

Carolinas College of Health Sciences | January 2019



CCHS Hours of Operation

The college will be closed December 31 and January 1.

Monday to Friday

7:30 AM to 4:30 PM

Badge access: 24/7

CCHS Computer Lab Monday to Thursday 7:30 AM to 7:30 PM

Friday
7:30 AM to 4:30 PM
(No after-hours staff on Fridays)

Saturday, 11 AM to 4 PM Sunday - Not staffed Badge access: 24/7

CCHS Nursing Skills Lab Monday to Friday 7:30 AM to 4 PM

AHEC Library Monday to Friday 8 AM to 5 PM Badge access: 24/7













The College is pleased to welcome 108 new general studies, histotechnology, medical laboratory science, nursing (ADN & RN-BSN), phlebotomy and pre-nursing students and congratulates the 42 pre-nursing and general studies students who have progressed to the nursing program. As you approach the threshold to your future in healthcare, hold on to the experiences that helped you arrive to this point; own your dreams and aspirations! Reminders about our purpose allows us to reach and exceed goals.

On **January 7**, you will start a new journey with us here at Carolinas College to gain knowledge and experience on how to be a healthcare professional, and more importantly, what it means to be a healthcare professional. We are honored that you have chosen to advance your education here with us. We look forward to you becoming the best you can be in your prospective field. We want to educate you as a student, engage you as a person, and empower you to be a true professional. Engage and embrace the culture so you get the most out of your experience. Seek out your resources and use them. Your challenges will be present, face them with determination and confidence and always remember you have support! On behalf of administrators, faculty, staff, we welcome you!

REGISTRATION UPDATES

- Tuition Payments Due: January 4 at 4 p.m.
- New Clinical Student Orientation: Nursing (AAS), Medical Laboratory Science, Histotechnology
 January 3 4
- New Non-Clinical Student Orientation: General Studies including Pre-Nursing & Pre-Rad January 3 (only)
- Term Begins/Ends: Spring I: Jan 7 Mar 1; Spring Full Term: Jan 7 May 3

FINANCIAL AID

Spring 2019 refund checks will be available for pick up on **February 7** – Room 212 (Business Office). Please complete your 2019-2020 FAFSA now! CCHS school code: 031042.

Financial Aid Contacts:

- Kirstie Clark, Director of Financial Aid, kirstie.clark@carolinascollege.edu
- Synthia Peace, Loan Officer, Cynthia.peace@carolinascollege.edu

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PRESIDENT'S LIST

Congratulations to these exceptional students, named to the President's List based on fall 2018 grades. The criterion for President's List is a GPA of 4.0 when enrolled in at least 6 semester hours of coursework.

General Studies/Associate of Science: Calee Exum, Skylar Graves, Jazmine Sanders, Taylor Walker

General Studies/PreNursing Track: Sara Cary, Nicole Johnson, Julie Kralik, Kelly Lambert, Alexis Lubben, Catilin Macarrao, Ashlyn Naughton, Addison Neff, Bianca Olivas, Demi Quist, Monica Randolph, Jessica Roberts, Bradley Rowland, Tony Schoening, Sharon Sparling, Lacinda Swafford, Olivia Tandy, Kelsey West, Lynn Wilson

General Studies/Pre-Rad Tech Track: John Flumian, Madeline Swann

Nursing (AAS): Lareine Archer, Mallory Braswell, David Byrd, Mary Cortes, Mckenzie Duncan, Allison Dyer, Sara Ismail, Deaja Lee, Carissa Maret, Toni Rose Mendoza, Savannah Nunnery, Katie Stepanyuk, Meredith Talbot, Nancy Yarbrough

Nursing (RN-BSN): Lisa Adams, Brandi Bandoquillo, Meagan Briggs, Abigail Dario, Nessrene Doudar, Louisa Gallagher, Sarah Geer, Laura Glass, Lindsay Hall, Samantha Lee-Daigle, Amy Lewis, Linda Martin, Jill Mears, Kassandra Merkel, Arina Nielsen, Leah Norwood, Dawn Sundblade, Rebekah Visco

Radiation Therapy: Kelsey Puckett, Hannah Vanhoose

Radiologic Technology: Amanda Clark, Jennifer Cope, Dima Kailani, Amber Page

DEAN'S LIST

Congratulations to these exceptional students, named to the Dean's List based on fall 2018 grades. The criterion for Dean's List is a GPA of 3.50 to 3.999 when enrolled in at least 6 semester hours of coursework.

General Studies/Associate of Science: Madelyn Byrum **General Studies/Pres-Nursing Track:** Michaela Massey

Nursing (AAS): Whitney Clark, Tiffany Cobb, Hayley Cromer, Colleen Davis, McKenzie DeZordo, Kayla McGuire, Imelda

Mundo Navarette, Marissa Podraza, Megan Ryan, Crystal Winfield

Nursing (RN-BSN): Lee Henage, Kathleen Lunsford, John Willoughby

Radiation Therapy: Megan Bare, Andrea Marcinkiewicz

Radiologic Technology: Stacy Grogg, Lourdes Grullon, April Marshall, Rebecca Martin, Anna Smith

FACULTY ACCOLADES



Sarah Scibetta

Congratulations to Sarah Scibetta, who completed the requirements for the master of science degree in nursing from Eastern Carolina University on December 14, 2018. Sarah will continue to support NUR 154 as clinical faculty II.

WELCOME, WE'RE GLAD YOU'RE HERE!

Please join the College in welcoming our new general studies program chair, Dr. Andrea Phronebarger. Dr. Phronebarger received her BS in psychology from the College of Charleston, her MA in industrial/organizational psychology from UNC Charlotte, and her PhD in industrial/organizational psychology from Capella University. Her early career was spent working for nonprofit agencies who supported people with developmental disabilities, but she transitioned into higher education 13 years ago. She has extensive experience in online and face-to-face instruction as well as higher education administration. She and her husband, Monty, have been happily married for 11 years and although they don't have any biological children, she has a beautiful bonus daughter named Alisah. She also has a 120-pound rottweiler named Ramzes who thinks he's a lap dog! Please stop by office 107 to welcome her to Carolinas College.



Andrea Phronebarger

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Sam Smith

STUDENT SUCCESS by Sam Smith, MBA

Happy New Year from your Student Success Center! Hope this New Year brings you new opportunities. Are you looking for less academic stress this year? Here are a few tips to consider:

- Avoid overextending yourself outside of school.
- Get to know your instructors early.
- Read BEFORE lecture; don't come into class clueless.
- Review your notes every day after class. Get answers to your questions ASAP: Don't let confusion build.
- Attend course review sessions. (See your instructor.)
- Arrange study groups with classmates.
- Attend content review sessions for BIO 101 and 102, to begin the second week of classes.

*Visit the Student Success Center (room 254) to discuss study strategies and peer tutoring options.

Other resources available in the Student Success Center:

- Study and time management handouts and ideas;
- Job placement information;
- Student PT/PRN employment assistance;
- A listening ear and friendly support!

Nurse Managers Interviewing Workshop for May 2019 Nursing Graduates. Upcoming NUR 202 graduates, we look forward to seeing you on Monday, **January 28th** for the nurse managers panel and mock (practice) interviewing workshop. You will have a chance to meet nurse managers within Atrium Health, and the opportunity to sit one-on-one with them to inquire about their hiring process. This session is for May 2019 graduating seniors ONLY.

Join us for the 14th Annual Martin Luther King Jr. Luncheon

Monday, **January 21**, 11:30 a.m. to 1:30 p.m. This year's theme is "**Power | Purpose | Privilege.**" This event will feature a live performance by <u>A SIGN OF THE TIMES</u>, with special guest <u>Toussaint Romain</u>. Mr. Romain is a civil rights activist & community organizer from the Charlotte area. He became a key figure, civil rights leader, and peace-keeper during the protests of the shooting of Keith Lamont Scott in September 2016. Tickets are \$20 and can be purchased at the front desk.

Recruiting Peer Tutors for SPRING 2019 Courses

- Do you enjoy helping other students learn?
- Do you want to keep past course material fresh in your mind?
- Are you looking for a flexible service opportunity you can arrange around your schedule and priorities?
- Consider becoming a Carolinas College Peer Tutor!

If you've earned an "A" or a "B" in a course and feel you could help another student with some academic coaching, please contact: Sam Smith. Student Success Center, room 254, 704.355.4025, samuel.smith@carolinashealthcare.org

Student Employment Opportunities: If you're interested in part-time/PRN employment with CMC, sign up for a 15 -minute appointment with CHS Recruitment Specialist Clifton Chapman in the lobby between 10 AM and noon on **January 7.**

To make an appointment:

- Log onto the information portal and click on Student Success Center under CCHS Quick Links on the home page.
- Select the *Employment Resources* tab. When you open that section, the interview sign-up sheet will be under *Current Part-time and PRN Job Opportunities*. You may sign up for any open 15 minute timeslot.

You can talk with the Cliff Chapman on a drop-by basis as long as he is not busy with another student. A human resources representative usually visits the college on the first Monday of each month. E-mail Clifton.Chapman@AtriumHealth.org, or call 704.631.0347, with any questions. Mr. Sam Smith is also available here at CCHS to support your job search efforts. For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Support page on the information portal. (Click on *Student Resources*, then on

ALUMNI/STUDENT MENTORING PROGRAM NEEDS YOU!

"One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination." — John C. Maxwell

Attention second-year (RT), second-semester (all 1-year programs), or intermediate (nursing) students...Looking for advice, encouragement and/or support from someone who has recently walked in your shoes? The CCHS Alumni Association and its Young Alumni Council invites you to participate in the Alumni/ Student Mentoring Program.

This optional mentoring program is open to second-year (RT), second-semester (all 1-year programs), or intermediate (nursing) students and pairs you with a Young Alumnus from your same program. (The term Young Alumni refers to those who have graduated within the past ten years.)



The program will provide you with a personal professional resource in your field of study with whom you'll have an opportunity to: foster a positive personal relationship, but on a less formal basis than your clinical interactions; possibly shadow and gain a real-world perspective of your future career path; contact for advice and encouragement.

What can you expect from your mentor?

- Your mentor will contact you first to introduce themselves via email or phone or to arrange a meeting.
- Your mentor will check-in on a regular basis with you until you graduate but it is acceptable (and highly encouraged) for you to touch base as well as the need arises. Communication will primary be via email or phone.
- Your mentor may be able to arrange for you to shadow them at work.
- Both you and your mentor are expected to uphold the overall Atrium Health standards of Caring, Commitment, Integrity and Teamwork throughout the mentoring process.

While students are paired with alumni from their same program only (i.e. Nursing to Nursing, Rad Tech to Rad Tech), it might be possible to pair based on the students area of interest.

Would you like to participate? If so and you are a second-year (RT), second-semester (all 1-year programs), or intermediate (nursing) student, please email Ruthie Mihal at Ruthie.Mihal@AtriumHealth.org. Also, if there is a particular department or field that interests you – please note that info in your email as well. Ruthie will do her best to make those pairings. If you have no preference – that's fine too!

PHI THETA KAPPA (PTK) UPDATE by Cathey Miller, Rad Tech Faculty and PTK Advisor

Men's Shelter of Charlotte: Tina Lamberta, husband Ray, Kamryn Wagner, her brother Logan, Bob Sheppard, and Cathey Miller, joined Trisha Garcia, nursing alum, and about 20 other people on December 15th at the MSC on N. Tryon for caroling, gift giving and a holiday party, complete with Santa Claus. A great time was had by all. We are serving dinner at the Statesville Ave. campus on **January 31**. Sign up on the PTK Moodle page if you plan to attend.

Next meeting: January 25, 12:15, in room 157. Please try to attend as we have a lot to discuss as we begin 2019.

Next CBCC Blood Drive: January 28, 11:30 a.m. to 3:30 p.m. Please give serious consideration to rolling up your sleeve for this great cause.

T-shirts: blue and gold or green and blue. \$10. See Cathey Miller.

PTK is a national honor society, which recognizes and encourages the academic achievement of 2-year college students and provides opportunities for individual growth and development through participation in honors, leadership, fellowship, and service programming. For questions, please contact PTK President: Charity.cochran@cchsmail.org or PTK Co-advisor: cathey.miller@atriumhealth.org.

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session January 8, 3:30 to 5 PM. Have friends who want to know about CCHS? Contact the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Susan Thomasson, 704.355.3921.

BLS Online Program Cost \$28.50 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address: www.onlineaha.org. Choose HeartCode BLS. The course takes approximately two hours and must be taken before attending the Heartcode BLS Online Skills Check. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to Heartcode BCLS Online Skills Check Part 2.

BCLS for the Healthcare Provider January 23, 8 a.m. to noon. Cost \$50. Textbook not included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bagvalve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.Dull@carolinashealthcare.org.

BLS Online Skills Check January 2, 9, 16, 23 and 30, times vary. (01/02, 01/23 & 01/30 times 1:00—3:00; 01/09 & 01/16 times 9:00—11:00.) Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

2019 Chaplain's Grand Rounds - Ethical Decisions in Complex Times - January 17. This **FREE**, nine-part lecture series will be conducted in the Suzanne Hill Freeman Auditorium on the campus of Carolinas Medical Center every 3rd Thursday of the month from noon to 1 PM. Feel free to bring your lunch. The theme of the series acknowledges that medical decision making is getting ever more complicated. Best medical practice too often collides with the wishes of patients and family members. Nuances of care can challenge existing policies and procedures in the gray arena of seeking to do what is right. Join us in person, through teleconference, Skype, or let us send you a recording. Please direct any questions to Renee Howard (Renee.howard@atriumhealth.org). This month's session is entitled *Justice Challenges in Ethics* and will be presented by Ken Nanney, J.D.

GRADUATION PHOTOS

Each year as a gift to graduating students, the College has a large composite photo made of their class. Each graduate receives an 11 X 14 souvenir copy as well as two small individual pictures ideal for your certification exam application. A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever. Stay tuned for more details.



IT'S SNOWING...WHAT DO I DO NOW?

Should inclement weather necessitate the delay or closing of the college, students will receive notification via:

- 1. Emergency alert system by text
- 2. Email
- 3. Information portal banner page
- 4. Front desk number 704-355-5051
- 5. The College's Inclement Weather Hotline (704.446.7854).

If a delayed opening is announced, count the delay from 8 a.m. So if there's a 2-hour delay, the college will open at 10 a.m. **Pop Quiz:** Your class regularly

meets 9:00 to 11:00 a.m. On a day the college is on a 2-hour delay, what do you do? **Answer:** If you can do so safely, come in at 10:00 a.m. Your class will meet for one hour.

COMMENCEMENT AND AWARDS CEREMONY RECAP

Carolinas College celebrated the graduation of two general studies, four histotechnology, six medical laboratory science, and 59 nursing students in its fall commencement on December 14th. Maureen Swick, senior vice president and system nurse executive at Atrium Health was the keynote speaker. Commencement week activities began with the Commitment to Caring and Awards Ceremony on December 12th at the Crowne Plaza Executive Park. There was a graduates' reception where faculty, staff and administrators had a chance to meet, mix and mingle with the graduates and their families and friends. The following graduates received awards:

Student Leadership Award: Lucretia Torrence

Student Academic Awards

General Education Award: Mary Frances Pace

Nursing Awards

Acute Clinical Concepts Nursing: Lacey Williams Adult Health Nursing: Lucretia Torrence Behavioral Health Nursing: Alexandra Hill Child-Adolescent Health Nursing: Kelli Rowland Maternal-Neonatal Nursing: Mary Frances Pace Cynthia Favorite: Alexandra Hill

Histotechnology Award

Golden Forceps Award: Landis Summey

Medical Laboratory Science Award

Charles U. Mauney Award: Stephen Hurst



Graduates also recognized family members who supported them on their journey through the pinning ceremony. The program climaxed with the blessing of hands by Rev. David Carl, executive director, Pastoral Services, Atrium Health.

The December Commencement marked the first Commencement at our new venue, The Halton Theater at Overcash Auditorium. Congratulations and thank you to the following students who participated as marshals: Chief Marshal, Allison Dyer; 1st Marshal, Stacy Grogg; 2nd Marshal, Kiara Johnson. Tiffany Cobb, Charity Cochran, McKenzie DeZordo, Megan Hanshaw, April Marshall, Kayla McGuire, Toni Rose Mendoza, Megan Milsap. Marshals are selected based on their academic performance. Congratulations to the Student Affairs team for a job well done in coordinating both events.

NEED A PLACE TO DECOMPRESS?

Having a rough day and need a minute to breathe or need a private space for lactation? If so, stop by the Quiet Room located next to office 118 where you will find a comfortable chair, aromatherapy diffuser, and sound machine! This space is sponsored by the Great Place to Work Committee and is available for use by any student or teammate. Enjoy!



Activities & Deadlines For January

Complete information, with times, is elsewhere in the newsletter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 College is Closed	2 BLS Online Skills Check	3 New Student Orienta- tion - Non Clinical	4 Tuition Payments Due
			New Student Or	rientation - Clinical
7 HR Rep On Campus Full Spring & Spring I Classes Begin	8 Admissions Infor- mation Session	9 BLS Online Skills Check	10	11
		Drop/Add		
	1.5			
14	15	16 BLS Online Skills Check	17 Chaplain's Grand Rounds	18
21 Annual Martin Luther King Jr. Luncheon	22	23 BCLS for the Healthcare Provider	24	25 PTK General Meeting
No Classes - Administrative Offices are Open		BLS Online Skills Check		
28 Nurse Manager Interview- ing Workshop PTK Blood Drive	29	30 BLS Online Skills Check Spring I Midterm	31 PTK Serves Dinner at the Men's Shelter	

Quick Reference Sheet

Administration

President

Hampton Hopkins, EdD Room 110, 704.355.5316 Hampton.Hopkins@CarolinasCollege.edu

Assistant: Pat Lewis, 704.355.2029 Pat.Lewis@CarolinasCollege.edu

Provost

Lori Bequette, PhD Room 212, 704.355.4305; Lori.Bequette@CarolinasCollege.edu Academic Programs, Online Bookstore; Technology; Faculty Matters, Moodle

Academic Affairs Support

Cathy Jo Long, 704.355.5343, cathy.j.long@CarolinasCollege.edu Janice Bellamy, 704.355.1550; Janice.Bellamy@CarolinasCollege.edu Michelle Webb, 704.355.0712; Michelle.Webb@CarolinasCollege.edu

Technology

Jared Smith, 704.355.4305 Director, Teaching, Learning & Technology Jared.Smith@CarolinasCollege.edu

Chris Davenport, 704.355.7572; Chris.Davenport@CarolinasCollege.edu

Student Support Services

Student Affairs

Karen Lewis, EdD Dean Karen.Lewis@CarolinasCollege.edu Room 164, 704.355.5585

> Enrollment Management Student Affairs Sonis

Financial Aid Office

Suite 208, 704.355.8894
Kirstie Clark, Director
704.355.8894
Kirstie.Clark@CarolinasCollege.edu
Cynthia Peace, Loan Officer
704.355.5579
Cynthia.Peace@CarolinasCollege.edu

CHS Educational Loan Forgiveness, Federal Loans, Grants & Scholarships

Student Records and Information Management

Chrisanne Rancati, MA Director

Chrisanne.Rancati@CarolinasCollege.edu Room 166, 704-355-6676 Registration, Records, Grades, Transfer Credit, Transcripts & Notary Public

Student Success Center

Sam Smith, MBA Student Success Coordinator Room 213, 704.355.4025 Samuel.Smith@CarolinasCollege.edu Tutoring, Placement, Student Success

Administrative and Financial Services

Business Office

David Cannon, MBA, Dean 704.355.5584, Rm 207 David.Cannon@CarolinasCollege.edu

Audrea Chapman, 704.355.9176 Manager, Financial Services, Rm 212 Audrea.Chapman@CarolinasCollege.edu

Kendra Felder, 704.355.5229 Staff Accountant, Rm 212 Kendra.Felder@CarolinasCollege.edu

Refunds, Tuition/Fees; Cash Handling



Admissions Office Suite 166, 704-355-5051

Jameson Donnell, 704.355.3243 Director of Admissions and Recruitment

Dwight Adams, Staff Assistant, 704.355.8383 Dwight.adams@CarolinasCollege.edu

Katie Olcott, Staff Assistant, 704.355.8383 Kathryn.Olcott@CarolinasCollege.edu

Student Leadership, Organizations, Support

Additional Support Services

On-line Bookstore

http://direct.mbsbooks.com/CarolinasCollege.htm CCHS Logo Store: www.CarolinasCollege.edu

Hallday Callaga Classed

Employee Assistance Program

(Personal & Family Counseling) A free benefit for CCHS students 704-355-5021

Access Control & ID Badges

Annex Building (behind Medical Education Bldg., next to ED) 704.355.3111

Important Dates for Spring 2019

Holiday—College Closed	Jan 1
New Student Orientation (Clinical & Non-Clinical)	Jan 3 - 4
Full Spring & Spring I Classes Begin	Jan 7
Registration/Drop/Add Ends	
Holiday - No Classes (Admin Offices Open)	Jan 21
Spring I Midterm	
Last Day to Withdraw - Spring I	
Spring I Classes End	
Spring I Final Exams	
Spring Break - No Classes	Mar 4 - 8
Full Spring Midterm	Mar 6
Spring II Classes Begin	Mar 11
Last Day to Withdraw - Full Spring	
Spring II Midterm	
Holiday - College Closed	
Last Day to Withdraw - Spring II	Apr 15
Full Spring & Spring II Classes End	
Full Spring & Spring II Final Exams	
Spring Commencement	

Important Phone Numbers

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Clinical Laboratory Sciences	704.355.3921
College's Main Number	704.355.5043
CPR/ACLS/PALS	704.355.5699
Disability Services	704.355.5585
Employee Assistance Program	704.355.5021
General Studies	
Human Resources (Employment)	704.355.2101
Inclement Weather	
Nursing AAS	704.355.5343
Nursing BSN	
President's Office	704.355.5316
Radiation Therapy	704.355.6937
Radiologic Technology	704.355.7688
Security (Dispatch)	704.355.3333
Security Escorts	
Student Housing (Home Management)	
Teammate Health	704.641.0206