

Student Pulse Newsletter



Cabarrus College of Health Sciences | February 2016

Activities & Deadlines for February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Resume Workshop 10am • room 234</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>8</p>	<p>9 Paint an Owl 5:30pm • Pavilion \$35 a person Register with Dawn Barbee (704.403.2216). Profits will help Lambda Nu students attend The North Carolina Society of Radiologic Technologist Annual Conference</p>	<p>10 Valentines Day Cookies 12-2pm • Lobby SGA Meeting 12-1pm • room 221 All students are welcome!</p>	<p>11 Valentines Day Cookies 11am-1pm • Lobby</p>	<p>12</p> <p><i>Last day to drop a course without an academic penalty for Spring I (undergraduate students)</i></p>
<p>15 Lambda Nu Pretty Badges Sale 10am-2pm • Pavilion Profits will help Lambda Nu students attend The North Carolina Society of Radiologic Technologist Annual Conference</p>	<p>16</p>	<p>17 DIY Coasters 11am-2pm • Lobby</p>	<p>18</p>	<p>19</p> 
<p>22</p>	<p>23</p>	<p>24 DIY Lotion 12-2pm • Pavilion Join SGA for their February student activity and make some lotion!</p>	<p>25</p> 	<p>26</p>  
<p>29</p>				

ROTARY SCHOLARSHIP

By: Robin Robinson, Rotaract Advisor



Congratulations to **Eva "Danielle" Tritt**! Danielle was awarded the **Rotaract Scholarship** for her outstanding commitment to make a difference by giving back to our community. She is a member of Cabarrus College's Rotaract club. Danielle was nominated because she has tirelessly volunteered at Long Preschool with our adopted class of 17 children. She has attended all meetings and has helped with the Angel Tree service project, treat bags and our Happy "Owl" oween Bake Sale to raise funds for our class. She loves helping people in need, especially children. Her dream is to become a Pediatric Nurse Practitioner. Way to go Danielle!

Pictured (left to right): Dr. Dianne Snyder (Cabarrus College's Chancellor), Bryan Hovey (Rotary President), Danielle Tritt, Robin Robinson (Rotaract Advisor).

CHRISTIAN STUDENT UNION'S PET FOOD DRIVE

Christian Student Union would like to thank everyone for their support and donations for their Pet Food Drive in the fall that benefitted the Humane Society of Cabarrus County. They received the following note from the Humane Society and wanted to share it with you!

We want to express our heartfelt thanks to all the students and staff that participated in donating items for our shelters during your "Pet Food & Supply Drive Nov. 10 – Dec 11, 2015". The bags of paper towels, food, and all the other "goodies" you brought us really helps so much so we can provide the care needed for the animals we work so hard for. We truly appreciate you love for animals and your support. You all truly make a difference!

Sharing a love of animals,

Ramona Lindley

On behalf of The Humane Society of Concord & Greater Cabarrus County

FREE EXERCISE CLASSES IN THE BASEMENT

Carolinas HealthCare System LiveWELL offers free exercise classes in our very own basement! These events are free to students, faculty and staff. Just bring your student or employee ID number and sign in each time. Please do not bring children.

ZUMBA

Mondays and Wednesdays
5:30—6:30pm
Cabarrus College Basement
Bring water!

INTRO TO YOGA

Tuesdays
6-7pm
Cabarrus College Basement
Bring water!

STUDENT SUCCESS & RETENTION

By: Sherry Hamilton, Coordinator for Advising and Student Success



In Honor of Valentine's Day: "Don't give up trying to do what you really want to do. Where there is *love* and *inspiration*, I don't think you can go wrong." -Ella Fitzgerald

♥ 10 Ways to Ensure Success Within the First Weeks of the Semester ♥

New classes, new professors, new classmates, an *overwhelming* amount of new information being thrown at you—we all know that college can be somewhat of a difficult thing to manage, especially the first few weeks. With these simple tips, even the most stressed of students will be feeling relief for the weeks to come.

GET ORGANIZED

Find a planner that fits your personality. Whether it be a weekly/monthly planner, a day planner or just a notebook to write down a simple to do list. I also strongly recommend finding a way to organize all of your class notes which can be the best way to keep you on track.

READ EVERYTHING VERY CAREFULLY

Take time to read everything on all course syllabi very carefully (i.e., test dates, professor's office hours, assignment percentage of final grade). *Reading is fundamental!* I promise you that those 10-15 minutes that you spend reading something will save your hours down the road.

MAKE SURE YOU KNOW WHEN TO LEAVE YOUR HOUSE TO GET TO CLASS ON TIME

If you know how long it takes to get to the college then it is easier to plan your morning routine. It's also great if you can leave an additional 10 minutes earlier because then you can make sure there won't be any traffic delays (we all know how I-85 and surrounding traffic routes can be).

LISTEN TO HOW YOUR PROFESSOR PRESENTS TOPICS

During the first week, it is crucial for you to see what your professor's teaching style is. It allows you to adapt your note-taking and studying skills to the course. By attentive listening, you can also see a glimpse into your professor's personality, which will be useful for if you ever need to approach them for help.

MAKE SURE YOU START A GOOD SLEEP SCHEDULE

Sleep is very important to your overall health. I would sleep all day if I could. However, it is proven that the proper amount of sleep can increase your ability to retain information. So even if you have an 8am class on Monday and a 12pm class on Tuesday, you should still be waking up and going to sleep at the same time every day. The more organized you are in your daily life routines can assist in you getting more sleep and a better sleep.

READ THE INTRODUCTION CHAPTER/SECTION

You would be very surprised at how useful introduction chapters are. They help explain how the book is set up and give you helpful tips and tricks to understanding its content. I also strongly suggest that you read the intro chapter *before* going to class.

DON'T LOSE CONTACT WITH THE PEOPLE YOU MET LAST SEMESTER

Your friends may be in two different classes or have different schedules, but you can still make time for lunch every once in a while. It is always nice to continue to build relationships over lunch and as well as spend time discussing various academic strategies that work for you.

MAKE SURE YOU ARE ON TOP OF YOUR FINANCIAL AID PACKAGE

In order to avoid any speed bumps during the semester, please make sure to stay in touch with our Financial Aid Office by contacting Valerie Richard or Robin Robinson, should you need any advice regarding your financial aid package, grants or loan information. They can be reached via email or phone at (704) 403-3507 or (704) 403-2445.

MAKE SURE YOU HAVE TIME FOR BREAKFAST AND LUNCH

I can't stress this enough: having your stomach growl like a wild beast of the jungle in the middle of class is absolutely horrifying. It sure doesn't feel good to have an empty stomach and it is not healthy, so I suggest visiting Avenue C located in the Student Pavilion and creating an account which gives you easy access to all types of nutritional snacks, or packing some snacks in your bag. A granola bar here and there goes a long way.

FIND AT LEAST ONE THING PER DAY THAT MAKES YOU HAPPY AND EMBRACE THE TIME YOU HAVE THIS SEMESTER

Like they say, college is an once-in-a-lifetime experience that you will never forget. Take time to stop by and visit with Cara Lursen, the Coordinator for Campus and Community Outreach, to see how you can get involved outside the classroom. Use this time to discover who you are, enjoy life and ultimately have fun.

CHANGE OF MAJOR & EARLY ALERTS

By: Sherry Hamilton, Coordinator for Advising and Student Success

Change of Major Appointments will begin on Monday, February 22, 2016

If you would like to request a Change of Major for Fall 2016, you must complete the Change of Major Request form and meet with Sherry Hamilton, the Coordinator for Advising and Student Success.



The Change of Major form can be printed from this link: <http://www.cabarruscollege.edu/content/policies-forms/registrar/ChangeOfMajor.pdf>.

Please refer to the form for instructions and to the current [Cabarrus College catalog](#) for minimum admission requirements and curriculum.

To make an appointment (approximately 20 minutes) to review your form, contact Sherry Hamilton, via email (Sherry.hamilton@cabarruscollege.edu) or by phone (704.403.1616). All forms must be submitted by **5:00 p.m. on Friday, March 4, 2016**. If you have further questions or concerns, please feel free to contact Sherry at your convenience.

Early Alert Meetings

Early Alerts are important and are the first indicator help maybe needed. I have addressed some of the most common questions and answers I have been asked over the past two semesters. Please know that attending an Early Alerts meeting will give you an opportunity to receive success skills and support to get you on the road to success.

- **What is an Early Alert?** Early Alerts assist the college with retention efforts. It allows instructors to submit grade information after the 4th week of the semester to Sherry Hamilton, the Coordinator for Advising and Student Success, in order to give students feedback about their performance early on so that academic behaviors can be adjusted if needed.
- **Why is the grading deadline so early in the semester?** National best practices indicate that students need feedback about their academic performance early in the semester (3rd to 5th week) in order to make the necessary adjustments to improve their grade in a given course. It allows for intervention to occur before a series of failures threatens the likelihood of academic success and persistence. Data shows that students identified as struggling by the 3rd to 5th week of classes earn lower GPAs and are frequently not retained by the college. These students require early intervention in order to have a chance for success in higher education. While meeting with Ms. Hamilton is not mandatory, it is highly recommended.
- **What takes place during an Early Alert meeting?** Ms. Hamilton will review instructors' comments regarding your performance and give guidance in various areas to assist you in being successful. This meeting will give you an opportunity to ask questions and get answers you wouldn't ordinarily have time to ask.
- **How are students informed about Early Alerts?** All students will receive an e-mail from Ms. Hamilton. Since many students do not read their e-mail on a regular basis, you may also be informed by your instructor or adviser to schedule a meeting with Ms. Hamilton. If your instructor recommends a meeting, it is good to make sure to follow through on the recommendation as this is an opportunity for you to get the extra assistance needed.
- **How is an Early Alert different from midterm grades?** Early Alerts are developmental whereas midterm grades are more informational. Because Early Alerts takes place during the 3rd – 5th week it gives students an early indicator of their performance, and more time to adopt strategies for success and a greater chance of improving their overall grade.

If you should receive an Early Alert email, please don't hesitate to contact Sherry Hamilton, (sherry.hamilton@cabarruscollege.edu or 704.403.1616).

NEW FACULTY & STAFF MEMBERS

Join us in welcoming our newest faculty and staff members to Cabarrus College!

RODNEY CURRIN, MSN, CPN, RN Associate of Science in Nursing faculty



Rodney is an instructor in our Associate of Science in Nursing program. He holds an Associate of Applied Science in Nursing from Carolinas College of Health Sciences, a Bachelor of Science in Nursing from The University of North Carolina at Charlotte and a Masters of Science in Nursing Education from Grand Canyon University. Rodney was a music teacher for 12 years prior to starting his career in nursing. He worked for 16 years as a staff RN, Clinical Supervisor and Nurse Manager on the 10th floor of Levine Children's Hospital in Charlotte.

Rodney is a voracious reader, walks 4-6 miles per day and is a classically trained singer. He lives for the

Carolinas Renaissance Festival each year and even got married there (see the picture to the right)! He loves the High Ropes Courses and Rafting at the United States National Whitewater Center. He also loves his three amazing cats that "rule his life."



Rodney currently teaches in Nursing 212.

ALISHA BAKER, OTD, OTR/L Academic Fieldwork Coordinator, Master of Occupational Therapy program



Alisha earned a Bachelor of Science in Therapeutic Recreation from Mars Hill University, a Master of Science in Occupational Therapy from Lenoir-Rhyne University and a Post-Professional Occupational Therapy Doctorate from Rocky Mountain University of Health Professionals. Alisha has experience working with students with autism spectrum disorder. She's worked as a school-based OT in the public school systems in North Carolina.

Alisha enjoys hiking, camping, practicing yoga, exploring new places to eat, traveling, and spending time with family and her miniature schnauzer named Daisy.

Alisha teaches the Masters of Occupational Therapy Level I and Level II fieldwork related courses and OCT 620: OT Services for Pediatrics through Adolescents.

McKenzie Allen, BA Admissions Representative



McKenzie joined our Student Affairs team in the fall as our Admissions Representative. She received a Bachelor of Art in Human and Community Services from Lenoir-Rhyne University. McKenzie comes to us with lots of experience in higher education. She has previously worked in the admissions departments at Catawba College and Lenoir-Rhyne University.

McKenzie is a southern girl at heart. She loves anything monogrammed, fall weather and live music. She enjoys spending time with her husband and their carefree dog and diva cat. She's a sucker for reality television and a good sale.

NEW FACULTY & STAFF MEMBERS CONTINUED

Melissa Reid, MS | General Education Instructor (Math)



Melissa Reid graduated from Appalachian State University with a bachelors in Applied Mathematics and a masters in Mathematics. She's been teaching at the community college level for 11 years and absolutely loves it!

She's been married for 9 years and has four wonderful children with the newest born in September. Her husband was recently medically retired from the Marine Corp and now attends school at the University of North Carolina at Charlotte.

Melissa is currently teaching Pre-Calculus and Statistics for Cabarrus College of Health Sciences.

Bestos Fongoh, MS | General Education Instructor (Math)



Bestos is an adjunct faculty math instructor. He teaches Statistics and Pre-Calculus. He is a graduate of the University of Buea, Cameroon with a bachelors degree in Mathematics and a masters degree in Math Education. He has over 14 years of college and high school teaching experience. In addition to Cabarrus College he has taught in the Charlotte Mecklenburg Schools system, public schools in South Carolina, ECPI University, summer programs at South Carolina State University, and is currently teaching Pre-Calculus and Calculus as a full-time instructor at Rowan-Cabarrus Community College.

Apart from teaching, Bestos is the co-founder and President of Health & Education 4 All International, a United States 501 (c)(3) public charity helping the needy around the world, especially in Africa.

Heather Sackett, MA General Education Instructor (Communications)

Heather received her Bachelor of Arts in Multimedia Journalism and Public Relations from Lenoir-Rhyne University and her Master of Arts in Communication Studies from the University of North Carolina at Charlotte. Her focus was Organizational Communication and Public Relations. Heather is currently employed as the Communications Manager at 24 Hours of Booty, a national non-profit 24-hour cycling event headquartered in Charlotte that raises funds for patient navigation and survivorship programs through the LIVESTRONG Foundation, Levine Cancer Institute, IU Simon Cancer Center and the Ulman Cancer Fund for Young Adults.

In her spare time, she enjoys spending time with family, her 1.5-year old nephew Adrian, and participating in bible study with her friends.

Heather is the instructor for General Education communication courses including COM 301 (Communication, Culture and Society) and COM 201 (Business Communications in Professional Life).



FINANCIAL AID INFORMATION

By: Robin Robinson, Financial Aid Specialist

Five reasons you should complete the Free Application for Federal Student Aid at www.fafsa.gov.

- It's FREE!
- It's easier than ever when you use the IRS Data Retrieval Tool.
- It takes less than 21 minutes to complete.
- More people qualify than you'd like.
- You'll need it to apply for state and federal financial aid and private scholarships!



CHRIS' CORNER

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

A Creed To Live By

Do not undermine your worth by comparing yourself with others.
It is because we are different that each of us is special.

Do not set your goals by what other people deem important.
Only you know what is best for you.

Do not let your life slip through your fingers by living in the past nor for the future.
By living your life one day at a time, you live all the days of your life.

Do not give up when you still have something to give.
Nothing is really over until the moment you stop trying.
It is a fragile thread that binds us to each other....

Do not be afraid to encounter risks.
It is by taking chances that we learn how to be brave.

Do not shut love out of your life by saying it is impossible to find.
The quickest way to receive love is to give love; the fastest way to lose love is to hold it too tightly.

Do not dismiss your dreams.
To be without dreams is to be without hope; to be without hope is to be without purpose.

Do not run through life so fast that you forget not only where you have been, but also where you are going.
Life is not a race, but a journey to be savored each step of the way.

Have a wonderful day.

By Nance Sims © 1996

INTERPROFESSIONAL COLLABORATION

Critical Care Ultrasound Course

By: Lisa Tardo-Green, Simulation and Skills Lab Manager

The Cabarrus College Simulation Center and the CHS Northeast Office of Physician Education joined together to assist in providing human simulated patients for a Hands-On Point of Care ultrasound course at CHS Northeast sponsored by CHS Emergency Medicine and Critical Care departments.



Seven Cabarrus College students and two faculty members participated in this day-long event.

Emergency and Critical Care physicians from throughout Carolinas HealthCare System participated in this didactic and hands-on workshop which focused on performing bedside FAST (Focused Assessment with Sonography in Trauma), Thoracic, Aorta and Cardiac ultrasound testing. The students and faculty who participated in this collaborative exercise, underwent various ultrasound testing during the hands-on practice sessions as well as the OSCE (Objective Structured Clinical Examinations).

