



# Student Pulse Newsletter



Cabarrus College of Health Sciences | November 2015

## Activities & Deadlines for November

Mon	Tue	Wed	Thu	Fri
2  Spring registration open for master and baccalaureate students Sunday, 11/1 at 9pm	3  Spring registration open for diploma and associate students at 9pm	4  <b>DIY Lip Balm</b> 11am-3pm • Pavilion	5	6  <b>SGA Meeting</b> 12pm • classroom 221 All students welcome!
9	10  <b>Pumpkin Painting</b> 10am-12pm • Pavilion Join SGA and paint a free fall pumpkin	11  <b>Veterans Day!</b> Cabarrus College has 9 veteran students! Stop by the lobby today to sign a card for these students!	12	13
16	17  <b>Angel Tree Kickoff</b> 12pm • Pavilion Enjoy some treats & learn about the families Cabarrus College helps during the holiday season.	18  <b>Turkey Cookies</b> 11am-1pm (both days) • Pavilion  <b>Blood Drive</b> 9:45am-12:45pm Walk-ups welcome or RSVP at office 105	19	20
23	24	25	26 	27  Graduation Clearance forms due for December graduates
30	December 1	2	3	4  Classes end for undergraduate courses



## SNAPSHOTS FROM OCTOBER



Thanks to the Student Affairs Department for putting on a fantastic Fall Festival! Also, thanks to Tammy Fulton and Donna Harless for their help!



Cabarrus College students, faculty and staff gave out goodies to children in the Jeff Gordon Children's Hospital on October 30th.



## OTA STUDENTS IN THE COMMUNITY

By: Christa Gallie-Weiss, OTA Instructor

September was a busy month for the Occupational Therapy Assistant (OTA) fieldwork program! OTA students, along with their instructor, Christa Gallie-Weiss, held numerous educational community events as part of their Level I fieldwork experiences.

The freshmen students held Backpack Awareness Day events at both Carolinas College of Health Sciences and Cabarrus College on September 17, 2015 to educate students, faculty, and staff about the importance of packing and wearing a bag properly in order to prevent musculoskeletal injuries. Thanks to Carolinas College for hosting the event and to everyone who participated! Check out a few of the pictures taken at Carolinas College!

The sophomore OTA students were also busy holding wellness events in the community in September! In total, about 50 seniors participated in Falls Prevention Awareness and CarFit events at both Mount Pleasant and North Meck Senior Centers. These educational events are designed to promote safe engagement in the occupations that involve the home and car, such as functional and community mobility, self-care, and home management. Thanks to the Mount Pleasant and North Meck Senior Centers for hosting these events!



## ARE YOU PARKED IN THE CORRECT LOT?

Next time you drive to the College, make sure you are following the signs and parking in the correct parking lot.

Student lots are to the right and left of the College. The faculty and staff lot is in the center.

Also, be sure you've picked up a white Cabarrus College parking sticker from Beth at the front desk! Your car must have this sticker on the back window at all times.



## WINTER GRADUATION UPDATES

Congratulations to our students that will be graduating on December 15th! We have graduates in the following programs:

Nursing (BSN & ADN)  
Pharmacy Technology  
Medical Assistant  
Surgical Technology  
Medical Imaging

If you are graduating this December, please visit the graduation website to stay up to date on deadlines:  
[www.cabarruscollege.edu/student\\_life/Graduation-Website.pdf](http://www.cabarruscollege.edu/student_life/Graduation-Website.pdf)



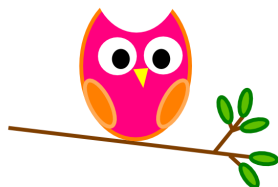
## CABARRUS COLLEGE RECOGNIZED BY THE WHITE HOUSE!

By: Melanie Gass, Coordinator for Marketing & Graduate Education

Cabarrus College of Health Sciences was recognized by the White House and the Department of Education for providing “financial value” to its students. The Education Department said these colleges that provide financial value “offer students a window into the potential payoffs over time that students can expect to receive based on the typical earnings from attending a particular institution relative to the costs,” and adding “two-year public colleges are consistently the most successful in offering a great value to students.”

<https://www.whitehouse.gov/the-press-office/2015/09/12/fact-sheet-empowering-students-choose-college-right-them>

## SPRING REGISTRATION DATES



Registration starts in early November for our spring classes! Students, be sure you are meeting with your advisors BEFORE registration. Registration begins on the following dates:

**GRADUATE & BACHELOR STUDENTS:** Sunday, November 1 at 9pm  
**ASSOCIATE & DIPLOMA STUDENTS:** Tuesday, November 3 at 9pm

Please check your Cabarrus College email and see the October 28th email from Todd Deese for more information.

## TRAVELING EXHIBIT IN THE IRC

By: Emily Patridge, IRC Librarian

It is almost time for the next NLM traveling exhibit—“Every Necessary Care & Attention: George Washington and Medicine.” <https://www.nlm.nih.gov/georgewashington/>. This exhibit will be displayed in the IRC (Information Resource Center) from October 26—December 4. The display is FREE to view and is open to the public. The exhibit is six panels of information on George Washington and medicine during the Revolutionary War times.





## GENERAL EDUCATION SPOTLIGHT

By: Tammy Fulton, Academic Secretary

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 the 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!"*

## UPCOMING CPR CLASS DATES

By: Lisa Lunsford, Nurse Aide I Program Coordinator

Check out the dates below to see when we are having our next CPR classes! Go to our website for more information!:

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

#### November 2015:

Monday, Nov. 16<sup>th</sup> 10am – 12pm

Monday, Nov. 30<sup>th</sup> 2pm – 4pm

#### December 2015:

Monday, Dec. 14<sup>th</sup> 10am – 12pm

Monday, Dec. 21<sup>st</sup> 10am – 12pm



## FINANCIAL AID UPDATE

By: Robin Robinson, Financial Aid Specialist

To see whooo your loan servicer is, visit the National Student Loan Data System (NSLDS) at [https://www.nsls.ed.gov/nsls/nsls\\_SA/](https://www.nsls.ed.gov/nsls/nsls_SA/). Click on "Financial Aid Review" to access your federal student loan information. You'll need your Federal Student Aid ID (FSA ID) to access this website.



Don't have an \*FSA ID yet? No problem. Click on "Create an FSA ID" and follow the steps. You will create a user name and password, and provide your email address. It's secure and confidential, and whooo doesn't like that?

*\*Please note that the FSA ID is now used in place of the PIN.*

## CHRIS' CORNER

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

It was never my intention to kill anything. However, it appears as though it's happening. I have a plant at my house. Just so you know, the plant was given to me by some dear friends so I have already assigned the plant far too much emotional value. Anyway, under my care the plant is suffering significantly.

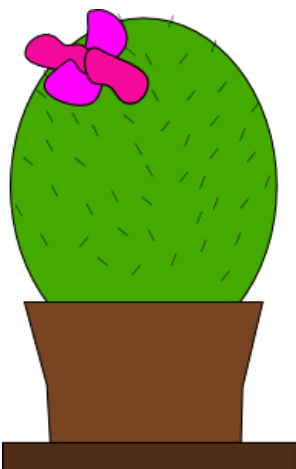
To be truthful it was a bittersweet moment when my friends gave me the plant. Things were a little hectic and we had just moved into our new "home"; even though we all knew it was probably temporary. Anyway, my friends gave it to me as a "house warming" gift. (This is a silly name for the plant because to the best of my knowledge the plant has not raised the temperature one degree). It was bittersweet because I was proud and pleased that my friends thought of me. On the other hand I recognized instantly that the plant would be completely dependent upon me.

It's not that I shy away from responsibility. I have a busy job with employees and students, a partner, a life and simply put, people that depend upon me. However, to the best of my knowledge all of those people know when and where to water themselves. It's a bit of a guessing game with my plant. Sometimes my partner will raise the issue of my poor care. When this happens I follow the standard procedure as recommended...I pretend not to hear them. Now, this technique works fine for a while, but it can be embarrassing when there are only two of you standing face to face within two feet of each other. So, as you can clearly see, I'm not avoiding responsibility. No. It's just that the plant seems to need something from me that I can't always give it. A couple minutes of my time.

I said to a friend recently, "...if you need money, here's my ATM card. If you need my time, you're out of luck." I have tried giving the plant my ATM card but it doesn't seem to help. That's because the plant needs my time. The plant needs me to give it a cool drink of water. Occasionally, the plant needs me to remember that the autumn sun sets differently than it did a few months ago and now the plant needs to be nudged into the sunlight. I need to look at the plant and assess its growth to make certain that its pot is still sufficient to contain its potential. The plant simply needs me to think of it every once in a while. The reality is that when I am running at full speed and have been for several months the plant gets forgotten.

It happens to all of us. As the semester hits the downhill, spend some time thinking about how you can avoid or recover from stress and burnout. It's probably also a good time for you to refocus on what's important and why you're doing what you do. I know that I am running low and the plant is paying the price. My goal is this: first thing tomorrow I am going to visit my plant. I am going to do this to attend to its needs. I am also going to do this because I am out of money and the plant still has my ATM card.

Hope you have a great month. Ironically, I looked in a medical guide for ideas on combating stress and burn out. Among the many suggestions were to try a little gardening!



## SUGGESTION BOX

Have a suggestion for the College? There's a suggestion box in the lobby! The Dean for Student Affairs and Enrollment Management, Chris Corsello, will follow up on suggestions and will occasionally include a response in the Student Pulse! A recent suggestion from the box is below.

**SUGGESTION:** Students were concerned that the view is now obstructed with the new signs (at the parking lot entrances) that were recently changed out for the renaming of the hospital.

**RESPONSE:** Dean Chris Corsello followed up with CHS Security and the installers of the signs. The new signs are the same size as the old ones and were installed in the same location as the previous signs. Please use caution when entering and exiting the parking lots.