


Student Pulse Newsletter



Cabarrus College of Health Sciences | March 2016

Activities & Deadlines for March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CCANS T-Shirt Sale begins Sold until March 15th. Visit the CCANS table in the Pavilion	2	3	4 <i>Change of Major forms due by 5pm</i>
7	8	9	10	11
March 7-13: SPRING BREAK (College closed on Monday & Tuesday)				
14	15 Election Day! Polls are open from 6:30am to 7:30pm. Check your email or visit ncsbe.gov for more information. Lunch & Learn: Finishing Strong (Tips for ending the semester on a high note) 11:30am-12:15pm • 236 Light lunch provided	16 Christian Student Union Soup and Grilled Cheese Lunch 11am-1pm • Pavilion \$7 a plate Rotaract DIY Air Fresheners & Stress Tips 12-2pm • Pavilion	17 	18 <i>Intent to Graduate forms due for all December 2016 graduates</i>
21	22	23 SGA Meeting 12pm • 237 ALL students are welcome!	24	25 Good Friday Holiday College Closed <i>Last day to drop a course without academic penalty for full spring (undergrad)</i>
28 CCANS Meeting 10:30am • 234 <i>Registration for Summer & Fall semester begins on Sunday, March 27 for enrolled baccalaureate and master level students</i>	29 Interview Workshop 11:30am-12:30pm • 236 <i>Registration for Summer & Fall semester begins for enrolled associate and diploma level students</i>	30	31	April 1 Rotaract Meeting 10:30am • 237 Join our community service club!

PAINT AN OWL WITH LAMBDA NU



Lambda Nu hosted a successful painting workshop on February 9th. Proceeds from the event will go to help send medical imaging students to the North Carolina Society of Radiologic Technologists Annual Conference. Check out the beautiful owl paintings that participants created!

NURSING 241 CELEBRATED HEART DAY



On February 10th, Nursing 241 students were learning about cardiac nursing, but were also celebrating Heart Day. Students wore red and created a bulletin board titled "Love Your Heart." Each student brought in a heart related item to display on the board to celebrate their hearts.

Check out their great bulletin board! Thank you to instructor Patricia Mullens for submitting the picture.

LAVENDER DAY AT CHS NORTHEAST

By: Alyssa Hymanson, OTA Student

Have you ever just needed a few minutes to yourself? Maybe the stress of the workday has gotten too much and you need something to center yourself? That is exactly what Lavender Day is for the staff at Carolinas HealthCare System NorthEast hospital. Every month a special day called Lavender Day is scheduled by the Chaplain Ministry organization for our very own hospital CHS NorthEast staff. This day was created just for the hospital staff to provide an opportunity to relax and refresh themselves prior to the challenging work ahead of them each month.

The Occupational Therapy Assistant (OTA) class at Cabarrus College of Health Sciences helped during the Lavender day event this past January.



OTA students offered their help by providing the hospital staff therapeutic hand massages, and instruction in relaxation techniques, breathing meditations, use of the therapeutic Labyrinth, seated yoga, and how to write a motivational flag and message. All of these activities provided well deserved encouragement and relaxation to the staff. OTA students also got the opportunity to participate in the activities.

It was an amazing experience to give back to the hospital staff that works so hard everyday to help our community. Many on the staff responded very positively to the exercises we conducted. Having them feel rejuvenated for the day ahead of them was a gift for us.

Lavender Day is the first Friday of every month at the CHS NorthEast hospital.



CCANS UPDATES

By: Jamie McCann, Nursing student

Who are the CCANS?

The **Cabarrus College of Nursing Students (CCANS)** is an association OF nursing students, FOR nursing students that aims to provide opportunities for community service, leadership building, as well as sponsoring the Capping Ceremony for nursing graduates each semester.

Newly elected officers for Spring 2016 include:

- **President:** Britany Goodman
- **Vice President:** Brittany Sweat
- **Secretary:** Jamie McCann
- **Event Chair Coordinators:** Makenzie Cauble and Malinda Doyon

When does CCANS meet?

CCANS meets on the 4th Monday of every month at 10:30am. Your participation is a ***fantastic*** resume booster to showcase your scholastic involvement, service, and leadership to potential employers or scholarship applications!

Mark your calendar! The next meeting is scheduled for Monday, March 28 at 10:30am in Room 234.

How can I be involved?

Participate in CCANS service projects! In April, we will be collecting prenatal vitamins and hand sanitizer for Cabarrus Women's Center

Volunteer at CCANS events! CCANS sponsors the Capping Ceremony and luncheon for graduating seniors. Email Event Coordinators Malinda Doyon or Makenzie Cauble for more info and to volunteer.

T-Shirts are back!

T-shirts will be on sale March 1-15th. Visit the CCANS table in the Pavilion to preview and purchase your shirt. You can purchase 1 for \$12 or 2 for \$20. All proceeds go towards funding the Senior Capping Ceremony and Luncheon.

Don't forget!

Check out the CCANS page in Canvas for minutes of meetings, event info, and to participate in our discussion board postings.



POLICY REMINDERS

By: Beth Carlton, Receptionist



Please remember to park in the correct lot!

CSU T-SHIRTS FOR SALE

Christian Student Union (CSU) is selling new t-shirts (pictured right). They are \$10 each and in limited supply. Contact Dawn Barbee if you'd like to purchase one.

Dawn Barbee
Student Affairs Office
Dawn.barbee@cabarruscollege.edu
704.403.2216



NEW ARRIVAL

Congratulations to nursing instructor Lori Brown on the arrival of her daughter. Madelyn Ann Brown was born on Wednesday, February 17, 2016 at 2:37pm. She was 8 pounds, 13 ounces and 22 inches long. Congratulations to Lori and her family!



IT'S TIME TO APPLY FOR FINACIAL AID!

By: Robin Robinson, Financial Aid Specialist

Highlight Your Future

File your FAFSA at fafsa.gov



UPCOMING CPR CLASS DATES

Need to take a CPR class? We've got some coming up! Visit the following webpage for more information.

http://www.cabarruscollege.edu/programs/continuing_education/courses_offerings.cfm

Upcoming dates

March 4 & 18 from 2-4pm
April 1 & 15 from 2-4pm

May 6 & 20 from 2-4pm
June 3 & 17 from 2-4pm

July 15 & 29 from 2-4pm
August 12 & 26 from 2-4pm

BEST 100 JOBS OF 2016

By: Melanie Gass, Coordinator for Marketing and Graduate Education

The U.S. News & World Report recently released their list of the *100 Best Jobs of 2016*, and confirmed that if you want to find a rewarding and satisfying career, come to Cabarrus College of Health Sciences! Five of the College's programs made the list:

#22 – Registered Nurse
#23 Occupational Therapist
#25 Occupational Therapy Assistant
#58 MRI Technician
#87 Medical Assistant

According to the report, "Good jobs are those that pay well, challenge us, are a good match for our talents and skills, aren't too stressful, offer room to advance and provide a satisfying work-life balance."

Cabarrus College has long been known for the employability of their graduates. Data from 2013-2014 shows their student employment status, 1 year post graduation, is quite impressive: Registered Nurse – 96%, Occupational Therapy Assistant – 100%, MRI Technician – 80%, Medical Assistant – 92% (Note: There is currently no data for Occupational Therapist. The first cohort in the master's degree program will be graduating in May 2016).

Cabarrus College, a member of the North Carolina Independent Colleges & Universities organization, focuses on health sciences education and offers master, bachelor, and associate degrees as well as diplomas, certificates, and continuing education on a non-residential campus in Concord, North Carolina. Cabarrus College is located on the campus of Carolinas HealthCare System NorthEast.

For more information on Cabarrus College, go to www.cabarruscollege.edu. Applications are now being accepted for fall 2016 admission. You may view U.S. News & World Report's complete list of the 100 Best Jobs of 2016 by visiting the following site: <http://money.usnews.com/careers/best-jobs/rankings/the-100-best-jobs?page=3>.

EXCITING NEWS ABOUT OUR ONLINE BOOKSTORE

By: Tammy Fulton, Academic Secretary

Did you know that this year, MBS has provided \$3,000 toward vouchers to Cabarrus College students to assist with the purchase of their course materials? Did you know that revenue generated for Cabarrus College, through student MBS Direct bookstore purchases, goes into a scholarship fund for current Cabarrus College students? In the 2014 – 2015 academic year, over \$12,000 went into this scholarship fund, and so far this year, over \$9000.00 has been put into the fund.

Helpful Tips for Using the Online Bookstore:

- **Do not open course materials until the first day of class. Some classes are subject to cancellation or incorrect materials may have been ordered.** MBS offers a 100% return policy but course materials must be returned in new, unopened condition in order to receive a full refund. Course materials must be returned within two weeks after classes start or within 21 days of date shipped, whichever is later.
- Save on shipping by ordering books during the promotional "Free Shipping" week.

Some of the Benefits You Receive From MBS Include:

- A Customer Loyalty Program that increases the amount you receive when selling back your books
- The nation's largest inventory of used books for cost savings
- Selection from new, used, rental and digital materials
- Multiple payment options - all major credit cards, PayPal, and financial aid book vouchers
- 24/7 U.S.-based customer service by phone or email
- Ability to see ISBN #, title, author, and edition of books



The bookstore will "Go Live" for the Summer 2016 semesters 3/28/16.

If you have any questions or need assistance with the online bookstore, contact MBS Direct at 800-325-3252.

CABARRUS COLLEGE SCHOLARSHIP DINNER

By: Valerie Richard, Director of Financial Aid

The College hosted the Annual Scholarship Award Dinner at the Concord Hotel on January 28th 2016 to recognize students and acknowledge and thank donors who provide the scholarship awards. This year \$84,989 in scholarships were awarded. A total of 85 people attended the event including student recipients and their guest as well as donors and Cabarrus College of Health sciences board members, administration and faculty and staff. Attached is a list of the students honored and the scholarships they received. **Kristen Zell** the recipient of the Mary "Gibby" Lee scholarship and **Amy Callahan** recipient of the Cabarrus College of Health Sciences Student scholarship each spoke.



Congratulations to our Endowed and Annual Scholarship Recipients

Dr. Linny and Joyce Baker Nursing Scholarship
Brittany Sweat, Associate Degree Nursing

Anita A. and Terry L. Brown Scholarship
Lori Godaire, Occupational Therapy Assistant

Cabarrus College of Health Sciences General Scholarship
Britany Goodman, Associate Degree Nursing
Jordan Holt, Occupational Therapy Assistant

Cabarrus College of Health Sciences Student Scholarship
Melissa House, Occupational Therapy Assistant
Amy Callahan, Associate Degree Nursing

Beatrice Waddell Calloway Scholarship
Greta White, Bachelor of Science Nursing

Carolinas HealthCare System NorthEast Medical Staff Scholarship
Meredith Clark, Occupational Therapy Assistant
Sheila Acosta, Bachelor of Science Nursing
Brandy Nunn, Bachelor of Science Nursing

Volunteers of Carolinas HealthCare System NorthEast Scholarship
Heidi Bishop, Occupational Therapy Assistant
Stephen Fulghum, Occupational Therapy Assistant

W. R. Floyd Scholarship
Janine Terpstra, Associate Degree Nursing

Mary "Gibby" Lee Scholarship
Kristen Zell, Associate Degree Nursing

G. E. Lentz Plumbing and Heating Scholarship
Jessica Ballesteros, Associate Degree Nursing

Kay Linker Pediatric Nursing Scholarship
Michael Withers, Associate Degree Nursing

Dr. and Mrs. Thomas T. Long III Scholarship
Amy Greene, Bachelor of Science Nursing

Jean Tippet Partridge Memorial Scholarship
Blake Morrow, Associate Degree Nursing

John J. Smerznak Scholarship
Kelsey Wilkes, Associate Degree Nursing

Caroline Walker Memorial Scholarship
Stephanie Posey, Bachelor of Science Nursing

Robert Weaver Scholarship
Cassidy Overcash, Associate Degree Nursing

Johnette Padgett Whitley Nursing Scholarship
Hollis Deal, Associate Degree Nursing

Cabarrus County Agricultural Fair Scholarship
Kimberly Osterhout, Associate Degree Nursing

Cabarrus Medical Society & Medical Society Alliance Scholarship
Ebony Hickman, Associate Degree Nursing

Ruby Dickerson Whitfield Scholarship
Beverly Slimer, Associate Degree Nursing
Christy L. Smith, Associate Degree Nursing

UPS Foundation Scholarship
North Carolina Independent Colleges and Universities
Rachel Howard, Occupational Therapy Assistant

Wells Fargo Health Sciences Scholarship
Whitney Weber, Master of Occupational Therapy Student
All Master of Occupational Therapy students

STUDENT SUCCESS & RETENTION

By: Sherry Hamilton, Coordinator for Advising and Student Success



Hello. Hope everyone is gearing up for a much needed Spring Break. This is a great time to collect your thoughts and enjoy your time away from the college.

When you return back from break, scheduling an appointment with your instructor and/or adviser to discuss your progress for the remaining of the semester to ensure academic success would be a great idea. Our faculty are wonderful and want everyone to succeed, so taking the time to meet with them to discuss course progress is an excellent idea.

I look forward to assisting each and every one of you throughout your time at CCHS and hope you will take advantage of all the campus resources offered in order to assist you in being successful.

TIPS FOR STUDYING FOR MIDTERMS

Midterms are just around the corner! That means flash cards, study groups, late nights at the library, and practicing how to answer multiple choice questions. What's the best way to study? It all depends on what works for you. However, there are a few useful tips that can help ease your nerves and ace your midterms.

EAT A GOOD BREAKFAST

This all starts by going to bed at a decent hour! Some of you are able to pull all-nighters, but studies show that those who get to sleep earlier and eat a nutritious breakfast are able to retain more information. You'll feel way more energized and confident if you avoid rolling out of bed ten minutes before the morning of your test.

KNOW YOUR STUFF!

In high school you may have been able to memorize vocabulary words and regurgitate the terms on the tests, but in college the likelihood of you receiving a higher grade will depend on if you really understand the information. So avoid simply memorizing formulas and instead try to understand why the midpoint formula in economics calculates what it does.

DON'T CRAM

When you have midterms back to back all in one week, it's a good idea to space out your study time. Don't leave one weekend to study for three midterms the following week!

KEEP UP WITH THE WORK

Starting from the very beginning of the semester do your best to keep up with the course reading. This will help to avoid cramming come midterm time. If you've been keeping up with the reading and assignments, all you'll need to do the week before is review rather than catch up on all the reading you missed!

READ THE INSTRUCTIONS

This may seem obvious, but it's easy to not read carefully and lose points on an exam. Sometimes you have the option to pick two from four essay topics. If you make the mistake of not reading carefully, you could do the wrong topic, or all – which is time consuming not to mention stressful. If taking a multiple choice exam, make sure to read the questions thoroughly while using an index card to cover your answers, before choosing the best answer!

STAY CALM

It's important to stay cool and confident. Tell yourself you know the material because you've been going to class, taking notes, and studying. Take a deep breath and conquer whatever the exam throws at you! **You've got this!**

STUDENT SUCCESS & CONTINUED

By: Sherry Hamilton, Coordinator for Advising and Student Success



REMINDER: Change of Major Time

This is a reminder if you have not scheduled your appointment for Change of Major, you have until Friday, March 4 to do so. Please contact Sherry Hamilton at (704) 403-1616 or Sherry.hamilton@cabarruscollege.edu.

You can find the Change of Major form here: <http://www.cabarruscollege.edu/content/policies-forms/registrar/ChangeOfMajor.pdf>

Please refer to the form for instructions and to the current Cabarrus College catalog (available on the College webpage) for minimum admission requirements and curriculum. 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 me at your convenience.

Lunch and Learn Student Success Workshops

We had our first Lunch and Learn on Wednesday, February 24, and it was a huge success. Our topic of discussion was centered on tips to manage test anxiety. All 16 participants enjoyed the opportunity to come together to exchange ideas, as well as learn new ways to combat test anxiety.

Please consider joining us for our next Lunch and Learn Workshop:

Date: Tuesday, March 15th

Topic: Finishing Strong: Tips for Ending the Semester on a High Note

Time: 11:30 am – 12:15pm

Room: 236

Fliers will be posted after Spring Break, so be on the look out! If you have ideas of workshops you would like to see facilitated, please send along an email as I would love to share in your ideas.

Help Wanted: Success Stories

I hear so many wonderful stories from everyone about the great group of folks we have here at Cabarrus College of Health Sciences. So put your pen to paper or get your fingers typing and send me those success stories! Your success story can be about any member of our great college community!

If you have a story, we would love for you to share it to allow that special someone to know how they assisted in going 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.

TRAVELING EXHIBIT AT IRC

By: Emily Patridge, Information Resource Center Manager

The IRC is pleased to announce that it is hosting the National Library of Medicine's **Life and Limb: the Toll of the Civil War** traveling exhibit from **February 15 to May 22, 2016**.

The perspectives of surgeons, physicians, and nurses are richly documented in the history of American Civil War medicine, which highlights the heroism and brutality of battlefield operations and the challenges of caring for the wounded during wartime. Yet the experiences of injured soldiers during the conflict and in the years afterwards are less well-known. *Life and Limb: The Toll of the American Civil War* focuses on disabled veterans and their role as symbols of the fractured nation. (Retrieved from <https://www.nlm.nih.gov/exhibition/lifeandlimb/index.html> on February 10, 2016)

This exhibit is open to the public and is FREE. Please contact 704.403.1386 for more information or to schedule a time to view the exhibit.

CHRIS' CORNER

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

The Closet

A couple of weeks ago, my parents were slated to arrive for a two week stay on their way to Florida. This has become an annual trek for my parents. You see, they are getting up there in age and have become "snowbirds" – migrating from the harsh Iowa winters to Florida. Our home is a nice stop along the way. In preparation for their visit, my partner and I started to clean out The Closet. You'll notice that I have capitalized "The Closet." I don't do this because I'm angry at my sixth grade English teacher and this is my chance to rebel. No, I do it because The Closet is a proper noun to me. The Closet is a part of our home that has steadily grown out of control. The Closet is the area in which we place every miscellaneous item that passes through our life that we can't throw away.

We recently purchased a new coffee maker for our home. The one coffee maker wasn't broken, it just didn't seem to work as well anymore. So of course, the logical thing to do is to get another one. Instantly, I wondered, why do we need all these gadgets? A Keurig, the pod storage device, various kitchen appliances and tools and now two coffee makers...all cluttering the kitchen counters. Rather than rejoice in the thought of a better start to my morning with a great cup of hot coffee, I became angry. Why? Because I am too cheap to throw away a perfectly good coffee maker that I do not need. This indeed is a quandary.

For some time, my partner and I have solved these problems by using The Closet. If we didn't know what to do with it, it went into The Closet. Everybody has The Closet in his or her life. If you're a full-time student (and therefore short on funds and space), you probably have The Drawer. If you're rich, you have The Summer Home. I am neither a full-time student nor rich so I have The Closet.

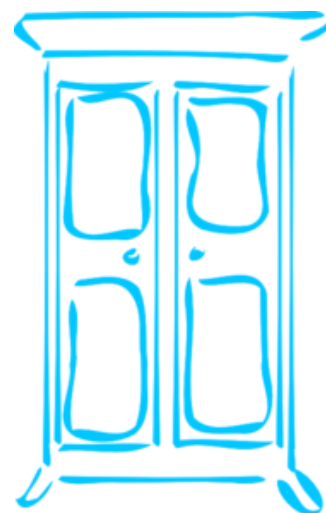
My partner decided it was time to clean out The Closet when, in an unfortunate incident, she opened The Closet and the contents tumbled onto her and she was trapped for three days with no food or water. The Closet is a scary place to me. It's scary because it represents that part of my life that is in constant turmoil. The Closet is the part of me that is unable to balance my checkbook some months, misses my dentist appointment or forgets my exact age.

I would prefer not to deal with The Closet. To me, these are places best left undisturbed. So, I explained this to my partner. Those of you who live with someone already know what happened next. For those of you who live alone, I am not going to tell you for fear that you will pass on the opportunity to be with someone and know bliss. So, we start cleaning out The Closet. Inside The Closet is a cross-section of the years of our life together, canceled checks, old cards, a recipe for meatloaf, a torn "to-do" list.

It took us a long time to clean out The Closet. Not because there were difficult decisions to make. No. It was ALL junk and could easily have been disposed of. It took a long time because we were reliving our lives. We spent a long time exploring and talking about where we've been and where we're going. One could argue that we didn't need to save those items at all. I disagree. We needed those items to stop us on a rainy night and relive our lives.

Life is funny. For reasons that are too complicated to explain here, I have recently been questioning my daily grind. I needed some perspective and I found it. I found it in The Closet.

I hope that you have a Closet and I hope you take some time to clean it very soon.



TECHNOLOGY NEWS, UPDATES, TIPS AND TRICKS

By: Kaitlyn Reish, Instructional Technologist and Developer

We listen to your suggestions! The small printers in the student computer lab have been replaced with a larger more efficient printer. The new printer will allow faster printing to save you time! We look forward to making future improvements with technology at the college to meet your needs.



Have an article for the Pulse? Send it to Cara Lursen (cara.lursen@cabarruscollege.edu).