



# Carolinan College of Health Sciences Newsletter

SEPTEMBER 2011

## Welcome New and Returning Students!



Student Ambassadors welcome incoming students

It's an exciting time in the Admission Office! On August 15, CCHS welcomed 173 new students. The incoming class consists of these students: 19 Radiology, 9 Radiation Therapy, 8 Medical Laboratory Science, 72 Nursing, 43 Pre-Nursing, and 22 General Studies students. Thank you for choosing Carolinas College of Health Sciences for your healthcare education. If you see new faces around the campus, please give them a "CCHS warm welcome"!

**How Was New Student Orientation?** Your opinion matters! How did new student orientation go for you? Were your questions answered? Was content covered in a timely manner? These are some of the questions you will see in the New Student Orientation survey. Please watch your CCHS email for this important evaluation tool. Your feedback is important to us. Participation initiates change and is appreciated!

### COMPUTER LAB HOURS FOR SEPTEMBER 2011

Monday - Thursday  
8 AM - 7:30 PM

Friday  
8 AM - 4:30 PM

Saturday  
11 AM - 4 PM

**CLOSED**  
Sept 5, Labor Day

Lab hours are  
subject to change



New students participate in ice-breakers presented by Student Ambassadors and Student Government Association officers



## From the Registrar's Office

**Welcome to the 2011-12 academic year!** I hope your registration experience in SONIS was smooth and that you are now settled into the classes and sections of your choice. Remember that the Drop/Add week ended on Friday, Aug. 26 so you will no longer be able to change your schedule in SONIS. If you need to make any adjustments to your academic schedule this term, talk to your advisor first and then see me for any form(s) that may be required or with any questions related to your academic record. Several forms are available in the wall pockets next to my office. Have a successful term, and see me in Room 165 if I can be of any assistance.

Sue Roux, Registrar

# THANK YOU

## STUDENT AMBASSADORS (SA) AND STUDENT GOVERNMENT ASSOCIATION (SGA)

CCHS' Student Ambassadors and Student Government Association returned early from their summer break to assist with new student orientation. They helped during registration, provided tours, and lead the ice breaker sessions. They also shared their experiences and pearls of wisdom concerning life around the college. Without their helping hands and passion for Carolinas College...

**WE COULDN'T HAVE DONE IT!**



**L-R:** Picture #1: Chip Bradley, Donna Wells, Karey Digh, Kyra Corbin, Linda Cable, Barbara Ludlow, Sophia Polits, Karey Bruton. Picture #2: Dana Mosley, Chip Higby. Picture #3: Debbie Hatfield and Joe Minder. Not pictured: Erin Flynn, Heena Nagarji, Danyelle Paterniti, Russell Johnson, Debbie Hatfield, Kristen Moore, Mandy Ferguson, and Frances Pak

## We want you!!!

### Interested in being a Student Ambassador?

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 ambassador, please see Rhoda Rillorta in room 168 or email [Rhoda.Rillorta@CarolinasCollege.edu](mailto:Rhoda.Rillorta@CarolinasCollege.edu)



# Time to Party!!!



So we don't have an official "College" sports team, that's no excuse not to have a party!!! Faculty and staff welcomed new and returning students and their families to a "Tailgate Party" on August 20 at the Charlotte Knights Stadium. We hope you were able to join us. If not, the next time you hear "Take me out to ballgame..." you'll know that's your cue to sign up for the next outing!

## CCHS and Your Community Need You!

Wish you were more involved in your community but don't know where or how to get started? Have a unique idea or suggestion for improving or creating a process here at the school? Our committee/community involvement fair is just the place to get the information you need to make an informed choice. Starting **Sept. 12**, tables will be set up in the lobby advertising all the various committee and community involvement opportunities available through the college. Each table display will have a sign up sheet. Drop by and get involved!



## Open Forum

Dr. Ellen Sheppard, President of CCHS, conducts open discussion sessions once a month. Do you have an idea you wish to talk about? Is something bothering you? This is the perfect opportunity to be heard. This month's open forum will be held on Monday, **Sept 19, 12:00 - 12:45** in room 137.

## Graduating in 2012? This is for You!

If you aren't checking your CCHS e-mail account daily, you are missing important information. If you have questions about your password or how to forward your CCHS mail to another account, see Bo Clarke in the computer lab or call him at 704.355.7572.

Each year as a gift to the 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 using with 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! DON'T be left out! Pictures are typically taken in late January. Times will be announced in the December and January newsletter; a signup sheet will be posted. **All students who will graduate in 2012** should have their pictures taken as the photography company only comes on campus once a year. Gentlemen: please wear white shirt and tie on your picture day. Drapes will be provided for ladies.



## ACE Modules for 2012

**Nursing:** All intermediate level nursing students must complete the 2011 versions by October 31. The tests can be completed on the College's Information Portal by accessing the Student Ace Modules Course. Students who work for the System should submit their transcript to Michele Pfaff, room 104 by October 31. Students may not be permitted into clinical if the ACE Modules are not completed by the deadline.

**Radiologic Technology:** Level II students should see Jodie Huffstetler for questions about annual modules.

## College Dress and Appropriate Attire

The dress code for the College is defined in the College Catalog and Student Handbook and each program has additional specific requirements for clinical attire. The official college uniform is teal scrub pants, white scrub tops, and white shoes are to be worn while in clinical. However, while on campus and in the Rankin Education Center, all clothing must be neat and clean, free from profanity, slanderous or inflammatory language, and worn with modesty in mind. Short-shorts, tank tops, halter-tops and other "revealing" clothing should not be worn.

Aside from the required dress for actual clinical time, you may have occasion to be in the hospital during school hours. Some students have to research patient assignments, others just find themselves "cutting through" on the way to the MMP deck, or for a bite to eat. Please be mindful of your dress. Your official uniform is always acceptable, but if you are wearing street clothes, please remember that you should not be in the hospital wearing jeans, shorts, spaghetti-strap tops, flip-flops, or open-toed shoes – you should be dressed in business casual attire. You may see other visitors dressed that way, but as a CHS student, you are representing the healthcare system, and you need to be dressed appropriately. Remember, when in doubt about what to wear, your official uniform is always a safe choice as is business casual attire.

## From the Business Office

### Carolinas HealthCare System Educational Loan Participants

In light of recent placement experience and after consultation with alumni, Carolinas HealthCare System has implemented changes to the CHS Loan Program effective immediately. Both changes will be to students' advantage and we are pleased that CHS administration and the New Graduate Placement Center enthusiastically supported the changes. New loan participants will sign a new loan agreement and continuing participants will sign an addendum incorporating the following favorable changes:

1. The length of time to secure full-time employment after program completion is permanently extended to six months (previously 90 days).
2. Participants who secure full-time employment with CHS after 6 months but before 12 months after graduation and have made all required loan payments are eligible to have the remainder of the CHS loan forgiven.

Please contact the business and financial aid office if you have any questions regarding the loan.

### Financial Aid Refund Checks

Refund checks will be available beginning **Sept. 13** for those with complete financial aid files and for whom all financial aid funds have been received. Distribution of checks will occur in the **business office (Suite 208) after 10 AM**. Remember to wear your College ID badge when picking up checks.

### **FAQ ...**

- Q. Is pepper spray considered a weapon? May I have it in my backpack?
- A. Pepper spray is considered a weapon and CHS Security prefers that you not carry it. If you have safety concerns, please call for a security escort (704.355.2093). However, though it is technically a weapon, carrying would not lead to immediate dismissal, as other weapons would.

## Compliance Corner

This month's compliance corner concerns safe medication administration. Use of the six "Rights of Medication Administration" is very helpful (right person, right time, right medication, right dose, right route, and right documentation). Carolinas Medical Center has instituted effective computer charting patient identification mechanisms. Several points to keep in mind when administering medications to ensure safety:

- Check the physician orders.
- Check the medications in patient drawers early in the shift to ensure timely dispensing of medications.
- Per Joint Commission guidelines, use two reliable patient identifiers when scanning patients for medication administration, i.e.: medical record number and date of birth. Do not state them to the patient and ask for confirmation; ask the patient to state the information to you. Do not use room numbers as verification of the patient's identity.
- Explain the scanner-assisted identification process and its purpose.
- Have the eMAR or MAR present at the med cart when gathering meds for direct comparison to what is available, and have the eMAR or MAR present when dispensing medications to the patient.
- Given the patient's condition, make sure the medication makes sense for their treatment.
- Review the medications with the patient as you give them so the patient can learn medication names, doses, and purpose.
- Take the time to use the scanners each time you dispense medications – they are a safety step.

## Good to Know...

**Pedestrian Safety** - Carolinas Medical Center (CMC) is a busy place with a lot of vehicle traffic. With the walk to and from the MMP deck, we want you to practice good pedestrian safety. First, the designated walking path is the sidewalks along Blythe Blvd. These are well lighted, have the “blue light” emergency phones, and are patrolled by CHS Security. A map of this preferred path is available on Moodle in the “Student Resources” section. Second, pay attention to the traffic, especially at the intersection in front of CMC. Drivers may be distracted and not see you in the crosswalk. Finally, walk in pairs, especially at night. While CMC is a safe campus, walking in pairs provides an extra level of safety. You can always call CHS Dispatch (704.355.2093) if you’d like an escort. Your safety is our utmost concern... so, be safe!

**Student of the Month Award** - Do you know a fellow student who is making an outstanding contribution to the community, including the College and the health care system? If so, consider nominating him or her to be the Student of the Month. This award recognizes a student who exhibits a dedication to the core values of the College. The College’s Leadership Team considers equally the student working hard behind the scenes as well as the leader who strives to make a positive impact. The monthly recipient will receive a certificate worthy of framing, a profile in this newsletter, and a one-month parking space in the V lot. Criteria and applications are available on Moodle in the “Student Resources” section.

**Student Parking** - In order to manage the large volume of cars on the Carolinas Medical Center (CMC) campus, everyone has a designated parking lot. All students are assigned to park in the Morehead Medical Plaza (MMP) deck located at the corner of Kenilworth and Morehead. Students enter and park in the “Staff” section and have access to park in this deck 24 hours a day. This is effective for both class and clinical days. This deck is access-controlled and students enter by using their ID badge. After 3:00 pm and on weekends, students have access to the V lot (next to the College). Parking along Garden Terrace and Lombardy Circle may lead to your car being ticketed or booted by Charlotte-Mecklenburg Police. In addition, parking in a lot other than the MMP Deck may lead to your car being ticketed or booted by CHS Security personnel as well as being fined by the College. Continued violation of the parking policy may lead to further disciplinary action.

**We the People** - Constitution Day commemorates the formation and signing of the U.S. Constitution by thirty-nine brave men on September 17, 1787, recognizing all who, are born in the U.S. or by naturalization, have become citizens. Constitution Day will be celebrated on **Sept. 16**. In honor of this historic event, Carolinas College has created a special page on the Information Portal commemorating Constitution Day. Please take a moment to visit this page.

The leaders you elect make decisions that affect you - your job, your health care, your energy costs, your security and more. Get Registered. Get Informed. Get Out and Vote on November 8, 2011. The deadline to register to vote in North Carolina is October 14; and in South Carolina it is October 17. For voter registration information, visit the web sites below:

**Mecklenburg County:** <http://www.meckboe.org/>  
**State of North Carolina:** <http://www.sboe.state.nc.us>  
**State of South Carolina:** <http://www.state.sc.us/scsec/>

### TST Clinic

TST (Tuberculin Skin Test) is required annually during your birthday month for all CCHS healthcare students. You can opt to get the test as much as 90 days in advance of your birthday. Free TST’s are available at CCHS and through CHS. TST’s will be available in the college lobby on **Sept. 12, 11:15 - 11:45 AM**. If you are unable to take advantage of this due to scheduling conflicts, you may go to the employee health office in the CMC Annex Building across from the CMC ED for your free TST, M - F, 7:30 - 4:30.

## National Surgical Technology Week

The Association of Surgical Technologists (AST) has designated **Sept. 18 - 24** as National Surgical Technology week. CCHS Surgical Technology students will take part in various activities that week including providing an informal overview of the program and career for staff, faculty, and students enrolled in other programs. Check the daily schedule on the lobby bulletin board for date and time.

## CMC Main Cafeteria Renovations Begin

The CMC cafeteria is being remodeled to better serve employees and patient families. The renovations begin Monday, Aug. 22 with the targeted completion at the end of September. The work is staged so you'll always have food access

## CCHS Poetry Slam

At new student orientation the Student Ambassadors challenged new students to write a poem expressing their feelings about the day.

### The winning poem from August 15th

Roses are red, scrubs are green  
I have a need, a need for caffeine  
It's suppose to be summer, or so I was told  
A hat, scarf or mittens would help with this cold  
Thank you SGA/SA for all the great snacks  
And for all the help and having our backs

*Brian House, Shannon Williams, Drew Bolyard, and  
Charity Myers*

### The winning poem from August 18th

It's twelve o'clock and we're ready to rock  
We're going back to school 'cuz we so cool  
We wanna be nurses with cute purses...  
and a men's satchel!  
Hope this year goes by fast and that we ALL pass  
It's time to eat, so we're making this short and sweet!

*Zhann Nay, Brittany Mattox, Hilary Lidman, Harley  
Hernandez, Meredith Mayes, Lindsay Helms, Justin Johnson,  
Jessica Hightower, and Daria Kearse*



## Update

Renovations are coming along to the AHEC Library and we anticipate the library will be open by the end of October. To meet your needs throughout the renovation, the library staff will pull materials for faculty and students as needed. The **second floor conference/study rooms** will be open for study and group work starting Friday, **Sept. 9**. Take the elevators to the second floor to access the rooms. Faculty and students can email us at [charlotteaheclibrary@carolinashealthcare.org](mailto:charlotteaheclibrary@carolinashealthcare.org) or call 704-512-6523 for materials or help.

Once the library reopens, the new hours of operation will be 9:00 am – 6:00 pm Monday to Thursday and 9:00 am – 5:00 pm Friday. We hope to see everyone at the AHEC Library's grand re-opening soon.

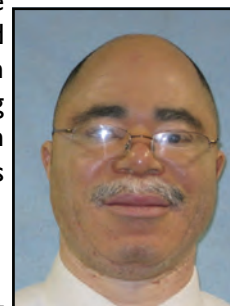
## Faculty News

### Welcome Aboard!

**Lisa Thornton** will be co-teaching BIO 102: Anatomy and Physiology II with Suzanna Thornton. Lisa has a 20-year career in the health care profession serving in research and education. She received a masters in biology from UNCC and an MBA from University of Phoenix. Her research interests have included studying the metabolism of various substrates in the heart after insult (either hemorrhage, sepsis or pulmonary embolism) as well as studying x-linked hypophosphatemia and intervertebral disc degeneration. She has also spent about 3.5 years teaching primarily anatomy and physiology labs and microbiology labs & lecture for UNCC and Carolinas College of Health Sciences. After marrying Charlie Thornton, she moved to NC and gave birth to her third child, who just turned 21! Charlotte is home for Ms. Thornton. She is pleased to return to CCHS and looks forward to serving as a general studies instructor for future healthcare professionals!



**Matamba Mbayabu** joins the general studies department to teach MAT101: College Math. Mr. Mbayabu was born and raised in the Democratic Republic of the Congo, formerly known as Zaire, where his high school years were influenced by Peace Corps volunteers. Interested in pursuing an education in the United States, he received his bachelor's degree in mathematics at Davidson College and his master's in math education at UNC-Charlotte. His experiences include teaching math at various colleges and high schools, working for the US embassy in Kinshasa, and serving as a French interpreter in Europe, Africa, and Canada. Mr. Mbayabu and his family live in Concord, NC. He is looking forward to working with CCHS students. Mr. Mbayabu's office is in room 260.



**Ruthie Mihal** joined CCHS as the alumni coordinator on August 22. This is a shared position with Mercy School of Nursing, the nurse anesthesia program, and the medical education residency programs. A native of Pittsburgh, she moved to Charlotte eight years ago and has served as the executive director of the local Muscular Dystrophy Association since then. She brings to the position over 14 years of sales, relationship building, event planning, and non-profit fundraising experience. Ruthie lives in Huntersville with her dog Louie (aka Crazy Louie!). She loves yoga and running and completed her first half marathon in May 2011. She is thrilled to be part of our team! Ruthie's office is in room 131.

### FAQ...

Q. Where can I find a quiet place to study?

A. Try these:

- ☞ In the Pavilion. Exit the door near room 122A, turn right (take your badge!). Viola! At end of sidewalk is a secluded, lovely outdoor study area.
- ☞ Second floor study rooms at the AHEC Library, reopening on Sept. 9.
- ☞ Gazebo & tables in the CCHS courtyard.
- ☞ Student lounge's three quiet study rooms, the computer room or annex, room 137, or any classroom, anytime not in use (you can reserve them through student services).
- ☞ The nine study carrels near room 122 (no reservations needed).
- ☞ The Student Success Center, room 213.

**Outstanding  
Job!**

**DEAN'S  
LIST**

Congratulations to these outstanding students who were enrolled in at least six credit hours and achieved a semester GPA of 3.50 or better. Our summer 2011 Dean's List recipients are:

**General Education:** Carolyn Worrell

**Nursing:** Melissa Austin, Dawn Connor, Caitlin Cooper, Cara Devine, Magda Echeandia, Sarah McGimsey, Edward Medina, Candace Reel, Courtney Rosenthal, Brandy Rowland, Courtney Smith, Matthew Smith, Haley Stewart, Megan Walsh, and Donna Wells

**Pre-Nursing:** Emily Bonner, Tricia Brown, Christina Costello, Alexandra Crew, Mandy Ferguson, Jorge Figueroa, Jennifer Finn, Sophie Johnson, Susette Kimrey, Shawn Lydon, Melissa Maloney, McKenzie Masters, Flora McCarthy, Jill Miller, Emily Payne, Julie Powell, Lisa Price, Brandon Tabor, and Sonja Wilson

**Radiologic Technology:** Crista Deckert, Lawrence Higby, Katrina Lee, Heather Morris, Dana Mosley, and Emily Randall

**Surgical Technology:** Carolyn Brown, Lesley Dixon, Amanda Frederick, Heather Heath, Haley Lail, Kristin Moore, Frances Pak, Sophia Politis, Justin Sevigny, and Deana Stroupe

## Carolinas College's Logo Store

Show your Carolinas College spirit by wearing logo merchandise items. Logo items are available in a variety of items and colors at the online logo store. There are over 89 men's and over 105 women's apparel items to choose from in a variety of styles and colors.

Shop for your Carolinas College apparel at our custom Company Store from Lands' End Business Outfitters by going to: [http://ocs.landsend.com/cd/frontdoor?store\\_name=carolinashealthcare&store\\_type=3](http://ocs.landsend.com/cd/frontdoor?store_name=carolinashealthcare&store_type=3) or visit the link via the **Carolinas College website** ([www.carolinascollege.edu](http://www.carolinascollege.edu)) then select CCHS Logo Store. Items are pictured without the College logo, but you'll have the opportunity to select up to two places to have the logo applied, and to see what the logo looks like.

**Follow these simple steps:**  
**Step 1- Select Items** (You will not need to sign-in or register):

- Select the items that you are interested in purchasing & click "continue." Preliminary prices listed are without the logo
- Select the logo you want (click on "Carolinas College of Health Sciences" for a photo of what the logo will look like, and select where on the garment or item you want to college logo to appear, up to two logos per garment. Click "continue."
- Price with logo's will appear. Confirm order details are correct and click "proceed to checkout."

### Step 2- Check Out:

- Select your shipping method and enter your shipping information then click "continue."
- Confirm that the order details are correct and click "continue."

### Step 3- Payment Information:

- Enter your billing information under "Credit Card." **NOTE: Do not enter information in the "Pay with open account"**

### field.

- Enter your email address in the "Order Confirmation Section."
- Click "Submit."

**Or, place your order by telephone:**  
800.990.5439, M – F,  
7:00am – 7:00pm CST.

**Other details:** Your order should arrive in 7 to 10 business days. (Choosing UPS Next Day delivery affects shipping time but not processing time.) Returns can be made for replacement of logo'd merchandise, but no cash refunds.

**Questions?** Call Employee Recognition at 704.444.3096 or Lands' End at 800.990.5439.



**LANDS' END**  
BUSINESS OUTFITTERS

# Club News



## Phi Theta Kappa (PTK)

Welcome to FALL Semester 2011!! There are lots of exciting events planned so mark your calendars...

- ♦ **Fri., Sept. 2** - Bechtler Museum of Modern Art. We'll meet at the LYNX station at Atherton Mills (on South Blvd.) at 5:00 and take the train into town. Those who do not wish to take the train are more than welcome to drive and meet us there. Watch for e-mails through the PTK Information Portal (IP) page and fliers around the school.
- ♦ **Wed., Sept. 14** - Men's Shelter on Statesville Avenue, 5:30-8:00. Please refer to the PTK IP for more details and to sign up. This is a great opportunity to give back to our community. Hope to see you there!
- ♦ **Thurs., Sept. 22** - Bake Swap, 8:00-12:00, to benefit the Men's Shelter. Bring in an item to donate and take home a baked good in return. Bakers are needed. A list of suggested items will soon be on the PTK IP.
- ♦ **Thurs., Oct. 13** - The fall induction ceremony, 5:30-6:30. Invitations will be sent to all program students with a course load of 12 hours and who have at least a 3.25 cumulative GPA.
- ♦ **Fri., Oct. 14** - 11:00 - Noon. PTK will be host a luncheon for graduating members. More details to follow in next month's newsletter.

In the planning stages, a bowling outing in Oct. and a Charlotte Checkers' game in Nov. Watch for details to be announced in future issues. Here's to a great start to your new school year!

*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: Linda Cable and Barbara Ludlow. Current members are reminded to regularly visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisors are Cathy Borysewicz & Cathey Miller.*

## Student Nurses Association (SNA)

Carolinas College's Student Nurses Association (SNA) would like to welcome all new and returning students. We wish you a great, productive new school year. Are you looking for an organization that promotes leadership development? Facilitates student success while promoting professional growth? Recognizes students' leadership contributions to school, community, and the profession of nursing while promoting integration of the college within the community? Well, look no further, you have found it! SNA can do all those things for you! Anyone in the pre-nursing or nursing programs can join. The fee is only \$5! Check out our page on the College's Information Portal for more info about how to join! Meetings and updates will be posted in the monthly newsletter as well as on posters around school.

**SGA**...is proud to present...

**THE ORIGINAL Italian PIE**

1608 East Boulevard  
Charlotte, NC 28203  
704-335-8167  
10:00 am - 10:00 pm Everyday  
Major Credit Cards Accepted

...an exclusive  
Carolinas College special!

Fall Semester Special!  
Carolinas College of Health Sciences  
Students, Faculty and Staff  
will receive a  
15% discount upon  
showing your I.D. Badge  
during the hours of operation.  
(excluding alcoholic beverages)  
In addition on Tuesdays  
you may choose your non-alcoholic  
drink of choice for FREE!

# Continuing Education

## September 7

*Basic Phlebotomy Skills for the HealthCare Professional.* Cost: \$120. Contact Lakisha Bennett, 704-355-2663 or [Lakisha.Bennett@carolinas.org](mailto:Lakisha.Bennett@carolinas.org), for more information.

*Ethics Grand Rounds: Facebook: Friend or Foe? A Discussion of Social Media,* 12:30 - 1:30 pm. CMC Auditorium. Case presentations and panel discussion with representatives from legal, security, privacy, risk management, public relations, and marketing.

*Stress Management,* Noon - 1:00 pm, Employee Assistance Program, 720 East Blvd., Charlotte. Learn how to recognize and effectively deal with stress to maintain a healthy lifestyle. Space is limited so please call 704.355.5021 to register. **FREE** for CCHS students! 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 problem, if you need help, call CHS' EAP, 704.355.5021, for a private appointment or to register for a class.

## September 13 & 27

*Admissions Information Sessions,* 4:00 - 5:00 pm. Want to know more about CCHS' 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. For more information on our Medical Laboratory Science program, contact Kelly Shirley, Program Director, at 704.355.4275.

## September 14

*BLS Renewal,* 4:00 - 7:00 pm. If you are graduating soon or your certification is about to expire, BLS **renewal** classes are offered at the College monthly for \$40. Please come by the CTC, Room 220 (on the 200 hallway, past the student lounge), to register. You will need a current textbook for the class. Books can be purchased from the CTC if you do not have one. Contact Christy Dull at 704.355.5699 for registration information.

## September 15

*Chaplain's Grand Rounds - Care of Body and Soul at End of Life,* Noon - 1:00 pm. This 9-part lecture series will be presented by various healthcare professionals and is designed to

invite dialogue between faith and science, belief and biology, and the interface of mind, body, and spirit. All disciplines are invited to gather and reflect on the subject matter to further edify best practices in healing the whole person. All lectures will be held in the CMC Auditorium.

The introductory lecture entitled **"Body and Soul at End of Life"** and is presented by David Carl, BCC, Executive Director of CHS' Pastoral Care and Education Department, Feel free to bring your lunch. **FREE** for CCHS students!

**EAP Workshops at CCHS This Fall** - Sandy Allen from the Employee Assistance Program will conduct two free workshops for students, faculty and staff at CCHS in September and October.

## September 27

*The ABC's of Communication & Conflict Management,* 2:30 - 3:30 pm, room 161. This seminar focuses on helping you achieve the results you want by improving your professional communication skills.

Participants will learn:

- Strategies for increasing communication efficiency and effectiveness.
- How to recognize and deal with difficult people.
- Leadership skills in the workplace.

## September 29

*Stress Management/Test Anxiety,* 2:30 - 3:30 pm, room 219. "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*

Participants will learn:

- how to identify and manage stressors.
- how to handle test anxiety.
- strategies for effective self-care.

Contact Nancy to sign up at 704-355-4025, or [Nancy.Watkins@CarolinasCollege.edu](mailto:Nancy.Watkins@CarolinasCollege.edu)



## Name the New SimMan

The newest member of the Laerdal simulator family has arrived at Carolinas Simulation Center! SimMan 3G will soon join his siblings Simone, Savannah, Samantha, Mike and Eli but he needs a name! E-Mail your suggestions to: [SimulationCenter@Carolinas.org](mailto:SimulationCenter@Carolinas.org). Carolinas Simulation Center staff will review all entries received and select a winner who will receive a \$25 gift card. All entries must be received by September 30<sup>th</sup>.

THE CENTER  
IS ALSO A  
GREAT PLACE  
TO STUDY!

## Student Success Center News

### Why do students serve as Peer Tutors?

- Flexibility! Tutors decide how much time they have and determine their availability.
- Review! Keeping past material fresh in your mind makes preparing for board exams less strenuous.
- Gifts! Peer tutors like CMC cafeteria passes not to mention parking in the "V" lot!
- Experience! This volunteer leadership opportunity looks great on your resume.
- Satisfaction! How rewarding to help other students achieve their goals!

Talk with Nancy now about becoming involved in the Peer Tutoring Program!

### Success Tip for September - Use your college resources: *That's what you're paying for!*

- Get to know your instructor and advisor.
- Get answers to your questions either during or after class. Don't let confusion build up!

- Stop by the Student Success Center to learn about services for students. If you have a need, let me know about it.
- Find out about services provided by the Employee Assistance Program – it's not just for employees!
- Join a student organization and contribute to the life of our college. We need you!

For a more information or to talk with Nancy Watkins, stop by room 213, call or email for an appointment.

**New CCHS Recruitment Specialist for PT/PRN Employment!** Look for Jacquelynn Williams in the lobby on Monday, **Sept. 12**, 10:00 – 12:00. Jacquelynn.Williams@carolinashealthcare.org, 704.631.0314

**Save the Date! Job & Continuing Education Fair** - Tuesday, **Oct. 4**, 11:00-1:30 pm. As you plan your life beyond Carolinas College, don't miss this opportunity to talk with representatives from colleges and universities as well as human resources personnel from NC and SC hospitals. Mark your calendar!

## Student of the Month



Jennifer Autry

When it comes to smiles, leadership, and motivation, Jennifer Autry has it all in one package! She exemplifies our values of teamwork and commitment. As one of our Medical Laboratory Sciences students, she assisted with Phlebotomy Orientation for the newest group of MLS students...all at a moment's notice. When the instructor had to be out of the class briefly in another orientation, Jennifer stepped in and helped with equipment setup and served as a "sounding board" for the new students (who had lots of questions about the scary upcoming clinicals!) She jumped right in and did it with a smile. Hats off to Jennifer!

She is a graduate of Western Carolina University.....loves the color pink and all good food! Jennifer is SUPER ORGANIZED, according to all her instructors! She has a garden and two dogs....a big lab/rotweiler mix named NERD and a lab/pit bull mix named Zoey. She loves bonfires and we are super glad that she is in our MLS program!

**Carolinas College of Health Sciences  
Quick Reference Sheet**

**ADMINISTRATION**

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| <p><b>President</b><br/>Dr Ellen Sheppard<br/>Room 111, 704.355.5316<br/><a href="mailto:Ellen.Sheppard@CarolinasCollege.edu">Ellen.Sheppard@CarolinasCollege.edu</a></p> <p>Assistant: Pat Lewis, 704.355.2029<br/><a href="mailto:Pat.lewis@CarolinasCollege.edu">Pat.lewis@CarolinasCollege.edu</a></p> | <p><b>Provost</b><br/>Dr. Janice Terrell<br/>Room 212, 704.355.4305<br/><a href="mailto:Janice.Terrell@CarolinasCollege.edu">Janice.Terrell@CarolinasCollege.edu</a></p> |
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**STUDENT SERVICES, SUITE 166**

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| <p><b>Dean</b><br/>Dr. Hampton Hopkins<br/>Room 164, 704.355.5585<br/><a href="mailto:Hampton.Hopkins@CarolinasCollege.edu">Hampton.Hopkins@CarolinasCollege.edu</a></p> | <p><b>Admissions Office</b><br/>Rhoda Rillorta/Nicki Sabourin<br/>Diana Bell/Joy Godwin<br/>704.355.5051<br/><a href="mailto:Rhoda.Rillorta@CarolinasCollege.edu">Rhoda.Rillorta@CarolinasCollege.edu</a><br/><a href="mailto:Nicole.Sabourin@CarolinasCollege.edu">Nicole.Sabourin@CarolinasCollege.edu</a><br/><a href="mailto:Diana.Bell@CarolinasCollege.edu">Diana.Bell@CarolinasCollege.edu</a><br/><a href="mailto:Joy.Godwin@CarolinasCollege.edu">Joy.Godwin@CarolinasCollege.edu</a><br/>Student Leadership, Organizations, &amp; Support</p> | <p><b>Registrar's Office</b><br/>Sue Roux<br/>Room 165, 704.355.6676<br/><a href="mailto:Sue.Roux@CarolinasCollege.edu">Sue.Roux@CarolinasCollege.edu</a><br/>Registration, Records, &amp; Transfer Credit</p> |
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**BUSINESS, FINANCE, & TECHNOLOGY, SUITE 208**

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| <p><b>Dean</b><br/>Kim Bradshaw<br/>704.355.5584<br/><a href="mailto:Kim.Bradshaw@CarolinasCollege.edu">Kim.Bradshaw@CarolinasCollege.edu</a></p> <p>Assistant: Martha Robinson<br/><a href="mailto:Martha.Robinson@carolinashealthcare.org">Martha.Robinson@carolinashealthcare.org</a><br/>704.355.5579<br/>Online Bookstore, Refunds, Tuition/Fees</p> | <p><b>Financial Aid</b><br/>Jill Powell<br/>704.355.8894<br/><a href="mailto:jill.Powell@CarolinasCollege.edu">jill.Powell@CarolinasCollege.edu</a></p> <p>Ann Keathley<br/>704.355.5486<br/><a href="mailto:Ann.Keathley@CarolinasCollege.edu">Ann.Keathley@CarolinasCollege.edu</a><br/>CHS Educational &amp; Federal Loans, Grants, &amp; Scholarships</p> |
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**ADDITIONAL SUPPORT SERVICES**

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| <p><b>Charlotte AHEC Library</b><br/>Medical Education Building, 1<sup>st</sup> Floor<br/>704.355.3129<br/><u>Hours*</u><br/>Monday - Thursday 8:30 AM - 6:30 PM<br/>Friday 8:30 AM - 5:00 PM<br/>*Call for revised hours during construction.</p> <hr/> <p><b>On-line Bookstore</b><br/><a href="http://direct.mbsbooks.com/carolinascollege.htm">http://direct.mbsbooks.com/carolinascollege.htm</a><br/>CCHS Logo Store: <a href="http://www.CarolinasCollege.edu">www.CarolinasCollege.edu</a></p> | <p><b>Parking, Access Control &amp; ID Badges</b><br/>Annex Building<br/>(behind the Med Ed Bldg., next to the ED)<br/>704.355.3111</p> <hr/> <p><b>Student Success Center</b><br/>Nancy Watkins<br/>Room 213, 704.355.4025<br/><a href="mailto:Nancy.Watkins@CarolinasCollege.edu">Nancy.Watkins@CarolinasCollege.edu</a><br/>Hours<br/>Monday - Friday 9:30 AM - 4 PM<br/>Tutoring, Placement, &amp; Student Services</p> | <p><b>Computer Lab</b><br/>Room 153, 704.355.7572<br/>Normal Operating Hours*<br/>Monday - Thursday 8 AM - 7:30 PM<br/>Friday 8 AM - 4:30 PM<br/>Saturday 11 AM - 4 PM<br/>Closed on Sunday</p> <p>*Evening &amp; weekend hours subject to last minute changes; call ahead.</p> |
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**MISCELLANEOUS**

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| <p align="center"><b>IMPORTANT DATES FOR SUMMER 2011</b></p> <p><b>Holiday - College Closed</b>..... Sept 5<br/>Fall I Midterm..... Sept 14<br/>Last Day to Withdraw - Fall I..... Sept 23<br/>Fall I Classes End..... Oct 7<br/>Fall I Final Exams..... Oct 12-14<br/>Fall Break - No Classes..... Oct 17-18<br/>Full Fall Midterm..... Oct 19<br/>Fall II Classes Begin..... Oct 19<br/>Last Day to Withdraw - Full Fall..... Nov 11<br/>Fall II Midterm..... Nov 16<br/><b>Holiday - No Classes</b>..... <b>Nov 23</b><br/><b>Holiday - College Closed</b>.....<b>Nov 24 -25</b><br/>Last Day to Withdraw - Fall II..... Nov 28<br/>Full Fall &amp; Fall II Final Classes End..... Dec 9<br/>Full Fall &amp; Fall II Final Exams..... Dec 12-16<br/>Fall Commencement..... Dec 16<br/><b>Holiday - College Closed</b>..... <b>Dec 26</b></p> | <p align="center"><b>Important Phone Numbers</b></p> <p>College's Main Number.....704.355.5043<br/>College's Main Fax Number.....704.355.5967<br/>CPR/ACLS/PALS.....704.355.5699<br/>Disability Services.....704.355.5585<br/>Employee Health.....704.641.0206<br/>Garden Terrace Apts Mgmt (Duval Investments)..704.731.5560<br/>Human Resources (employment).....704.355.2101<br/>Inclement Weather.....704.446.7854<br/>President's Office.....704.355.5316<br/>School of Clinical Laboratory Sciences.....704.355.4275<br/>School of Nursing.....704.355.5343<br/>Radiation Therapy Program.....704.355.6937<br/>Radiologic Technology Program.....704.355.7688<br/>School of Surgical Technology.....704.355.1547<br/>Security (CHS dispatch).....704.355.3333<br/>Security Escorts.....704.355.2093</p> <hr/> <p align="center"><b>Canteen Operating Hours</b><br/>Ms. V's is open Monday - Friday from 7:30 AM - 1:30 PM</p> |
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## Important Dates to Remember...

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| Sept. 1       | AHEC Library Staff Able to Access Materials for the College  |
| Sept. 2       | Phi Theta Kappa (PTK) Night at the Museum  |
| Sept. 5       | HOLIDAY - COLLEGE CLOSED   |
| Sept. 7       | Basic Phlebotomy Skills for the HealthCare Professional<br>EAP Workshop: <i>Stress Management</i><br>Ethics Grand Rounds: <i>Facebook: Friend or Foe? A Discussion of Social Media</i> |
| Sept. 9       | AHEC Library 2nd-floor Conference Rooms Open for Study   |
| Sept. 12      | HR Recruitment Specialist on Campus<br>SGA Sponsored Committee/Community Involvement Fair<br>TST Clinic at CCHS  |
| Sept. 13      | Student Services Information Session<br>Financial Aid Refund Checks Available  |
| Sept. 14      | PTK Volunteers at the Men's Shelter<br>BLS Renewal Classes   |
| Sept. 15      | Chaplain's Grand Rounds: <i>Body and Soul at End of Life</i>   |
| Sept. 16      | Constitution Day   |
| Sept. 18 - 24 | Surgical Technology Week   |
| Sept. 19      | Open Forum with President Sheppard   |
| Sept. 22      | PTK Bake Swap to Benefit the Men's Shelter   |
| Sept. 27      | Student Services Information Session<br>EAP Workshop: <i>The ABC's of Communication &amp; Conflict Management</i>  |
| Sept. 29      | EAP Workshop: <i>Stress Management/Text Anxiety</i>  |
| Sept. 30      | Name that SimMan Contest Submission Deadline   |

## You are Amazing!

Did you witness a someone doing a good deed? Was someone instrumental in helping you ACE that test recently? CHS makes it easy to say "thanks" in a special way to the student, staff, or faculty member who went out of his or her way to help you. You can send a WOW Card, supplies located in the lobby, nominate them for a Values in Action or KEIP (Key Employee Incentive Program) Award. The following students or staff were recognized recently for service above and beyond:

### Students:

**Nursing:** April Carruth, Jackie Davis, Barbara Ludlow, Katharine Oleksa, & Erika Neal

**Surgical Technology:** Frances Pak

### Staff:

**Student Services:** Rhoda Rillorta

**Continuing Education:** Susan Thomasson

**Nursing:** Diahanne Holandez

**Radiologic Technology:** Lucy Davison

The College is Closed on September 5.  
Have a safe, restful, and happy  
Labor Day weekend!

