

# Student Pulse Newsletter



Cabarrus College of Health Sciences | January 2016

## Activities & Deadlines for January

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11</b> <b>New Student Welcome</b> 10:30-11:30am • Pavilion  <i>Classes begin for undergrad courses. Graduate courses begin on January 4th.</i>  <i>Last day to drop/add for graduate students.</i>  <b>Information Table</b> 10am-2pm   lobby New students: get your free t-shirt and planner!	<b>12</b>  <b>Information Table</b> 11am-5:30pm   lobby New students: get your free t-shirt and planner!	<b>13</b>  <b>Information Table</b> 12-2pm   lobby New students: get your free t-shirt and planner!	<b>14</b>  <b>Information Table</b> 11am-2pm   lobby New students: get your free t-shirt and planner!	<b>15</b>
<b>18</b> <i>Martin Luther King Jr. Holiday</i> <div>COLLEGE CLOSED</div>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>25</b>	<b>26</b> <b>Coffee Study Break</b> 11am-1pm • Pavilion	<b>27</b> <b>SGA Meeting</b> 12-1pm • room 234 All students are welcome!	<b>28</b>	<b>29</b>

## SNAPSHOTS FROM DECEMBER



**Occupational Therapy Assistant (OTA)** students, faculty and staff went caroling around the College!



Cabarrus College staff members Dawn Barbee and Robin Robinson (with the help of Dawn's dad George) created and built the gingerbread replica of the College that won **third place** at Carolina HealthCare System NorthEast's gingerbread house contest. Check out their amazing entry for Cabarrus College!

## December 2015's Graduation



Congratulations to our most recent graduating class! 53 students graduated from our nursing (BSN and ADN), medical imaging, surgical technology and medical assistant programs.





# STUDENT SUCCESS & RETENTION

By: Sherry Hamilton, Coordinator for Advising and Student Success



Hello and Happy New Year! I hope everyone enjoyed their break and is preparing to jump into the Spring semester with a renewed sense of making it the best semester ever. Please know I'm here to assist you to be successful as well as help you achieve your goals.

## WHAT TO DO AT THE START OF EACH SEMESTER

Do you want to be successful? Do you want to be in a position to be top in your class? If you have answered yes to either question, I take it you have followed this quick guide to success at some point in your educational pursuit. As with everything in life, you need to have a set plan and guide of how to be successful. Follow these important tips as you begin the Spring 2016 semester. They should assist in lessening your stress levels, as well as helping you become better prepared for all course work while attending Cabarrus College of Health Sciences.

### MEET WITH YOUR ADVISOR

This is one of the most important components of being successful at Cabarrus College of Health Sciences. **Why?**

- Advisors are aware of many resources on campus: academic, personal and professional.
- Advisors can help make sure you are taking the correct courses.
- Advisors can help you understand all college general education and curriculum requirements and help monitor your progress in completing them.
- Advisors assist in making sure you that you're following the curriculum plan.
- Advisors can help you explore the different possibilities that are available to you and direct you toward resources that could help you make a decision.

### USE YOUR SYLLABI

Make sure to read over and know the following important information:

- Materials, text needed
- Instructors office, email and phone
- How are grades determined
- Due dates and deadlines

### SURVEY TEXTBOOKS/MATERIALS

Before the course begins take time to do the following:

- Skim Table of Contents to get an overview
- Check out helpful features like questions, practice tests, bold words, graphs, illustrations, summaries, glossaries and indexes
- Check for online aids from text publishers

### TRACK ASSIGNMENTS

To keep abreast of all course work, do the following:

- Devise a system to keep up to date with assignments
- Prioritize homework
- Write "To Do" List
- Keep a calendar

### SET UP YOUR CALENDAR

This is a very important component in order to get ahead of the game. Make sure to record the following:

- Tests and due dates
- Reading schedule
- Final exams
- Revise and add to as semester progresses

### PLAN YOUR STUDY TIME

It is important to make sure you have a set schedule to study:

- Use a weekly schedule to plan your study time
- Plan for a balance of school, work and social activities
- Join study groups with your peers (no more than 3 or 4 is best)
- Ask about possible tutoring services/GSS (if offered)

### ORGANIZE YOUR NOTEBOOK

Take time to make sure you have an organized plan for your materials:

- 3 ring binder is best
- Create a section for each course or a binder for each course (labels, dividers)

### OTHER IMPORTANT TIDBITS

- Make sure to receive a copy of the College's Student Handbook and Planner at the start of the semester. This planner will give you every ounce of information important to being successful while enrolled at the College.
- Check emails daily to get important information from instructors, staff or administrators.
- Make sure to meet all deadlines.
- Get involved with student activities and/or join a club.

## WHAT TO DO AT THE START OF EACH SEMESTER (continued)

### KNOW YOUR CAMPUS RESOURCES

Here is a list of campus resources and the wonderful individuals that can help you in the following areas.

PLACES	CONTACT	PHONE #
Bookstore	Ms. Tammy Fulton	403-1332
Computer Lab	Ms. Beth Carlton	403-6601
Employee Assistance Program	Ms. Dena Bazzie-Jones	403-1845
Financial Aid	Ms. Valerie Richard Ms. Robin Robinson	403-3507 403-2445
Guided Study Session/ Tutoring	Ms. Sherry Hamilton	403-1616
Instructional Technology	Help Desk	866-862-3131
Library	Ms. Emily Patridge	403-1798
Payroll/Billing	Ms. Dawn Barbee	403-2216
SONIS	Mr. Todd Deese	403-3218
Student Activities and Government	Ms. Cara Lursen	403-1614
Student Records (Transcripts, CLOA, etc.)	Mr. Todd Deese Ms. Crystal Tyler	403-3218 403-1611
Support Systems (Academic Resources)	Ms. Sherry Hamilton	403-1616

## “OWLSOME” OPPORTUNITY

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.

### LUNCH AND LEARN STUDENT SUCCESS WORKSHOPS Starting Spring 2016

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”

## SUCCESS STORIES

I would like to extend a heartfelt thank you to the many amazing and genuinely caring team members at Cabarrus College of Health Sciences. During a time of transition in my life many individuals at CCHS came along side of me to support and ensure my commitment to success in the OTA program. They did so with a high sense of integrity, sensitivity, and kindness that I will be forever grateful for. I would like to give an extra special thanks to Nancy Green and Sherry Hamilton who truly went above and beyond. They truly are Owlsome!!! **-OTA Student**

I want to recognize Professors Ms. McCahan, Ms. Zipf and Ms. Brooks who all went above and beyond to offer words of encouragement, advice on how to improve and lend an ear during my first semester. You all have helped inspire me. Thank you for all you do! **-Nursing Student**

The beginning of the semester in NSG 111 was a struggle for me. After having a mandatory meeting with Ms. Hamilton at midterm, she helped me develop a success plan for the rest of the semester. A major part of that plan included attending GSS sessions every week. We had two amazing GSS leaders (Jamie McCann and Crystal Smithers), who went above and beyond to make sure we understood the material. I am grateful for them as well as my instructors and Ms. Hamilton's guidance. Without their support this semester I would have struggled.

**-Nursing Student**

I feel I have been successful in my semesters here at Cabarrus College of Health Sciences. Mr. Ernie Faw had a lot to do with my success. The main reason I credit my success to him is the fact he made learning fun, interesting, and engaging. I will take the lessons taught in his lectures about Billy Bob, chat rooms, and the “www” to where ever this life may take me. There are some people you never will forget; Mr. Faw is one of them.

**–Associate of Science Student**

## WANTED: SUCCESS STORIES

We will continue accepting success stories throughout the semester about our “OWLSOME” Faculty/Staff/Students.

If you have a story, we would love for you to share it 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.

## BEAUTYKIND

Cabarrus College of Health Sciences is proud to announce our partnership with BeautyKind. BeautyKind is a new kind of online retailer that allows customers to buy the brands they love and discover new favorites, while also supporting the cause of their choice. As a special welcome, BeautyKind and Cabarrus College are offering you \$25 off your first order as a way of saying thank you.

What is great about BeautyKind is that it also gives back every time you purchase by directing 5% of your product purchase price to the cause of your choice, which we hope is us. Just following these few easy steps to get started:

- Visit [www.BeautyKind.us](http://www.BeautyKind.us)
- Select **Cabarrus College of Health Sciences**
- Create a username and password, or sign up through Facebook
- Then enter **CabCollege** in your shopping cart before checkout to receive \$25 off your first order (one per household)
- If you choose to spend \$50 or more on your first order, BeautyKind will send Cabarrus College of Health Sciences an extra \$10 donation!

Thank you for supporting Cabarrus College of Health Sciences!



**BEAUTYKIND**

Get **\$25** off your first purchase at BeautyKind!  
For orders **\$50** or more, BeautyKind will make  
an additional **\$10** donation!

*Promotional codes are valid for first time purchases,  
once per customer or address.*

**CabCollege**

[www.BeautyKind.us](http://www.BeautyKind.us)  
Valid for 30 days

Get \$25  
Give \$10

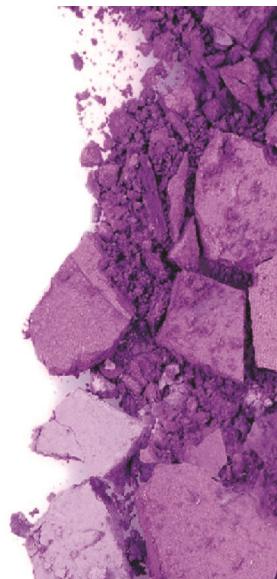
**CABARRUS  
COLLEGE**  
of  
HEALTH SCIENCES

### *This is beauty giving back!*

- Visit [www.BeautyKind.us](http://www.BeautyKind.us).
- Select: Cabarrus College of Health Sciences
- Shop for the products you love.
- Enter your promotional code in the shopping cart.
- Smile, you just supported a charity!

*If you are interested in raising more money for causes and would like to earn BeautyKind points at the same time, share your unique link found in the "invite friends" section in your account at [www.BeautyKind.us](http://www.BeautyKind.us)!*

*For questions or concerns please contact Customer Care at (844) 560-7171  
or email us at [CustomerCare@WeAreBeautyKind.com](mailto:CustomerCare@WeAreBeautyKind.com)*



## OTA INSTRUCTOR UPDATES

By: Nancy Green, Occupational Therapy Assistant Program Chair

### NEW CERTIFICATION

Congratulations are in order for **Christa Gallie-Weiss** MS OTR/L, our Occupational Therapy Assistant Fieldwork Coordinator!

Christa Gallie-Weiss has completed her certification in Aroma Therapy! Full certification in Aroma Therapy is difficult to obtain and requires passing a number of examinations, the completion of 20 case studies and a research paper, and over 300 hours of documented study time. To the best of my knowledge Christa is the only individual in Carolinas HealthCare System to obtain this full certification. Many individuals take a continuing education course or two in Aroma Therapy which is very different than obtaining your certification.

We are so proud of her. She will now begin to develop our Aroma Therapy syllabi. We hope this will be a series of four, three credit classes which will lead to the completion of a certification in Aroma Therapy. These courses will be a very similar in curriculum design to our series of Yoga classes.



### NEW INSTRUCTOR

Our newest full time instructor, **Molly Shannon** OTR/L brings with her over 30 years of experience in Occupational Therapy and will be presenting at two upcoming conferences in 2016.

In February, Molly will be presenting at the Assistive Technology Industry Association. Her presentation is entitled "Use It, Don't Lose It: Upcycling Assistive Technology (AT)".

Molly's topic at the American Occupational Therapy Conference in Chicago, Illinois in April is, "Has Technology Made Handwriting Obsolete?"

Molly joined the Cabarrus College of Health Sciences in March of 2015 as an Adjunct Instructor in the Masters of Occupational Therapy (OT) program and has concurrently joined the Occupational Therapy Assistant program as a full time Instructor in December 2015.

She received her Bachelor of Science in Occupational Therapy from the University of Texas in 1982 where she received the "Most Outstanding OT" student award from her professors. This is an honor she still holds dear to this day. Currently she is enrolled in an online post-professional OT Master's program through Mount Mary University with a projected graduation date of May 2016. Ms. Shannon has worked in a wide variety of settings including the public schools, the North Carolina Assistive Technology Program, and in outpatient and inpatient settings serving as a clinician or administrator. She is a Rehabilitation, Engineering, and Assistive Technology of North America (RESNA) certified Assistive Technology Professional (ATP) and has been a frequent speaker at state and national level conferences regarding the use of assistive technology in OT.

Conferences have included the American Occupational Therapy Association, North Carolina Occupational Therapy Association, the North Carolina Great Rehabilitation Conference, and the North Carolina Augmentative Communication Association Conference. She is active in social media promoting OT and/or AT including blogging on the Go-To-For-OT site ([www.gotoforot.com](http://www.gotoforot.com)) through her "AT and OT" Facebook page, Twitter account (@mshanot2000), and Pinterest boards (@mshanot).

She greatly enjoys spending time with her husband, 4 children, and 4 grandchildren as well as researching genealogy, reading, cooking and music.

## UPCOMING CPR DATES

Need to complete your CPR/AHA Healthcare Provider Part II? Check out the dates below! All classes are on Friday and all are from 2:00 – 4:00 pm! Register with Dawn Barbee ([Dawn.Barbee@cabarruscollege.edu](mailto:Dawn.Barbee@cabarruscollege.edu) or 704.403.2216).

Jan: 8<sup>th</sup> & 15<sup>th</sup>

Feb: 5<sup>th</sup> & 19<sup>th</sup>

March: 4<sup>th</sup> & 18<sup>th</sup>

April: 1<sup>st</sup> & 15<sup>th</sup>

May: 6<sup>th</sup> & 20<sup>th</sup>

June: 3<sup>rd</sup> & 17<sup>th</sup>



## THE NC FORGIVABLE EDUCATION LOAN FOR SERVICE

By: Valerie Richard, Director for Financial Aid

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

<https://www.cfnc.org/Gateway?command=GetBasedProgramDetail&note=yes&type=8&vocType=11&vocational=no&id=159>



Students who are North Carolina residents and will be enrolled during the 2016-17 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 Bachelors  
Occupational Therapy – Associate and MOT  
Pharmacy Technology  
Medical Imaging – Bachelors

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

## HOW MUCH DO I OWE IN FEDERAL STUDENT LOANS?

By: Robin Robinson, Financial Aid Specialist

It's easy to find out how much you owe in federal loans. All you have to do is check out the National Student Loan Data System (NSLDS), which is the U.S. Department of Education's central database for student aid. Whether you're ready to repay your loans, pay on interest that has accrued or prepay payments without penalty, you can use NSLDS to find out information about your loan's original amount, balance, servicing group, interest, and payment status. Also, if you have borrowed Federal Loans at another institution you can find out about them as well.

Check out NSLDS today at [https://www.nslds.ed.gov/nslds/nslds\\_SA/](https://www.nslds.ed.gov/nslds/nslds_SA/)



## INCLEMENT WEATHER



If it is necessary to make a change in the College's operating status, students will be alerted by our automated messaging system (Blackboard Connect) and/or the overhead audible paging system. Please be sure your correct cellphone number is entered in SONIS!

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).

## CHRIS' CORNER

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

I am a human being, whatever that may be, I speak for all of us who move and think and feel and whom time consumes. I speak as an individual unique in a universe beyond my understanding. I am hemmed in by limitations of sense and mind and body, of place and time and circumstances, some of which I know but most of which I do not. I am a woman journeying through a forest, aware of occasional glints of light overhead with recollections of the long trail I have already traveled and conscious of wider spaces ahead. I want to see more clearly where I have been and where I am going and above all I want to know why I am where I am and why I am traveling at all.

Do you ever have those days when you are faced with some of the deepest questions you think you'll ever face in your life? Well, today, as I sit facing yet another article deadline and reflecting on the past few weeks (it's been far too crazy to explain it all here - suffice it to say - there's been a ton happening in my life), the above thoughts ran through my head. Admittedly, there are days when I wonder who I am, what I'm doing, and where I'm going – don't you?

Then, I'm reminded that I have a really great life and best of all, a wonderful partner, great friends and colleagues who help me see the trees through the forest. Most of all this elite group of comrades listen to my highs and lows with a knowingness that would make any "shrink" feel like a distant relative. These special ones have burrowed into my being a lot deeper than the average belly button and I can't imagine life without them.

Just to give you a taste of the special gifts they give me – here are a few thoughts on just how great I have it and how truly special those friends are and how much I am surrounded by the reassuring knowledge that all my life-support systems are A-O.K.... well, at least for one more day!

A good friend...

- ...gets sick when you get sick
- ...falls in love with your baggy pants and sweater
- ...knows only too well that life doesn't begin until that first cup of coffee
- ...informs you ever so discreetly when you have spinach stuck between your teeth
- ...keeps track of every new addition in your medicine cabinet
- ...insists you're never too old to learn the drums
- ...arrives before the other guests to unmold the chopped liver
- ...helps you "break in" your new bike
- ...takes up right where you left off 30 years ago
- ...reminds you when you're talking to yourself
- ...falls asleep next to you in a hammock
- ...never gets insulted when you want to be alone

I hope you're as lucky as I am to be surrounded by others who make the world fall into place. Wishing you much success with the spring semester ahead!

## FREE ZUMBA CLASSES

**Zumba every Monday and Wednesday**

Cabarrus College Basement

5:30—6:30pm

Free for teammates and students

Bring your student ID number and sign in

Bring water!

No children, please



# ZUMBA®