



CCHS NEWS

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FROM THE ADMISSIONS OFFICE



Rhoda Rillorta
Admissions Coordinator



Nicki Sabourin
Admissions Representative



Diana Bell
Admissions Assistant

Welcome New and Returning Students! It's an exciting time for the Admissions Office. We have two new programs beginning in the fall, Computed Tomography and Radiation Therapy. Both programs are part of the newly named School of Medical Imaging and we are excited to welcome these new students to campus. In addition, the admissions office has seen an increase in qualified, competitive applicants. It has been electrifying to work with all the new applicants and see them matriculate to the college! You should all feel very proud to have successfully navigated through the competitive admissions process.


Immediate Openings for Student Ambassadors. We need you! Student ambassadors play a vital role in the admissions process by helping out with recruiting, new student orientation, information sessions, and graduation. If you would like information about how to become a student ambassadors, please see Rhoda Rillorta in room 168 or email her at Rhoda.Rillorta@CarolinusCollege.edu.

Our first event of the new academic year will be representing Carolinus College at this year's **Southern Women's Show, Sept. 17 - Sept. 20**. As a benefit to working this event, you get free admission and parking at the show! Our only requirement is that you make a commitment to stay for two hours working with the other ambassadors and student services staff. Once you are finished, you are free to wander around the facility and visit the other vendors.

NEW STUDENT I.D. BADGE POLICY IS EFFECTIVE FALL OF 2009

CCHS is committed to providing a safe and secure campus for staff, students, and visitors. In recent student and staff surveys, non-enforcement of the I.D. badge policy has been cited as an opportunity for improvement. Therefore, effective with fall semester, students will be required to have a CHS-issued college I.D. badge, displayed above the waist, in order to be admitted to class. Faculty will direct students without name badges to the front desk where a "temporary" name tag will be issued for admittance to class. This "temporary" tag will not be acceptable for clinicals. Multiple violations may result in disciplinary action. Don't get caught without yours!

1. Name	_____
2. Title	_____
3. Add'l info	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____



SUMMER COMPUTER LAB HOURS

Monday - Thursday
8:00 am - 7:30 pm
(8/3 - 8/6 and
8/24 - 8/27)
8:00 am - 4:30 pm
(8/10 - 8/21)

Friday
8:00 am - 4:30 pm

Saturday
11:00 am - 4:00 pm
(8/1 and 8/29 ONLY)

CLOSED SUNDAYS

FINANCIAL AID UPDATE

All continuing students must complete a NEW 2009 - 2010 Free Application for Federal Student Aid (FAFSA) in order to continue to receive loans and grants. This can be completed online at www.fafsa.ed.gov. You will need information from your 2008 federal tax return in order to complete the FAFSA. Be sure the Federal School Code for CCHS (031042) is listed.

Tuition Bills

Tuition bills for fall have been mailed. Payment is due by August 14th if you are not receiving financial aid. Payment may be made by cash, check or credit card to the business office (room 208) or by calling Martha Robinson at 704-355-5579.

WOW!!

Want to say "thanks" in a special way to a student, staff, or faculty member who went out of their way to help you? Use the WOW Card box located in the lobby. The following students and/or staff were recognized recently for service above and beyond...

Christina Acker
Simulation Center
Diana Bell
Student Services
Lori Lieving
General Education
Sherri Marlow
School of Nursing
Debi Wheeler
Community Training Ctr

MOVIN' ON UP...

While it may not be to an apartment on the East side, for those of you moving into student housing it will be your home for the next one to two years. The college is hosting a mandatory housing dinner for new residents on August 20, 2009 at 6:00pm in room 240. Come meet other students living in housing and learn a little about what to expect. Topics will include living in the Dilworth community, security and safety, parking, maintenance, and everything else that is important to you. Watch your CCHS e-mails for an invitation or call 704.355.5051 to RSVP to Joy Godwin, front desk receptionist. Attendance is expected of all new housing students.



TAKE ME OUT TO THE BALLGAME....

FREE tickets are available for the Charlotte Knights game on Friday, Aug. 14th at 7:15 against the Norfolk Tides. You can get enough tickets for you and your immediate family or you and one guest of your choice. Also, for the special price of just \$4 each, you can purchase food vouchers, good for a hotdog, popcorn and small drink. Food vouchers must be prepaid by August 11. Call (704.355.5051) or see Joy Godwin at the front desk to purchase vouchers and pick up the free tickets! Parking is \$3 at the ballpark. **Tickets are limited so please let Joy know if you are interested as soon as possible.** Email her at Joy.Godwin@CarolinasCollege.edu. **See you there!**

COMPLIANCE CORNER

Proper Labeling Of Medications and Solutions

In an effort to improve compliance with the Joint Commissions National Patient Safety Goals, this months newsletter will review the goal requiring that all medications, medication containers or other solutions be labeled correctly. Unlabeled medication or solutions are unidentifiable, and therefore a risk to patient safety. All medications or solutions when transferred from their original container must be labeled with the name, strength, amount, and solutions must have an expiration time/date. Any medications or solutions found unlabeled should be discarded. Labeling medications, medication containers, and other solutions reduces the risk of error and is part of safe medication practice.

NEW FACE ON CAMPUS

Mrs. Sylvia Nikopoulos is joining CCHS this fall and will be teaching Elementary Spanish. Mrs. Nikopoulos also teaches for Central Piedmont Community College, where she was honored as an outstanding faculty member in the fall of 2008. Originally from Argentina, South American, she has lived in the United States for over 20 years and currently lives in Charlotte. She has two teenage children and a husband who is a Greek-American. In fact, her parents were Greek as well, and emigrated to Argentina after World War II. Therefore, when not working, Mrs. Nikopoulos has an active life in the international community in Charlotte. Mrs. Nikopoulos enjoys interacting with students and is looking forward to being part of the CCHS team. Mrs. Nikopoulos can be found on campus on Monday and Tuesday afternoons and her office will be in room 260, next to the general education secretaries. Please say hello and welcome her to the college.

THE NEW AND IMPROVED STUDENT LOUNGE

You'll notice that student mailboxes have been removed from the student lounge area. A hanging wall folder will be installed in the student lounge for any remaining paper communication. In addition, a new bookcase is now located in the student lounge that holds old textbooks and resources available to be used and borrowed by students (remember to return books when you are done using them). Finally, the furniture has been rearranged in hopes of maximizing the space in the student lounge. If you have suggestions or comments regarding the changes, please feel free to contact Lori Lieving, chair of the Learning Resources Committee.

SPACES IN GENERAL EDUCATION COURSES STILL AVAILABLE

There is still room in several General Education courses for students looking to expand their course schedule for the fall semester. Consider one of the following courses:

- **Elementary Spanish**, SPA 101, a 3-credit course meeting twice a week that will count as a foreign language course.
- **College Algebra**, MAT 151, which has been added to meet the curricular needs of our new radiation therapy program, but is open to all students. Tim Dienes will be teaching this course Tuesdays and Thursdays.
- **Early American Literature**, ENG 231, a fully online literature course that satisfies the humanities/fine arts elective requirement for nursing students.
- **Contemporary Issues**, GEN 100, a hybrid course that focuses on discussing some of the most compelling topics related to ethic reasoning and sound decision making.

Students can add courses up until the last day of the first week of classes by completing a Course Drop/Add form, which can be found outside the registrar's office in student services.

PHI THETA KAPPA UPDATE

Dates to remember:

Be on the lookout for PTK's welcome back meeting that will kick off in September. There will be two meetings to accommodate for possible schedule conflicts: Thursday, **9/10 @ 11:30** and Tuesday, **9/15 @ 11:00**. More details to come!

Interested in joining Phi Theta Kappa?

The next PTK induction will be on Friday, **October 23 @ 1:30**. Requirements include 12 credit hours at CCHS, a 3.25 or better cumulative GPA, and enrollment in either the rad tech or nursing program.

PTK 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 co-presidents: Danielle Fowler (Danielle.fowler@cchsmail.org) or Terri Hoke (Terri.hoke@cchsmail.org).

Current members are reminded to regularly visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisors are Sarah Masters & Cathey Miller.



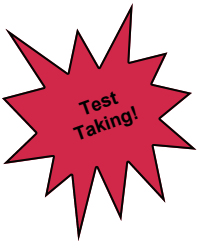
STUDENT SUCCESS CENTER

Student Tip of the Month - Don't limit learning to the classroom! Talk about what you're studying with classmates, instructors, friends, and family. The more you revisit the concepts, the better you solidify them in your mind.

Test Anxiety Workshops in September - "Anxiety...sabotages academic performance of all kinds: 126 different studies of more than 36,000 people found that the more prone to worries a person is, the poorer their academic performance..." *Daniel Goleman*

Don't let testing stress getting the better of you! Susan Thomasson and Nancy Watkins are offering a one-hour workshop on managing test anxiety at the following times in September (check front board for location):

9/2/09 from 10:30-11:30



9/3/09 from



11:00-12:00

9/10/09 from 10:00-11:00



Take Charge of your Personal Success!

Course: Student Success 101
Credit: 1 credit hour
Dates: October 12 – November 20, 2009
Sections: 01: Wed, 3:30 - 4:50 &
 Fri, 1:00 - 2:20
 02: Tues & Thurs, 4:30 - 5:50



Do you want to be more successful in school and in life? *This course is for you!* In six important weeks, you will learn and practice essential skills necessary for success in every aspect of your life: personal, professional and academic. This hybrid course is interactive and hands-on, based on Skip Downing's acclaimed *On Course* guide.

Register Now! See the fall 2009 Registration Bulletin. **Questions?** Contact the course instructor, Nancy Watkins.

Save the Date! Lifelong Learning & Job Fair, Thursday, October 1, 2009, 10:30-1:00 pm (Rankin Building)
 Are you thinking about the next steps in your education? Are you a senior eager to network with potential employers? This fall, our annual continuing education fair will be combined with a job fair where you'll be able to talk with representatives from colleges and universities as well as human resources personnel from NC and SC hospitals. Mark your calendar!

CHS Job Placement News for December 2009 Nursing Graduates - We look forward to seeing you following the NUR 202 orientation on **Aug 21** for your job placement orientation and mock interviewing sessions. Brandy Walker, your recruitment specialist from the New Graduate Placement Center, will present valuable information, as will a number of CMC hiring managers. Please contact Nancy with questions.

Looking for PT/PRN Work as a Student? The first step is to complete your online application at www.carolinashealthcare.org. You will be able to:

- Apply for specific jobs
- Upload your resume
- Track your applicant activity and status

If you have questions, contact Beatriz Rodriguez, Recruitment Specialist at 704-355-1954 or via e-mail at Beatriz.rodriguez@carolinashealthcare.org. A representative from Human Resources will visit the college on Mon-

day, **August 31**, 10:00-12:00 to answer your questions about part-time/PRN employment. Nancy Watkins is also available here at CCHS to support your job search efforts.

Feel the need for some support? See Nancy in room 213 or drop by for studying tips and information about peer tutoring. The Center is also a great place to study!

Are you considering serving as a Peer Tutor? If you've earned an "A" or a "B" in a course and feel you could contribute, please contact Nancy.

CATS Discounts - CCHS students are eligible for a 30% discount on CATS (Charlotte Transit System) passes! Whether or not you are an employee of CHS, Employee Recognition has made this benefit available to you. Use either of the following two methods for obtaining your CATS discount passes:

1. CATS passes can be purchased at the CMC Gift Shop. Just show ID badge; no form is needed.
2. Complete a form (available in the lobby) and send into HR along with a check made out to Carolinas Health-Care System. In the employee ID section, write "CCHS Student."

Contact information for any student success:

Nancy Watkins

Student Success Coordinator

Student Success Center

704-355-4025, Room 213

Nancy.Watkins@carolinashealthcare.org

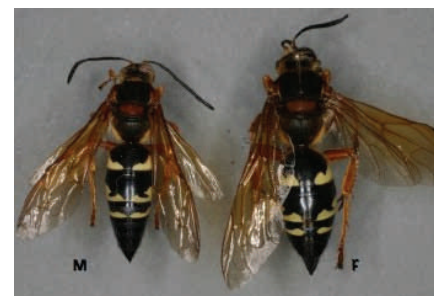
FROM THE OFFICE OF THE REGISTRAR

Welcome to the 2009-10 academic year! By now, you should have received your class schedule and are preparing for an exciting semester of learning. More than 500 students will be attending CCHS this fall so students on wait lists may not be able to get into their first choice sections/labs. Classes may be added or dropped during the first week, **Aug. 24-28**, by completing a *Drop/Add form*; after Aug. 28, a *Course Withdrawal form* must be completed to withdraw from a class and your earned grade will be assigned. Classes cannot be added after **August 28** without prior approval. As a reminder, you are not automatically withdrawn from a class for non-attendance. Any questions--please see Dr. Joanne Zukowski in Room 165.

DID YOU KNOW....?

The flying critters outside room 240 are actually not dangerous at all, and you'll find their story fascinating...

These insects are referred to as "cicada-killer wasps," (Scientific name: *Sphecius speciosus* (Drury)). They appear only every three years, on the same cycle that cicadas emerge (seven years in some places). Cicada wasps look threatening but they exist solely to kill cicadas, and - like carpenter bees - pose no danger to humans. In fact, they are in a way our friends as they keep the cicada population down, a population that can be devastating to crops. The following is from the website of the Ohio State University Extension Office:



"Although female Cicada Killer Wasps rarely sting unless disturbed, homeowners may become alarmed or frightened because of their very large size (nearly two inches) and foraging habits in unwanted areas. These solitary wasps may become a nuisance when they dig holes in lawns, sand base volleyball courts, flower beds, gardens, and golf course sand traps, kicking out a six to eight inch diameter horseshoe-shaped pile of dirt (mound) around the nest entrance. Males have especially aggressive territorial behavior, but have no sting. Females are difficult to provoke, can sting, but rarely do. The female wasps are not aggressive and control is rarely needed except in unwanted places. Adults appear in mid to late summer (July and August) causing special concern to individuals with young children."

Learn more than you'd ever want to know about cicada-killer wasps at
<http://ohioline.osu.edu/hyg-fact/2000/2078A.html>.

WANT TO BE IN THE KNOW?

A perfect opportunity exists on **August 31st!** Various Carolinas College committee and student organization representatives will be available at various times throughout the day to discuss the functions of their group and how you can become involved. Because these will be manned primarily by students, in the event there isn't anyone available, plenty of literature will be left on tables in the lobby. These are committees and organizations that represent YOUR VOICE on campus. Come and hear how you can become involved at the college.

Carolinas College Student Government Association (SGA) is sponsoring a Financial Literacy Workshop in room 219 beginning at 1 PM on **Aug. 31**. Corey Sturdivant with EdFund will be here to discuss budgeting, credit, and saving. Even if you know the basics, this is a great way to understand the "fine print" and plan for your future. You do not have to stay for the whole workshop; you can drop in to hear the topics that interest you. Refreshments and prizes will be provided.* Come, show your support and **GET INVOLVED!**

"Even if you're on the right track, you'll get run over if you just sit there"
- **Will Rogers**

* Thanks to SGA and college committees.

OPEN FORUM WITH PRESIDENT SHEPPARD

This month's Open Forum will be held on Monday, **Aug 24** from 12- 12:45 PM in room 137. Open Forum is time set aside monthly for you to bring any questions or suggestions to Ellen Sheppard, President of the college. Have issues of concern, or just want to talk about things important to your success at the college? Come on down; appointments are not necessary.



STUDENT NURSES' ASSOCIATION UPDATE

SNA would like to welcome our new students to CCHS. Pre-nursing and nursing students remember to order your T-shirt from SNA! They are \$10 each, just email our treasurer Gretchen Hartman at Gretchen.Hartman@cchsmail.org. T-shirts are navy blue and have the CCHS logo on the front and "Saving Lives Q Shift" on the back. Looking forward to seeing everyone at our **BAKE SALE** the first day back to school, **Monday August 24th**. Along with the bake sale, don't forget to enter our **PARKING LOT RAFFLE**, the winner will be able to park the entire month of September in the "V" lot. *We would like to thank everyone that donated items in July to "Stand Up for Kids", thank you for your support.*

GREEN TIPS - CARPET CLEANING

- For a regular cleaning, scrub with a brush using a solution of vinegar and cold water. If the carpet is stained, wipe with a damp cloth, then add baking soda, let dry and vacuum.
- To remove solid stains, scrape the dry solid material and liquids with an absorbent material, then wet the carpet with a solution of water and vinegar. Clean with a sponge and clean water, and dry with something absorbent.
- To revive the colors of your carpet, add a little bit of fine salt and brush gently with a flexible hairbrush; make sure the salt penetrates well. Wait fifteen minutes and vacuum the area.



CONTINUING EDUCATION

Student Services Information Session - Aug 14 & 28, 4:00 - 5:00 PM. Want to know more about our programs? Contact Joy Godwin at the front desk or call 704.355.5051 to sign up for the session of your choice. Check posted schedule for room locations. If you would like more information on our medical technology program, contact Betty Anderson, program Director, at 704.355.4275.

CAROLINAS HEALTHCARE SPONSORED CLASSES

CHS' Employee Assistance Program (EAP) is pleased to offer the following class FREE to employees, spouses and dependents. CHS' EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the program, if you need help, call CHS' EAP for a private appointment or to register for a class. Space is limited so call early to register: 704.355.5021 or 1.800.384.1097. All classes are held at the Charlotte EAP office at 720 East Blvd.

1. **Couples Communication.** Discover how to identify and meet the needs of your partner. **Aug 13 & 20, 5:30 - 6:30 PM**

STUDENT MARKETPLACE ON MOODLE!

Looking for a roommate or a used book? Post your notice and check out postings from other students on the NEW student bulletin board on Moodle. Just click on Student Services, then Student Marketplace. All appropriate bulletin board-type items are welcome!

IMPORTANT DATES TO REMEMBER.....

August 13	Employee Assistance Program Educational Workshop - Couples Communication
August 14	Tuition Payments Due Student Services Information Session Night at Charlotte Knights Baseball
August 17 - 18	New Student Orientation
August 14	Student Services Information Session
August 20	CCHS Housing Dinner (mandatory for housing residents) Employee Assistance Program Educational Workshop - Couples Communication
August 21	Job Placement Orientation and Mock Interviews for December Grads
August 24	Open Forum with President Sheppard Full Fall and Fall I Classes Begin SNA Bake Sale
August 28	Registration Drop/Add Ends Student Services Information Session
August 31	CHS Recruitment Specialist Beatriz Rodriguez on Campus CCHS Committee and Student Organization Fair CCHS Financial Literacy Workshop