



CCHS NEWS

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JUNE 2009

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FINANCIAL AID UPDATE

If you are planning to use Federal Student Aid (Pell Grant, Work Study, Stafford Loans) for the 2009 - 2010 academic year, now is the time to complete your 2009 -2010 Free Application for Federal Student Aid (FAFSA). 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.

Financial Aid Refund Checks

Financial Aid refund checks will be available on **June 9th beginning at 10 am**. CCHS Student ID must be presented to pick up checks. Only those students who have fully completed their financial aid process and are owed money will have a check at that time.

New students – please be sure to return to us your signed award letter, file your Federal Stafford MPN with your lender, and complete online Stafford Loan entrance counseling at www.mappingyourfuture.org. All of these steps must be completed and funds received before your refund check can be generated.

CHANGE IN NURSING MASTER CURRICULUM PLAN

Effective for students entering nursing in fall, 2009, Intro to Literature will no longer be required. In it's place, students will have the option of either taking Early American Literature (ENG 231) at CCHS, or presenting a transferable humanities/fine arts course. One additional, free-choice, elective will still be required. This change gives greater flexibility to students with prior humanities coursework, and provides a CCHS literature class which more clearly articulates to area BSN programs.

SUMMER COMPUTER LAB HOURS

Monday - Thursday
8:00 am - 7:30 pm

Friday
8:00 am - 4:30 pm

Saturday
(except June 20th
closed for testing)
11:00 am - 4:00 pm

*** CLOSED SUNDAYS***

Closes at 4:30 when the college is open but there are no classes.

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 program, located in the lobby. The following students were recognized for service above and beyond...

Medical Technology:

LaDonna Belcher, Cassie Begay, Rachel Teeter, and Melissa Dunlap for assisting Dean Hopkins with the elementary students who came for the career tour.



STUDENT OF THE MONTH

This month's winner is Teri Hoke, radiologic technology student. Teri is an excellent student academically and clinically. She works actively on the Admission, Progression, and Graduation Committee as well as being co-president of the CCHS chapter of Phi Theta Kappa Honor Society. Teri enrolled in CMC's Radiology School in the early 90's but had to quit before she was able to graduate because of family obligations. After several years working in real estate, Teri decided to give radiology school one more try. Teri and her husband, Allen, live in Mt. Holly with their pets, Sunshine and Ciati. Teri has two grown children, Krista and Brendan and two grandchildren. Teri will graduate in 2010. Please join us in congratulating Teri on this honor.

FALL REGISTRATION IS JUST AROUND THE CORNER!

Priority registration for Nursing, Rad Tech, and Surg Tech students -June 14 - 19
Priority Registration for Pre-Nursing students - June 22 - 26

On the first day of both registration weeks, on-demand registration will be available from 8:00 am - 12:00 pm in the Computer Annex. After that, turn in your registrations to the reception desk; they will then be processed on a first-come, first-serve basis.

Open registration starts July 13. Classes begin on August 24.

All students will receive a copy of the registration bulletin via CCHS email. Additional copies will be available in the lobby.

COMPLIANCE CORNER

With the recent public focus on spreading flu and infection, it is a good time to focus on reducing the risk of health care associated infections - one of the top National Patient Safety Goals for 2009. Specifically, this goal addresses prevention of healthcare associated infections as well as managing serious or sentinel events caused by infections acquired in the hospital. The basic recommendation is to follow CDC guidelines for hand hygiene for hand washing in between patient care and foaming in and out of patient rooms. It is also very important to comply with best practices in the hospital environment by adhering to infection control and patient care policies to prevent central line associated blood infections, surgical infections and other infections due to multi-drug resistant organisms. We can all be compliant and try to reduce the risk of health care associated infections.

ON-SITE TST CLINICS

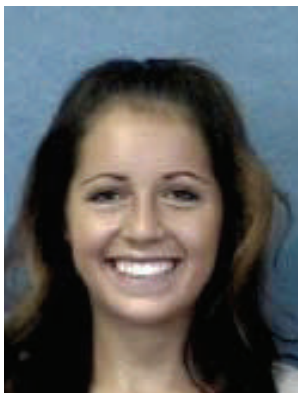
TST (Tuberculin Skin Test) is required annually of all CHS employees and CCHS students in healthca4re program. Free TST's are available at CCHS and through CHS. The next clinic at CCHS will be in September, so students with a birthday before October 1 should go to Employee Health across from the CMC ED for your free TST, M - F, 7:30 - 4:30.

STUDENT NURSES' ASSOCIATION NEWS

Please join us in welcoming the newest SNA board members. They are :

President: Juleidy Conde
Vice President: Meghan McManus
Treasurer: Gretchen Hartman
Secretary: Rachel Hanes
Pre-Nursing Rep: Rebecca Roodhouse-Hintz
Medical Explorers Student Coordinators: Andrew Blocker & Tim Putnam

Cynthia Favorite Scholarship Recipient



Congratulations to Amber Hallgren for winning the Cynthia Favorite scholarship Award! Amber graduated from the nursing program this past May. During her time here at CCHS she was SNA secretary and spear-headed many fundraising events and community projects; coordinated the Explorers Scout Troop; worked part time at CMC, and worked part time caring for a young child with special needs. Amber maintained high standards for herself and her education and inspired many by her achievements. On behalf of the entire SNA, we wish her well in her future endeavors!

Meetings and Activities

General Meeting: A general meeting will be held on **June, 15th** at 10:30 in room 174. All SNA members and anyone interested in knowing more about the SNA are invited.

Bake Sale: June 18th in the lobby. If you would like to volunteer to help, contact Juleidy Conde at her CCHS mail address. Look for our new T-Shirts with the CCHS logo on the front and "Saving lives Q shift" on the back! (\$10.00 each).

PHI THETA KAPPA UPDATE

Congratulations!

Phi Theta Kappa would like to congratulate the following students who were inducted into the honor society on Friday, May 29: Alexia Abbott, Drew Blocker, Whitney Davis, Amy Doby, Ashlee Fitzner, Crystina Fogle, Chris Foulke, Haley Jahnke, Brice Mitchell, Sarah Polk, Jessie Smolin, Melissa St. Clair and Sandra Wilson. Keep up the good work!



Thank You!

A huge thank you to all of the volunteers who made Heart of Champion a success!

Mark your calendars!

We need volunteers to conduct blood pressure screenings on **Saturday June 13th** from **10 - 2pm**. Please sign up on the PTK Moodle Site.

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 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!

FROM THE STUDENT SUCCESS CENTER...

Study Tip of the Month - Repeatedly rereading your textbook is rarely helpful. Instead, try reading your book or notes, then put them aside and see how much you can recall. You can write down the ideas or speak them aloud. Remember, you want to incorporate as many of your five senses as you can when you're trying to learn.

Job Searching? Things you should always keep in mind...

Do

- Provide accurate, complete information on past employment. If you have not previously worked, include volunteer work, clinical rotations, or community involvement.
- Have references available with current phone numbers and e-mail addresses.
- Review your application for accuracy and neatness. Do not use CAPS when completing any section of the application.
- List all your degrees and certifications.

Don't

- Assume... A job title is not enough information about your experience. Provide specific examples and be consistent.
- Use abbreviations – even within the same industry it can have different meanings (i.e., ED: Emergency Department or Educational Development).
- Be too informal – even if you are seeking a part-time or PRN position while you attend school. It is important to practice professionalism at any stage of your job search.

NEW EXCITING GENERAL EDUCATION COURSES TO BE OFFERED IN FALL 2009

The General Education department is happy to announce three new courses that will begin Fall 2009.

- Elementary Spanish, SPA 101, will replace Spanish for the HealthCare Provider, HEA 103. Nancy Watkins, the instructor for HEA 103, will be devoting more of her time to her role as the college student success coordinator. SPA 101 will be a 3-credit course meeting twice a week that will count as a foreign language course.
- College Algebra, MAT 151, 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, will replace Introduction to Literature, ENG 201 in order to offer a literature course that focuses on literature originating in one particular geographical region and one time period. Shelley Palmer, our current ENG 201 instructor, will teach ENG 231 as a fully online course. Currently enrolled nursing students who have already taken ENG 201, may continue to use that class to satisfy the humanities/fine arts elective.

Several other general education courses will be offered as hybrid (some portion of class time is replaced with online activities) or online (course is completely online courses) during the fall 2009 semester:

- GEN 100: Contemporary Issues (hybrid)
- SOC 101: Introduction to Sociology (hybrid)
- ENG 101: English Composition (online)

SAY GOODBYE TO STUDENT MAILBOXES AND HELLO TO THE NEW AND IMPROVED STUDENT LOUNGE

The student lounge will be undergoing some rearrangement during the month of June. You may have noticed the new bookcase in the student lounge, which will soon be filled with old textbooks and resources that are currently located in room 137, the college resource room. The college Learning Resources Committee suggested the move as the student lounge seemed like the more appropriate location for these student resources. By the end of June, **student mailboxes will be removed from the student lounge**. Because most communication has moved to electronic formats with CCHS e-mail and Moodle, faculty and staff agreed it was time to retire the student mailboxes so that the space they occupy could be better used. A hanging wall folder will be installed in the student lounge for any remaining paper communication. Once the mailboxes have been moved, the furniture will be 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, at lori.lieving@carolinacollege.edu.

CONTINUING EDUCATION

CCHS SPONSORED CLASSES

Student Services Information Session - June 9 & 23, 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.

IV Therapy Workshop - June 25, 8:00 - 11:30 AM or 12:30 - 4:00 PM. The course is offered as an introduction (or refresher) to RNs, LPNs, or senior student nurses. The techniques you will learn in this class will be valuable in your future nursing career! Fee: \$50.00 per person. Email Lakisha Bennett at Lakisha.bennett@carolinas.org to receive a brochure and registration form.

Introduction to Healing Touch class offered June 24 from 2:00 pm - 5:00 pm. Cost \$26.00. Come and learn how this integrative therapy can enhance your life and the lives of those around you. Research shows that **Healing Touch** may help reduce pain, accelerate postoperative recovery, improve mobility after surgery, decrease anxiety, tension and stress, lead to shortened hospital stays, and help reduce levels of chronic pain. This energy-based practice is endorsed by the American and Canadian Holistic Nurses Associations. It offers three hours of Continuing Education credits. Contact Susan Thomasson at 704-355-3921 or susan.thomasson@carolinas.org

CAROLINAS HEALTHCARE SPONSORED CLASSES (Topics/dates subject to change based on demand.)

CHS' Employee Assistance Program (EAP) is pleased to offer the following classes FREE to students, 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. **Space is limited so call early to register.** To register, please call 704.355.5021 or 1.800.384.1097. All classes are held at the Charlotte EAP office unless otherwise indicated:

June 4	Noon - 1 PM Lincolnton	Building Healthy Families. Learn the building blocks for healthy and happy families.
June 9 & 16	5:30 - 6:30 PM Charlotte	Couples Communication. Discover how to identify and meet the needs of your partner.
June 17	Noon - 1 PM Albemarle	Organize Your Life. Acquire tips for organizing home and office.
June 23	5:30 - 6:30 PM Concord	Organize Your Life. Acquire tips for organizing home and office.



Congratulations to Mai Thao, CCHS pre-nursing student, winner of our "Green Logo Contest!" Mai created and entered her "Green Hands" logo, judged to be most representative of the "Green Goals" of CCHS. Mai won assorted goodies and her design will be featured with all future CCHS Green Initiatives.

* 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.

This month's Open Forum with President Sheppard will be held on Thursday, June 8 from 12- 12:45 PM in room 137.*

IMPORTANT DATES TO REMEMBER.....

June 4	EAP class: Building Healthy Families
June 9	Financial aid check pickup starts Student services information session EAP class: Couples Communication
June 13	Phi Theta Kappa blood pressure screenings (see Moodle for details)
June 14 - 19	Priority Registration, NUR, SUR, RAD
June 15	Student Nurses' Association (SNA) general meeting
June 16	EAP class: Couples Communication
June 17	EAP class: Organize your Life
June 18	SNA bake sale
June 22 - 26	Priority Registration, Pre-Nursing
June 23	Student services information session EAP class: Organize your Life
June 24	Introduction to healing touch class
June 25	IV therapy workshop