse



Cabarrus College of Health Sciences | February 2015

## February Important Events and Deadlines

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

2	<b>3</b> <b>Love Languages Quiz</b> 11am to 1pm   lobby Take a quick quiz to determine your love language and get a Valentine themed goodie bag!	4	5	6	7
9	<b>10</b> <b>SGA Cupcake Bar</b> 11am to 1pm   Pavilion  <b>Resume 101 Workshop</b> 3-4pm   room 236 Learn the basics of making a resume!	<b>11</b> <b>Budgeting &amp; Savings Workshop with 5/3rd Bank</b> 12-1pm   room 232 Lunch provided. Space is limited! RSVP on Cara Lursen's door (105) by 2/10.	12	13	14
16	<b>17</b> <b>SGA Meeting</b> 9am   room 237 All students welcome!	18	19	20	<b>21</b> <b>SOTA Wheelchair Basketball</b> 1pm   location TBA See page 3 for more details
23	24	<b>25</b> <b>Test Anxiety Workshop</b> 12-1pm   room 221 Learn how to manage stress and anxiety.	<b>26</b> <b>Rotaract Meeting</b> 12pm   237 Community service club. Open to all students. Many programs count this club's service towards their community service hours!	27	28

# Campus News & Updates

## Inclement Weather

If it is necessary to make a change in the College's operating status, students will be alerted by our automated message system (Blackboard Connect) and/or the overhead audible paging system.

Students may check the status on their own, by doing the following:

- Check local television stations including WBTV (3), WSOC (9), and WCNC (36).
- Call the College's primary telephone line (704.403.1555)
- Check the College website: [www.cabarruscollege.edu](http://www.cabarruscollege.edu)



## Continuing Education Updates

*Let your friends and family know about our upcoming Nurse Aid I and CPR/AHA Healthcare Provider II classes!*

### UPCOMING NURSE AID I CLASS

Class dates: March 3 to April 15

Class meets every Tuesday, Wednesday and Thursday from 8am to 3:30pm

Clinical Days are 7am to 3pm at CMC-NorthEast and The Gardens of Taylor Glen

### UPCOMING CPR/AHA HEALTHCARE PROVIDER PART II CLASSES

Students must complete American Heart Association BCLS Online Part I prior to registering for Part II (skills). More information can be found here:

[http://www.cabarruscollege.edu/programs/continuing\\_education/courses.cfm](http://www.cabarruscollege.edu/programs/continuing_education/courses.cfm).

### CPR/AHA PART II CLASS HOURS

February 2: 2-4pm

February 16: 10am-12pm

March 9: 2-4pm

March 23: 10am-12pm

April 13: 2-4pm

April 27: 10am-12pm

May 4: 2-4pm

May 18: 10am-12pm

## MRI Safety

**Submitted by Julie Hasty, BSMI Instructor**

BSMI students began their MRI classes this semester and it's fun to see their eyes grow in wonder and excitement during every class. Magnetic resonance imaging (MRI) is a technique that uses a magnetic field and radio waves to create detailed images of the organs and tissues within your body. Did you know that although MRI is a very fascinating field, it is also a very dangerous field? In 2005, the FDA stated that 389 MRI safety-related events occurred, including 9 deaths. The deaths ranged from pacemaker failure to insulin pump failure. And ever since a 6 year old boy died from a careless mistake while undergoing an MRI in 2001 (<http://usatoday30.usatoday.com/news/nation/2001/07/31/child-mrideath.htm>), all MRI related employees must undergo some form of safety training. Therefore, the first couple of classes for the BSMI students this semester revolve around MRI safety, as to train them to be more and more aware with each and every patient. With all of this "safety talk", I can't help but think of Josie's Story. MRI employees have been just as careless as Josie's nurse. The lack of MRI safety training has caused injuries and, sadly enough, some deaths. But, the fact that these tragedies did happen has shocked us back into reality and reminded ourselves that we, as healthcare workers, play an important role in safety. Needless to say, the **most** important role. The key to decreasing medical safety related incidents is sharing our knowledge.



So, that's my knowledge for today. What's yours?

# Occupational Therapy Assistant Updates

## SOTA Updates

### COMMUNITY BENEFIT PROJECT

The Student Occupational Therapy Association will be holding a towel drive to donate to Piedmont Residential Development Center, a non-profit that provides 24-hour high quality care to children and adults with severe to profound disabilities. SOTA will be collecting new or gently used **white** bath towels. You can help by dropping off a towel donation in the SOTA box located in the lobby February 2nd - 9th.

### 2015 Wheelchair Basketball Tournament

SOTA invites you to the 2015 Cabarrus College Wheelchair Basketball Tournament on Saturday, February 21st with the Charlotte Rollin' Hornets Wheelchair Basketball Team! The Rollin' Hornets has both adult and youth teams. The tournament will be a fundraiser to support both their teams and SOTA, and fun family entertainment!

Everyone is invited to join by playing on a team or coming to watch, so mark your calendars! The time and location are to be determined, but will be announced soon. Wheelchairs will be provided for all players, and concessions and snacks will be available for purchase. There will be a \$2 entrance fee to play or watch.

If you would like to help or play, please email SOTA President, Jordan Holt: [Jordan.Holt@cabarruscollege.edu](mailto:Jordan.Holt@cabarruscollege.edu), or Assistant Professor of the OTA Program, Amy Mahle: [Amy.Mahle@cabarruscollege.edu](mailto:Amy.Mahle@cabarruscollege.edu).

We hope to see you there!



2013 Wheelchair Basketball Tournament  
against the Carolina Tar Wheels.

## OTA Alumni Update

Matthew Jones, an Occupational Therapy Assistant graduate, has been asked to speak to master's level Occupational Therapy students at Chapel Hill on a panel entitled *Occupational Therapy and the Wounded Warrior*. Matt is employed by the Wounded Warrior project in North Carolina and served in the United States Army.

## Where Are the Sophomore Occupational Therapy Assistant Students?

Are you wondering where our sophomore Occupational Therapy Assistant students are this spring semester? They are out on Level II #1 Fieldwork finishing requirements for their degree. Please see the list below for where our students have been placed.

Abbotts Creek Care and Rehab  
Autumn Care of Marshville  
Brian Center- Salisbury  
Brighter Day Theraplay  
CMC-NorthEast Outpatient  
CMC-NorthEast Pediatric Therapy  
Carolinas Rehabilitation- NorthEast  
Carolinas Rehab- Wendover Pediatric Therapy  
Central Davie Education Center  
Charlotte Health Care Center  
Charlotte Mecklenburg Schools  
Clear Creek Nursing and Rehab  
Cone Health- Rehabilitation Services

Crossway Pediatric Therapy  
Cyzner Institute, LLC  
Iredell Memorial Hospital  
Golden Living Center- Dartmouth  
Liberty Commons Nursing and Rehab  
OrthoCarolina  
Pediatric Development Therapy  
Pineville Rehab and Living Center  
Sardis Oaks  
Stanly Regional Medical Center- Rehabilitation  
Triangle Orthopedic  
University Place Nursing & Rehabilitation  
Wake Forest Baptist Health- Acute Care PT/OT Department



# College News & Updates

## Important Financial Aid Information!

**Don't forget that you must reapply for federal financial aid each year.**

Stick to a Plan!

File now  
for financial aid  
at [fafsa.gov](http://fafsa.gov)!

You can complete your Free Application for Federal Student Aid (FAFSA) online at [Federal Student Aid](http://www.fafsa.gov) for the 2015-16 academic year any time after January 1, 2015. If you are a returning student, you can opt to pre-fill the application with the basic information you supplied last year, but you will need your PIN to begin the process. (Forgot your PIN? Go to <http://www.pin.ed.gov/> and click "Request a Duplicate PIN."

If you (or your parents) are ready to file your 2014 federal income tax return, it's a good idea to complete it first before filling out the FAFSA. If not, you can submit your FAFSA using estimated tax information, but you must then correct the information after your tax return is filed. Funds are awarded on a first-come, first-served basis so be sure to file as soon as possible. You will want to utilize the IRS Data Retrieval Tool which is built in the FAFSA application. It is the easiest way to

provide your tax data, the best way to ensure that your FAFSA has accurate tax information and you won't need to provide a tax return transcript if your application is selected for review (called Verification).

Never applied for financial aid before or don't think you qualify? Apply anyway. Some families mistakenly think they don't qualify for aid and miss out on grant and loan opportunities. There are Unsubsidized Direct loans—that are available regardless of need, but you must file a FAFSA to qualify. It's also a good idea to apply for aid again if you applied your first year and didn't qualify—things change from year to year.

Give yourself and your family a little peace of mind by getting your financial aid application in early. After all, your college education is a gift that keeps on giving.

For questions or assistance please contact the Financial Aid Office.

Valerie Richard- Director of Financial Aid at 704-403-3507 or [valerie.richard@cabarruscollege.edu](mailto:valerie.richard@cabarruscollege.edu)

Robin Robinson- Financial Aid Specialist at 704-403-2445 or [robin.robinson@cabarruscollege.edu](mailto:robin.robinson@cabarruscollege.edu)

## Resume Help

### Need help with your resume?

Cara Lursen, the Coordinator for Campus and Community Outreach, can help you! Email ([Cara.Lursen@cabarruscollege.edu](mailto:Cara.Lursen@cabarruscollege.edu)) or call (704.403.1614) Cara today to set up a one-on-one resume editing appointment.

You can also attend the next **Resume 101 Workshop** on February 10th from 3-4pm in room 236!



# Be Healthy

## 5 Reasons College Students Should Make Time for Exercise



College students, especially online college students, have packed schedules. Classes, employment, and family or social obligations quickly fill up your calendar. It seems cruel to add another obligation to the list, but here's one to consider: exercise. Scientific evidence is piling up that shows regular exercise provides important cognitive benefits that could make your scholarly efforts a little less taxing.

### **Exercise Stimulates Brain Cell Development**

Recent human and animal studies show that regular aerobic exercise has profound effects on the brain. A recent New York Times article, "How Exercise Could Lead To A Better Brain", describes experiments performed on mice at the University of Illinois. Mice who ran regularly on a wheel had more neurons—brain cells—than those who did not. Also, mice

who ran regularly had more complex connections between neurons, meaning they were able to access their brain cells more flexibly. Finally, the mice who ran regularly did better on cognitive tests, such as completing a maze. There's evidence that this direct relationship also exists in humans.

### **Exercise Improves Memory Retention**

The hippocampus is a structure in the brain that controls the formation, retention, and recall of memories. In most adults, the hippocampus starts to shrink slightly starting in the late 20s, leading to memory loss over time. Evidence from a 2011 study, recounted in the New York Times article mentioned above, shows that exercise prevents this shrinkage and may even promote regrowth. A group of senior citizens were randomly assigned to a stretching program or a walking program for a year. After the year was over, the stretching group's brains were scanned, and their hippocampuses had shrunk according to normal expectations. In the walking group, however, the hippocampus had grown. For college students, the implication is clear: regular exercise could benefit the parts of your brain that help you recall information

### **Exercise Increases Focus and Concentration**

In 2009, a Canadian school for learning-disabled and ADHD children took part in an experiment that involved having students exercise for 20 minutes on treadmills or exercise bikes before starting their math class. Teachers noted a marked improvement in students' ability to concentrate, participate, and retain information during the class after they had exercised. Inappropriate behavior also improved in the group that exercised.

Additional experiments of this type, such as those taking place at Naperville Central High near Chicago, IL, suggest that three 20-minute sessions a week is the minimum dose needed to reap the concentration-enhancing benefits of exercise.

### **Exercise Boosts Mood**

Numerous studies have shown that exercise profoundly improves your mood. A 1999 Duke study into the effects of exercise on depression had some participants work out while others took a well-known anti-depressant medication. By the end of the study, the exercise group showed as much improvement in mood as the medication group did. So college students looking to maintain their positive attitude to succeed can benefit from regular exercise.

### **Exercise Relieves Stress**

Prolonged stress can lead to health problems, such as heart attacks and stomach problems. Exercise, by helping you sleep better and easing anxiety, can relieve the negative effects of stress on your body. Many regular exercisers also find that they can focus constructively on problems during or after a bout of exercise. So make time for exercise. Choose an activity you love that gets your heart rate up, whether it's hiking, running, or dancing, and put it on your schedule the way you would any other appointment or class for at least three 30-minute sessions a week. You'll soon be reaping the benefits that exercise offers the scholar: a sound mind in a healthy body.

Taken from: <http://www.aiuniv.edu/blog/september-2012/5-reasons-college-students-should-make-time-for-exercise>, American InterContinental University

Submitted by Dawn Barbee, LiveWELL Liaison for Carolinas Healthcare System



# Be Healthy



cmc-northeast.org



## CMC-NorthEast Walking Trails



- Exit through CMC-NorthEast Main entrance (*large pineapple fountain*);
- follow sidewalk towards Visitor Parking Deck (*heading towards the mall*);
- continue following sidewalk around the Visitor's Parking Deck;
- make a loop around the Visitor's Parking Deck near the Bette Cancer Center.  
(*You have walked 500 steps or .25 miles.*)

### For a longer walk...

- As you approach the courtyard, turn right behind the Bette Cancer Center;
- continue onto brick sidewalk and follow towards NorthEast Plaza Building (*you will be walking parallel to Concord Parkway/Highway 29*);
- turn left on Ardsley Drive;
- turn right on Shady Street;
- turn left on Lake Concord Road;
- cross over Memorial Drive;
- turn left on Medical Park Drive heading towards Cabarrus College of Health Sciences);
- end at CMC-NorthEast main entrance (*large pineapple fountain*).  
(*You have walked 2,225 steps or 1.15 miles.*)

920 Church St. North  
Concord, NC 28025  
704-403-3000



Carolina's Medical Center  
NorthEast

Uncompromising Excellence. Commitment to Care.

# Chris' Corner

From Chris Corsello, Dean, Student Affairs & Enrollment Management

## Get Rid of the Splinter

At the start of every new year, everyone is focused on improving things. With the New Year well into swing, many of our resolutions abound, everything from vowing to dress nicer, to commit to advancing our education or maybe trying to spend more wisely. Everybody seems to enter the new year with refreshed hope that all those wonderful things that we dream could happen will really come true this time.

But, is there something that you already HAVE in your life that is holding you back? The other day, I saw a friend's four year old limping noticeably. I asked him if something was wrong with his foot, but he replied "no". This happened three or four times before he finally admitted that he had stepped on something and it had gotten into the bottom of his foot. If there is one thing Stephen does not like, is anyone trying to remove splinters. He was willing to put up with the pain of the splinter rather than admit that he had a problem. It was hard for me to understand why he preferred the pain of the splinter to the solution. But, he was in denial. He had talked himself into believing that the splinter wasn't that bad, that it would go away, and that the pain would get better. We laugh when we see a child behave this way. But do you have a splinter in your life that you are ignoring? Maybe your health isn't so great, or you owe too much money. Maybe you are having family problems or are afraid to fly in a plane or haven't devoted enough time to your studies. I'll bet almost everybody has something that they are choosing to ignore.

I have a splinter. But I'm not going to tell you what it is. And I won't ask you about yours. Because I think the thorns in our life can sometimes be too personal. It is easy to talk about our goals, our dreams and our schemes. It's fun to share with people our hopes for the future, especially when we have set solid resolutions to see them to fruition. But, the splinters in our life are different.

For one thing, we often choose to ignore our splinters. We behave like Stephen did with the real splinter. We tell ourselves that it's not so bad, that it will go away. We can handle it. So, although it's there, we don't even recognize it.

But then, there is a point in our life when we face the splinter. We realize it won't get better unless we leave our denial behind, stop ignoring it, and act. Maybe we discuss it with people close to us. Maybe we seek guidance from a doctor or a support group. In fact, sharing the splinter with loved ones or professionals can be very helpful in dealing with the pain we are feeling. But, ultimately, when it comes down to the final solution, it is all up to us. With splinters, we can't expect anyone else to solve it for us. We have to admit it is there, that it needs to change, and that we need to change it.

Brian Tracy said in his book "Focal Point" that one of the great life lessons we all have to learn is that "your life only gets better when you get better". It seems like such a simple statement, but it has a tremendous impact to our lives when we accept it.

It's the time for making resolutions, and we should all do that, looking forward to achieving our dreams. I have made several this year. But, I have decided that this is the time to finally deal with my splinter. I'm not looking forward to it. It will be much more difficult, and much more painful than going for my goals. But, I think that unless I do face it, I'll never be truly happy even if I do achieve my goals. Maybe, in order to achieve our destiny, we have to find the courage to first eliminate the splinters in our lives. Once they are removed, we are free to fly!

Have a fantastic semester and don't forget that there are a ton of people here who want to and are able to help you; splinters or not.