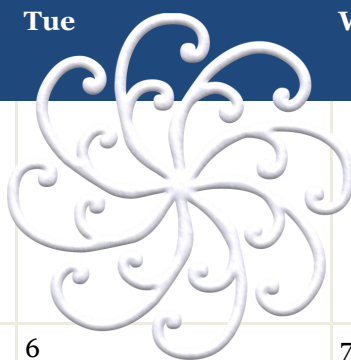
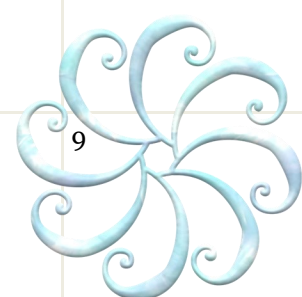


Student Pulse



Cabarrus College of Health Sciences | January 2015

January 2015 Activities & Deadlines

Mon	Tue	Wed	Thu	Fri
			1	2
5 <i>Classes begin for graduate students</i>	6	7	8	9 
12 <i>Last day of drop/add for graduate students</i> <i>Classes begin for undergraduate students</i>	13	14	15 Trail Mix Bar 11am-1pm Lobby	16 <i>Last day of drop/add for undergraduate students</i>
19 <i>College Closed</i> <i>Martin Luther King Jr. Holiday</i>	20 DIY Coasters 11am-1pm Pavilion	21 Sam's Club 10:50am - 1pm lobby Get a student discount if you sign up for a Sam's Club membership!	22 Rotaract Meeting 11am 234 Community service club. Open to all students.	23
26 SGA Meeting 9am room 237 All students welcome!	27 	28 DIY Badge Reels 11am-1pm Pavilion	29	30

Avenue C!

Cabarrus College of
Health Sciences
presents
avenue 
GRAND OPENING
January 12th

Cabarrus College of Health Sciences
is excited to debut an unattended
convenience store featuring loads of great new food
Products in the Student Pavilion.
Stop by and check out the great selection
and learn about the kiosk.

We have some exciting news!
Cabarrus College now has a new
convenience store set up in the
Student Pavilion that includes a
wide variety of snacks, drinks, fresh
food and frozen food!

There is no need to carry cash
anymore! You can set up an account
with cash, a credit card or debit
card. You can then use your finger
print to pay for future items.

Checkout is easy and much like a
self checkout station at a grocery
store.

Please see the e-mail that Dean
Chris Corsello sent on Friday,
January 9th for more instructions.

Staff will be on hand next
Monday-Wednesday to assist
students with account setup and any
questions they may have.



Campus News & Updates

New Students

Get a free Cabarrus College t-shirt, planner and goodie bag!

Monday, January 12 from 10:30-11:30am
Tuesday, January 13 from 1-2pm

Wednesday, January 14 from 9-10am
Thursday, January 15 from 11am-12pm

Student Ambassadors

Cabarrus College hired ten Student Ambassadors for 2015. Expect to see them helping out with student activities, talking with prospective students at Open Houses and interacting with alumni at events. The 2015 Student Ambassadors are all current students at Cabarrus College. Congratulate them when you see them!

Laura Carlton
Makenzie Cauble
Brooke Griffin
Laurie Hatfield
Alexandria Helms

Morgan Holbrook
Brooke Jordan
Kimberly Osterhout
Christy Smith
Kristen Zell



OTA Program update



Back row: Nastasia Cuthbertson, Fiauna Taylor, Christa Gallie-Weiss (instructor), Crystal Smith, Seth Baird
Front row: Mandy Bruce, Mallory McCarthy, Taylor Starnes

“Well” Done!

During the Fall semester, the sophomores in the OTA program led several community wellness events as part of their psychosocial clinical fieldwork experience. September is a unique month, in that both the American Occupational Therapy Association’s Backpack Awareness Day (the third Wednesday) and Falls Prevention Awareness Day (the first day of Fall) occur. High school students in the Health Academy at the College, and fourth and fifth-graders at Winecoff Elementary School took part in interactive skits, relay races, and other contests to learn how to protect their backs and joints from improper packing and wearing of their school backpacks. Residents of The Laurels at Highland Creek, and participants at the North Mecklenburg and Mount Pleasant Senior Centers actively participated in education, training, and lively exchanges of ideas pertaining to preventing falls in the home and community, including environmental modifications and adaptive equipment. In total, over 150 elementary students, and nearly 100 seniors participated in these events with great success! Thanks to all of the participants, and to our fabulous OTA students for their creative and therapeutic ideas. We look forward to growing these events and reaching more community members next year!

Campus News & Updates

Incident 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



Bookstore Updates

The Bookstore Link has moved on the website! To access the link:

- Go to www.cabarruscollege.edu
- On the left side tabs choose "Student Life"
- Under the blue tabs choose "Campus Resources"
- You will now see the link "Bookstore"
- Once you have selected bookstore, on that page you see a hyperlink directing you to MBS our bookstore vendor (<http://bookstore.mbsdirect.net/cabarruscollege.htm>)

- Once on the MBS website you will need to choose "Order Books"
- Then choose Credit or Financial Aid Voucher



-You will choose the programs in which your class schedule corresponds

- Ex. Science Classes – Associate of Science
- Ex. Statistics – General Education
- Ex. OTA – OTA

-After you have chosen your books follow the prompt to check out.

If you have any questions regarding the bookstore please contact: Dawn Barbee at 704-403-2216.

If you have any questions regarding your bookstore credit please contact: Robin Robinson at 704-403-2445 or Valerie Richard at 704-403-3507.

CCANS News

The Cabarrus College Association of Nursing Students (CCANS) has plans for an eventful spring semester! First, here's a little information about our local chapter....

CCANS provides an opportunity for nursing students and pre-nursing students to develop the skills they will need as responsible members of the nursing profession and works to promote the standards and ethics of professional nursing practice. Our local chapter here at Cabarrus College is part of the North Carolina Association of Nursing Students, which in turn falls under the auspices of the National Student Nurses' Association. Membership in our local chapter is free, but students are encouraged to join NSNA as well. Our CCANS officers for 2014 – 2015 are as follows: President: Kristi Brigman; Vice-President: Holli Deal; Secretary/Treasurer: Chelsea Ritchie; Special Events Chairperson: Emily McElrath. Faculty advisors are Mrs. Valerie Rakes and Mrs. Nanda Rogers. Our meetings are held the 4th Monday of every month at 10:30 in room 234.

Our CCANS goal is to serve both our student body and our community. We assisted with wrapping gifts for the Angel Tree at Christmas, and CCANS sponsors the student nurses' capping ceremony prior to both fall and spring Commencement. Our next community service project will be a "Coat, Scarf, and Glove" collection January 19 – January 30 to benefit the Main Street Mission in China Grove, NC. We will be collecting for all sizes, infant to adult. We will place a box in the lobby for collection, so watch for an announcement in the elevators!

The club's next fundraising project will commence January 12 as we launch our semi-annual stethoscope sale. Through an arrangement with a medical supply company, CCANS will sell high-quality Littmann stethoscopes at prices below normal retail. CCANS covers tax and shipping charges. We will also sell raffle tickets for an opportunity to win a new Littman Model "Classic II S.E." stethoscope! Be on the lookout for flyers around campus to announce the details of the stethoscope sale and raffle. If anyone has questions about the stethoscope sale, please feel free to email Mrs. Rogers at: nanda.rogers@cabarruscollege.edu.

Our next CCANS meeting will be Monday, January 26 at 10:30 in classroom # 234. Please join us!

Campus News & Updates

PTK Induction

The Cabarrus College of Health Sciences' Beta Delta Chi chapter of Phi Theta Kappa International Honor Society recognized the following students during the December 5, 2014 induction ceremony:



PTK members and advisors at December 5th's induction ceremony.

Malia Barrett
Kortney Baucom
Hannah Broadway
Shelby Mitchell Burchett
Haley Burgess
Sherry Bynum
Meghan Carlough
Patricia Caulder
Cecile Chang
Brianna Clark
Daisy Delgado

Parris Fries
Stephen Fulgum
Karlyn Garriss
Lindsay Givens
Britany Goodman
Lisa Gullede
Alexandria Helms
Jenna Jennings
Ryan Kearney
Morgan Kern
Lori Lewis

Jodie Meehan
Alyssa Mocilan
Blake Morrow
Jessica Phillips
Carter Reading
Adrian Shearer
Jazmin Vasquez
Louis Toh
Mindy Warfford
Candice Weakes
Benjamin Wease

Phi Theta Kappa International recognizes associate degree college students who have demonstrated outstanding scholarship and leadership skills. Membership into this internationally recognized

honor society is by invitation only. To be eligible the student must have a minimum 3.25 cumulative grade point average, be enrolled in an associate degree program, and completed a minimum of 12 credit hours at Cabarrus College.

Congratulations to all!

IRC Library Announcement!



The IRC (Library) is very excited to announce for the Spring 2015 semester, every Thursday from 11am-1pm, a librarian will be at the Hayes Student Pavilion available to help you with any research questions you may have. This service will start January 22nd and continue until May.

December 2014's Graduation

Congratulations to our most recent graduates! 34 students graduated on December 16, 2014.

Programs that had graduates included:

Bachelor Level

Health Services Leadership and Management
Medical Imaging
Nursing

Associate Degree Level

Medical Assistant
Nursing
Surgical Technology



Financial Aid Updates

NC Forgivable Education Loan for Service

The NC Forgivable Education Loan for Service application is now available at:

<http://www.cfnc.org/Gateway?command=GetBasedProgramDetail¬e=no&type=13&vocType=-1&vocational=no&id=159>

Students who are enrolled during the 2015-16 school year in one of the eligible programs below are encouraged to check out the information available at the link above and consider applying.

Nursing - Associate and Bachelor's
Occupational Therapy – Associate and Master's
Pharmacy Tech
Medical Imaging

Deadline to apply is April 1, 2015.

Applications will be reviewed on a first-come, first-serve basis



Reminders!



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.

Did You Know?

January is a time where many people try to get their healthy lifestyles back on track. Did you know that Cabarrus College has a variety of resources available for all of our students, faculty and staff?



Zumba classes are offered every Monday and Wednesday from 5:30-6:30pm in Cabarrus College's basement! They are 100% free to Cabarrus College students, faculty and staff!

YOGA

Yoga classes are offered in the basement on Tuesday nights from 6-7:30pm! All skill levels are welcome. Wear comfortable clothing and bring a yoga mat.

Space is limited to 12 people, so email Judith.Yandle@carolinas.org to RSVP.



Students may join the NorthEast Health & Fitness Institute for a one-time \$20 consultation fee and a \$20 monthly membership fee. The Institute is located in the Gateway Medical Office Building II.

There is an online Health Questionnaire to complete prior to an exercise consult/orientation:

Survey Link: www.personalhealthsurvey.net
Username: cmc-ne-hf
Password: Fitness1!

Call 704-403-9250 for more information.

EAP

Off-site counseling is provided to students (and members of their families) by Carolinas HealthCare System Employee Assistance Program (EAP). Counseling is provided for various issues, such as marital conflicts, financial problems, stress, emotional strains, alcohol and drug abuse, legal issues, and difficulties with children.

CHS EAP provides confidential access to information, referrals and crisis assistance 24 hours a day, seven days a week. All students have access to EAP by calling 1-800-384-1097 or 704-355-5021 or visiting www.chs-eap.org. CHS EAP has offices in Concord, Charlotte, Monroe, Shelby and Charleston, SC.

Chris' Corner

From Chris Corsello, Dean, Student Affairs & Enrollment Management

Well, the rush of the holidays are over and we begin a new chapter in our hectic lives...the spring semester. No doubt some are more than ready to be back, others – still wishing for a few more weeks of respite. I know it was a challenge for me over this break to think about others and what they needed when I was really concerned with me – getting my own rest, finding time for myself and my family, when the holidays are a time for just the opposite of that – time for others. That said, here's this month's edition. I call it **"the wild-haired boy and the old man with the cane"** – enjoy!

His name is Bill. He has wild hair, wears a T-shirt with holes in it, jeans and no shoes. This was literally his wardrobe for his entire four years of college. He is brilliant. Kind of esoteric and very, very bright. He became a Christian while attending college.

Across the street from the campus is a well-dressed, very conservative church. They want to develop a ministry to the students, but are not sure how to go about it. One day Bill decides to go there. He walks in with no shoes, jeans, his T-shirt, and wild hair. The service has already started so Bill starts down the aisle looking for a seat.

The church is completely packed and he can't find a seat. By now people are really looking a bit uncomfortable, but no one says anything. Bill gets closer and closer and closer to the pulpit and when he realizes there are no seats, he just squats down right on the carpet. (Although perfectly acceptable behavior at a college fellowship, trust me, this had never happened in this church before!) By now the people are really uptight, and the tension in the air is thick.

About this time, the minister realizes that from way at the back of the church, a deacon is slowly making his way toward Bill. Now the deacon is in his eighties, has silver-gray hair, and a three-piece suit. A godly man, very elegant, very dignified, very courtly. He walks with a cane and as he starts walking toward this boy, everyone is saying to themselves, "You can't blame him for what he's going to do. How can you expect a man of his age and of his background to understand some college kid on the floor?"

It takes a long time for the man to reach the boy. The church is utterly silent except for the clicking of the man's cane. All eyes are focused on him. You can't even hear anyone breathing. The people are thinking. The minister can't even preach the sermon until the deacon does what he has to do and now, they see this elderly man drop his cane on the floor. With great difficulty he lowers himself and sits down next to Bill and worships with him so he won't be alone. Everyone chokes up with emotion.

When the minister gains control he says, "What I'm about to preach, you will never remember. What you have just seen, you will never forget. Be careful how you live. You may be the only Bible some people will ever read.

This story isn't intended to be "preachy" or religiously focused, rather contemplative. How do we project ourselves and our behavior? Is it what we hope others will remember about us? Our lives are jammed packed, hectic, and full of competing demands. Yet, somewhere we need to try to find the quiet in the storm and be the best we can be; all the time, with everyone. I know, I'm going to try my hardest and I suppose this will be my new year's resolution. Here's wishing everyone a fantastic semester!

True story as told by Robert Gary Lee of Maryland