

carmel the Rapper

MCCN news & information



MOUNT CARMEL
College of Nursing

New Members Inducted into Rho Omicron Chapter at Sigma Theta Tau Induction Ceremony



In April 2002, Mount Carmel College of Nursing earned the privilege of establishing the Rho Omicron chapter of Sigma Theta Tau International (STTI) Honor Society of Nursing, an organization committed to fostering excellence, scholarship and leadership in nursing. STTI promotes the use of nursing research in healthcare delivery and provides resources to communicate the latest knowledge in nursing care.

On November 10, 2011, 77 new members were inducted into MCCN's Rho Omicron chapter. Inductees included 66 seniors in the BSN program (includes Second Degree Accelerated Program students and MCCN Fairfield campus students), five students in the RN/BSN Completion Program, five Masters Program students, and one nurse leader.

Those eligible for membership in the Rho Omicron Chapter include:

- Baccalaureate Program seniors in the top 35 percent of their graduating class.
- Second Degree Accelerated Program students who have completed half of their nursing curriculum and are in the top 35 percent of their class.
- RN students in the Baccalaureate Program who rank in the upper 35 percent of their graduating class and have 50 percent of the nursing program completed.
- Students in the Graduate Program who have completed one-fourth of their program.
- Community leaders demonstrating leadership or achievement in nursing including achievements in research, publication, administration, consulting, practice, or education.



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Dates to Remember

November 21	SNAM Books & Buckeyes Sale
November 23	Last day to drop a FA-11 Term 2 course
November 24-25	Thanksgiving (holiday)
November 28	SNAM meeting
December 9	Term 2 and semester classes end
December 12	Term 2 nursing clinical final exams
December 12-15	Free Finals Breakfasts
December 12-16	Final exams
December 17-January 3	Holiday break

New Members Inducted into Rho Omicron Chapter at Sigma Theta Tau Induction Ceremony cont'd

Approximately 300 people attended the ceremony. The guest speaker, Donna Curry, RN, PhD, delivered the keynote address: "What would Flo do?" Dr. Curry is Assistant Dean at Wright State University in Dayton, OH. She has served in leadership roles for the local chapter and as STTI Region 9 Coordinator. Her interest is in international nursing and maternal-child health initiatives.

Special thanks to **Dr. Angie Phillips Lowe** for offering the reflection and to **Sherry Hull, MS, RN**, for coordinating the Silent Auction, which raised \$500 for the Rho Omicron scholarship fund.



Rho Omicron Board Members:

Front row (l-r):

Bonnie Moses, MS, RN, CNRN, Treasurer
Denice Taylor, MSN, CNP, CWOON, Governance
Rachel Choudhury, MSN, RN, CNE, OCN, President
Stephanie Kettendorf, MS, RN, CNS, NCBF, Leadership Succession
Kathy Walters, MS, RNC, NNP-BC, Governance

Back row:

Ann Waterman, PhD, RN, Secretary
Kerry Dawley, MSN, RN, Vice President

(not present in photo)

Diann Dierckman, BSN, RN, Leadership Succession
Hannah Gankosky, BSN, RN, Publicity Chairperson

ATI Comprehensive Review for NCLEX Preparation

Beginning with the 2011-2012 academic year, students graduating from the traditional pre-licensure nursing program are required to attend an ATI Comprehensive Review for NCLEX Preparation. Students on track to graduate from the traditional pre-licensure program are assessed a \$250 senior year fee that enrolls them in the ATI Comprehensive NCLEX Review arranged by the College.

The onsite review is offered in May the week following graduation for May and July graduates. The onsite format consists of a three-day comprehensive in-class review.

October, December, and March graduates are offered an onsite review session if there is a minimum of 25 students in attendance. If there are fewer than 25 students, graduates will enroll in the comprehensive review in a self-paced online format with an individually assigned ATI course instructor. Second Degree Accelerated students will receive information from their Program Coordinators about the ATI review session.

Candidates for Induction

Senior Students

Alley, Stephanie
 Arledge, Cora**
 Bean, Melissa
 Berberick, Ashley
 Binkley, Stephanie
 Boggs, Calina
 Boulton, Esther *
 Boyle, Jean *
 Burns, Megan
 Caulfield, Melissa*
 Compton, Chelsea*
 Corcoran, Andrea
 Cordasco, Anna
 Curry, Alysha**
 D'Agostino, Ashley
 Dickinson, Kelly
 Diroff, Lea
 Driver, Lacey*
 Earley, Stefanie*
 Emch, Kate*
 Evans, Amanda*
 Forgrave, Emily**
 Frost, Patricia*
 German, Marissa
 Gillogly, Samantha
 Gocha, Lisa
 Graves, Christian

Hampton, Jaclyn
 Hocking, Hillary
 Hostetler, Katharine
 Howlett, Erin

Jacobs, Allison
 Kaper, Bethany*
 Karingada,
 Cassandra

Lauer, Lacey
 Lithgo, Rachel
 Malysa, Tara*
 Mapes, Alyse*

Marcon, Laura*
 Martineau, James
 McAndrew, Marlee

Metzger, Emily
 Mitchell, Anita**
 Morris, Abbey

Myers, Melissa
 Nicholson, Britney*
 Ogden, Jennifer*

Ramsey, Danielle
 Ratermann, Andrea
 Ritchie, Samantha

Roethele, Sarah
 Rose, Katelyn
 Sagle, Brittany*
 Saionzkowski, Robin*
 Schaeffer, Rebecca
 Simmons, Julie
 Sisinger, Aimee*

Szklarz, Christine*
 Torpey, Danielle*
 Tucker, Lauren
 Vance, Caitlin
 Watterson, Brittany**

Wells, Jennifer
 Wenning, Alison
 Werner, Lisa
 Williams, Ryan*

*Second Degree
 Accelerated Program
 student

**MCCN Fairfield
 Campus student

Masters Program Students

Atkinson, Danielle
 Molle, Stacey
 Rucker, Yvonne
 Straight, Angela
 Weatherby, Deidra

Nurse Leader

Kimberly Greene,
 MSN, RN, FNP

RN/BSN Students

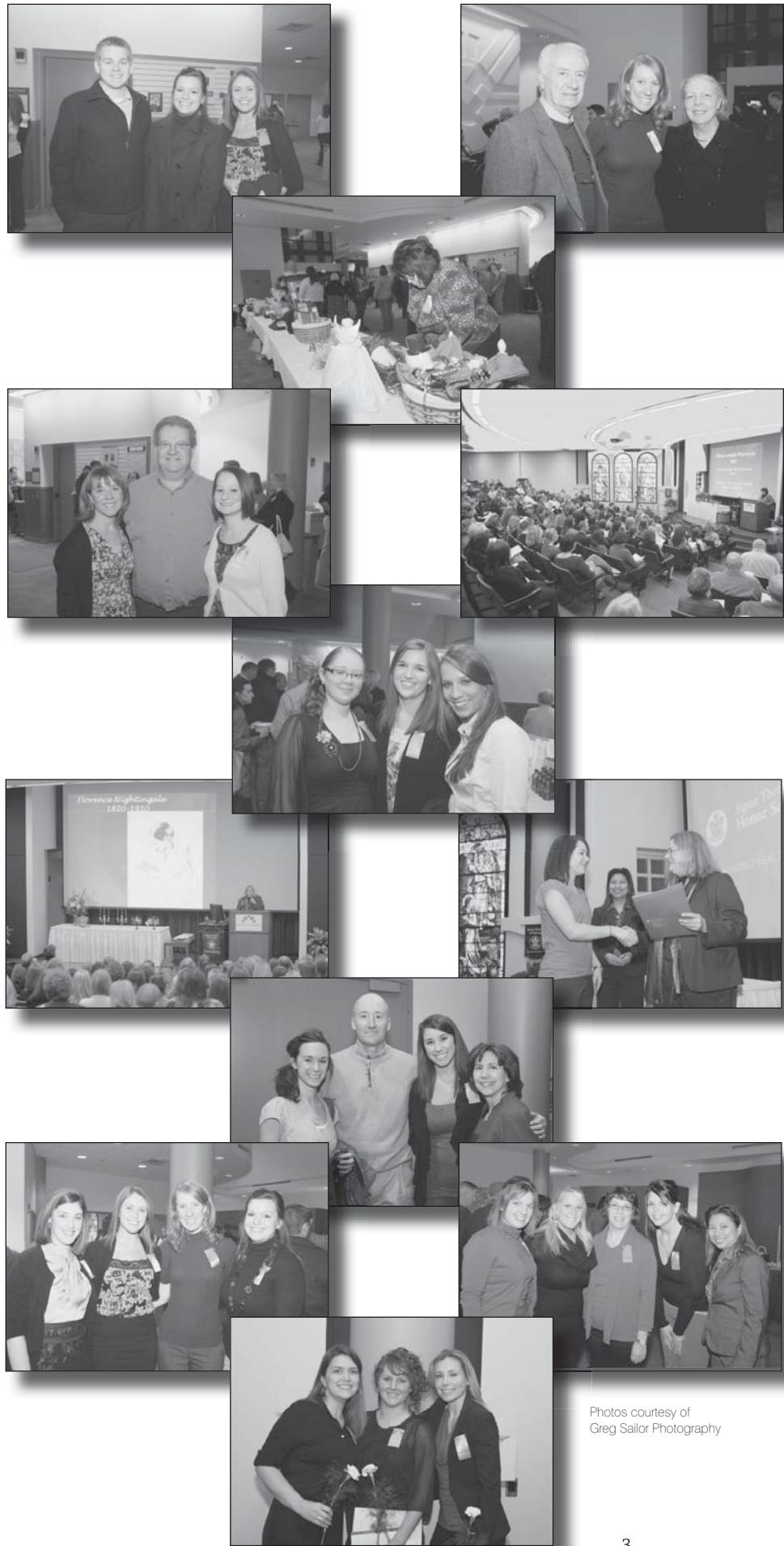
Bersagel, Shannon
 Keller, Diana
 Maynard, Marci
 Rudecki, Amy
 Westerheide, Krista

Catholic Mass Schedule at Mount Carmel West Chapel

Sunday at 4 p.m.

Monday and Wednesday at noon

New Members Inducted into Rho Omicron Chapter at Sigma Theta Tau Induction Ceremony cont'd



Photos courtesy of
Greg Sailor Photography

Are You Taking a Course Elsewhere?

Any student taking a class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her Quarter course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01). The deadline for Fall was Friday, August 19; the deadline for Winter is January 6.

Students must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found this notification to MCCN frequently is not happening. Remember ... you need to keep MCCN updated on your affiliated status!

All students must submit their CSCC or OSU course schedules to MCCN Records and Registration every quarter they take classes. Students who neglect to fulfill this responsibility will find that their credit hours at CSCC or OSU may not count toward calculation of total credit hour load.

Financial aid awards are based on total registered credit hours. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

IF YOU ARE TAKING AN AFFILIATED COURSE OR HAVE WITHDRAWN FROM AN AFFILIATED COURSE AND HAVE NOT ALREADY NOTIFIED RECORDS AND REGISTRATION, PLEASE DO SO IMMEDIATELY.

Students at Ohio University Lancaster

Students enrolled as freshmen in the MCCN-FMC program and taking classes at Ohio University Lancaster (OU-L) are also required to submit a copy of their Quarter course schedules to the MCCN Records and Registration Office (Marian Hall, Room 2C01). The deadline for Fall was Friday, September 9; the deadline for Winter is January 6.

All MCCN-FMC students must submit OU-L course schedules to MCCN Records and Registration every quarter they take classes at OU-L.

FMC program students must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found this notification to MCCN frequently is not happening. Remember ... you need to keep MCCN updated on your affiliated status!

Community Service

Social Responsibility is one of the "Core Values" contained in the mission of Mount Carmel College of Nursing. In accordance with the College's *Mission and Catholic Identity*, the Community Service requirement for nursing students includes the application of one's skills and time to meet identified community needs of vulnerable and at-risk populations.

This activity leads to learning and development through active participation in thoughtfully organized service that:

- is conducted in and meets the needs of the community
- involves reflection and analysis of the experience
- promotes the development of leadership skills, citizen skills, and social responsibility

Pre-licensure students are required to complete 20 clock hours of community service prior to the beginning of the last semester of enrollment (RNs enrolled in the BSN Completion Program and SDAP students must satisfactorily complete 10 clock hours).

Pre-licensure students who do not meet the deadline will be required to complete an additional 10 clock hours (for a total of 30 hours) in order to meet the graduation requirement. RN-BSN and SDAP students who do not meet the deadline will be required to complete an additional 5 clock hours (for a total of 15 hours) in order to meet the graduation requirement.

Any student who does not meet the requirement by the policy deadline may participate in Commencement activities but will not receive a diploma or be eligible for NCLEX-RN testing until this requirement is met.

Additional details regarding the Community Service Learning Program can be found in the *Student Handbook*.

Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact Records and Registration (614-234-3870) or **Karen Greene** (614-234-5685) to schedule an appointment.

Students finishing the **onsite** RN-BSN Completion Program and Master's students should contact **Kip Sexton** (614-234-5169) with questions about degree audits.

MCCN Student Ambassadors: A Select Group

"**Student Ambassadors are a select group** of current MCCN students chosen to assist with the recruitment process. Ultimately, Student Ambassadors serve as a link between the Office of Admissions and Recruitment, the current student body, and prospective students," says **Kim Campbell, MEd**, Director of Admissions and Recruitment.

The main function of the student ambassador is to conduct campus tours for prospective students and their families. In addition, Student Ambassadors assist at major College functions (i.e., Trustees Dinner, Pinning, Convocation, Commencement, etc.) with set up, registering guests, and passing out programs.

Expectations of Student Ambassadors:

- Applicants must be in good academic standing.
- Applicants must be well rounded in terms of academic performance, activities, and/or athletics, and leadership.
- Candidates must have strong communication and interpersonal skills in order to be considered.
- Since the College ambassador program is of such significance, competition is strong for positions.

New Student Ambassador Applications Due December 9

Interested candidates are invited to pick up an application in the Office of Admissions, at the front desk, or at Charlie's Java Jolt. Applications are due no later than December 9, 2011, and interviews will be conducted shortly thereafter. Questions? Please call the Admissions Office (614-234-4CON) and ask for **Kim** or **Jonathan**.

Potential applicants are also encouraged to talk with one of the current Ambassadors to learn what they think of their experience. Here's what four Student Ambassadors told *The Rapper*.



Senior **Stephanie Binkley**, in her third year as a Student Ambassador, enjoys sharing her enthusiasm about MCCN with potential students and helping them to realize this is a great nursing program.

Binkley has experienced many benefits from her participation, including knowledge about the history of the College, making good friends, meeting more underclassmen, and getting to know the admissions staff. "**Kim Campbell, Gale Kolarik**, and **Jonathan Francis** are great role models and really bring light to the role of the student ambassadors," said Binkley.

"Becoming a Student Ambassador was a great decision because I was able to improve my public speaking, meet a lot of great people at the school, meet a lot of potential students that you later see at freshman orientation, and become more knowledgeable about MCCN."



Sophomore **Renee Dicke** applied to be a Student Ambassador at the end of freshman year because she loves interacting with new people and was looking for a way to get more involved at the College. She thinks it is a lot of fun and plans to participate again next year.

"I knew that Student Ambassadors gave tours of the school, as well as attend special events that the school hosted and they both seemed like a great way to meet new people and promote my school."

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MCCN Student Ambassadors: A Select Group cont'd

One of the main reasons Dicke enjoys participating is assisting at special events. "One of my favorite events to work at was the alumni reunion. It was so entertaining to hear all of the stories from the alumni, and how much things have changed since they went to school here. I also really enjoyed listening to all of their stories about being a nurse, because it makes me more excited about the career path I have chosen."



Junior **Lauren Dortmund**, a Student Ambassador for a year, was a transfer freshman when she came to MCCN. "I was blown away by my professors, who were true professional role models who set the bar high. I felt my success was important to them and they were consistently available to help me with difficult concepts. My hope was that I would be able to convey the prestige and academic excellence of the College that I value to prospective student nurses."

Dortmund believes that the opportunity to give tours of the College is a great way to build communication and public speaking skills.

"You have such a short time frame that it is important to be concise and hold people's attention. Working at alumni and donor appreciation events have also helped me improve my professionalism," said Dortmund.

"It's an honor and joy to represent the College," Dortmund added. "My hope for future applicants is that they would apply because they love the College and are excited to meet prospective students and share their story with them."



Katherine Garmann is a junior and this is her first year as a Student Ambassador. "I decided to apply because I was a transfer student and I thought I could reach out to other students who were interested in transferring to Mount Carmel because my experience transferring was such a positive one," said Garmann.

For Garmann, the benefits of being a Student Ambassador include meeting prospective students, getting to know other students, and interacting with staff for important events. One of her favorite events was the alumni reunion where the Student Ambassadors met Mount Carmel alumni and talked to them about their experiences at Mount Carmel and their careers as nurses.

"As Student Ambassadors, we have the opportunity to represent the College and the wonderful things that it stands for."

Photos courtesy of www.mccn.edu.

Student Volunteers Participate in Mount Carmel Medical Surge Full Scale Exercise

On November 3 at Mount Carmel West and Mount Carmel New Albany, MCCN students had the opportunity to see the Emergency Room and other areas of the hospital respond to a disaster. As volunteer "actors" in the exercise, students portrayed accident victims and worried family members.



A Capital University student sitting with
Marilee Bauer



Dawn Hughes preparing a "victim"

MCCN Faculty & Staff Annual Campaign

Advancing a great institution requires a team mentality and a collective sense of pride in our College. Let's keep the momentum going... \$16,856 has been raised by 35% of our faculty and staff! Declare your impact and take part in this year's campaign.

Remember... it is your participation, rather than the amount of your donation, that counts. **YOU CAN MAKE A DIFFERENCE.** Any questions, contact **Jan Burkey** at 234-3837.

FREE Finals Week Breakfasts

Sponsored by our Mount Carmel
Alumni Association

December 12, 13, 14, and 15, 8 - 11 a.m.
The Rec Room, Marian Hall

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Robin Hutchinson Bell

Editor:
Elaine Kehoe

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Chris Steel

Layout:
Carol Stokes

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell at 614-234-1372 or rhutchinsonbell@mccn.edu.



Emily Brown

Withdrawal Policy Reminder

Please be aware of the MCCN course withdrawal Policy (*2011-2012 Student Handbook*, p. 48).

For the purposes of this policy, there are two types of courses: non-nursing courses and nursing courses. Nursing courses include all courses with a prefix of NURS (with the exception of nursing seminars). Non-nursing courses include all other courses taken in the academic program (including nursing seminars).

After the course start date, a student must first notify the course instructor and obtain his/her signature prior to submitting an Add/Drop Form to the Office of Records and Registration. Submission of the form to Records and Registration is required for official withdrawal from a course. Non-attendance in a course after the withdrawal deadline is considered being absent from the course. Failure to submit a faculty-signed Add/Drop Form will result in a grade being assigned at the conclusion of the course. All course withdrawals are subject to the "Refund Policy" section of the *Student Handbook*.

- A student may withdraw from any course by the end of week 1 and the course will not appear on the transcript.
- A student may withdraw, without academic penalty, from a 16-week semester course by the end of week 12 of the course. A grade of "W" will be posted to the student's academic transcript.
- A student may withdraw, without academic penalty, from an 8-week term course by the end of week 6 of the course. A grade of "W" will be posted to the student's academic transcript.
- A student may not withdraw from any course after week 12 of a 16-week semester course or week 6 of an 8-week term course.
- Summer courses operating on a modified schedule will follow deadlines equivalent to the proportional requirements stated above.
- A student may withdraw from only one nursing course during the program of study.
- A student may withdraw from a total of two different non-nursing courses during the program of study.
- A student who is retaking a course from which he/she has previously withdrawn may not withdraw from that course a second time; a course grade will be assigned at the conclusion of the retake.
- Withdrawing from a course does not force the student to also withdraw from a co-requisite course.

Student Nurses' Association of Mount Carmel (SNAM)

SNAM members attended the recent ONSA Convention in Toledo, Ohio (l-r) **Christian Graves, Nichole Eilerman, Stephanie Binkley, SNAM Advisor Dawn Hughes, Marilee Bauer, Bethany Ellis, Mackenzie Gram, and Kayla Munk.**



Photo courtesy of Kayla Munk

Cheerleader for SNAM: Senior Kayla Munk

Senior Kayla Munk's long and dedicated commitment to SNAM (Student Nurses' Association of Mount Carmel) reflects her belief in the value of the organization for nursing students and the long-term professional benefits membership can bring.

Q: As President, Student Nurses' Association of Mount Carmel, and Immediate Past President, Ohio Nursing Students' Association, you have a significant commitment to this organization. Please explain the benefits of involvement: 1) at the College level; 2) at the state level; 3) at the national level.

A: There are certainly benefits to being involved at every level.

- 1) At the college level, the greatest benefit is sharing the latest in nursing with your classmates. At SNAM meetings we provide speakers from different areas in nursing. I learned early in my freshman year the area of nursing I plan to pursue by listening to a speaker at the Ohio Nursing Students Association Convention held locally in Dublin, Ohio. Also at the college level, SNAM members focus on giving back to the community through events, such as the March of Dimes, volunteering at the Mid Ohio Food Bank, and helping underserved populations.
- 2) I became involved at the state level as a freshman and held various positions on the Board of Directors ever since. The greatest benefit of being involved at the state level is the networking opportunities. For 3 ½ years, I have been able to network and work closely with nurse leaders and students from all over the country! I have had the opportunity to travel to places I never dreamed of going to at my age (or while in college for that matter!), including Salt Lake City, UT; Nashville, TN; and Orlando, FL.

Most importantly, I've learned the vast complexities of running a professional organization, such as conducting professional business meetings, working with hospital/graduate school recruiters, and working with faculty/students from Ohio nursing schools. The ONSA Board of Directors works hard to provide the greatest opportunities for the nursing students of Ohio. The ONSA holds two events



Kayla Munk

Student Nurses' Association of Mount Carmel (SNAM) cont'd

every year for nursing students at which they provide opportunities for NCLEX reviews, meeting with graduate school recruiters, hospital recruiters, breakout sessions, leadership opportunities, and chances to hear from some of the greatest nurse leaders.

- 3) I tell everyone, even if you don't have the time to attend conventions, or run for a state or national board position, become a National Student Nurses Association (NSNA) member. You don't have to commit a large amount of your time to become an NSNA member. The greatest benefit: **Putting on your resume that you are a member of a pre-professional organization!** Just by being an NSNA member, you can take advantage of the membership benefits, such as discounts on NCLEX review materials, discounts on nursing journals, medical supplies, scrubs, 25% off any textbook purchase at Barnes & Noble, health insurance, discounts on convention registrations, and much more.

If you have that extra time to commit, the NSNA holds a career planning conference in the fall, as well as their annual convention every April that you don't want to miss. Believe me, the faculty here at MCCN are willing to be flexible if you are interested in taking the time to expand on your nursing education by attending convention.

Q: What have you learned from your involvement?

A: My involvement has taught me about professionalism. Learning the aspects of running a pre-professional organization has been a valuable experience. I am very passionate about nursing, and the future of nursing is in our hands. I not only learned about the latest issues facing nurses, but also advocated for the future of nursing. I truly believe that these skills will help me in the workforce. I hope to be a part of the Ohio Nurses Association and continue to advocate for patients and the nursing profession. I have been able to expand my speaking skills, leadership skills, and learned important skills to be successful in my future.

Q: How does joining this pre-professional organization benefit students during nursing education?

A: Being a part of a pre-professional organization prepares you to enter into the next phase of your life, a career as a nurse! From right now, we all know the stress of being a nursing student. One of the greatest benefits of joining a pre-professional organization is sharing your experiences with other nursing students. They may be your only acquaintances who truly know what you are going through. There are also endless opportunities to learn about being successful in your education. At conventions, many breakout sessions are structured toward helping you ace your nursing exams, as there are also review sessions on areas, such as fluid & electrolytes and pharmacology. I think the educational materials and opportunities available to students are a way of making learning fun and nursing content easier to understand.

Q: What is the potential impact of SNAM and ONSA involvement on a member's future in the nursing profession?

A: SNAM and ONSA involvement offers students tools to become a successful nurse: career planning guidelines, resume critiquing, hearing from speakers in various areas of nursing, and much more. At both the state and national conventions, you can meet with hospital and graduate school nurse recruiters. You have many opportunities to learn about issues currently facing nurses and things to be aware of when you enter the floor as a nurse.

Q: You recently attended the Ohio Nursing Students Association in Toledo, Ohio. What were some of the highlights? What did you learn there? What impact does the ONSA have at the College level? What were the "hot" (both formally and informally) topics of discussion at the conference?

A: Highlights at the recent Ohio Nursing Students Association included a multidisciplinary mock trauma simulation lab, hearing from the Immediate Past American Nurses Association President, Becky Patton, about her instrumental work in the healthcare reform, many breakout sessions, and an exhibit hall with over 30 graduate schools and hospitals in attendance...just to name a few.

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MCCN students who will serve on the 2011-2012 Ohio Nursing Students Association Board of Directors are **Stephanie Binkley** as Legislative Director, and **Kayla Munk** as Student Consultant.

Sigma Theta Tau International Honor Society of Nursing

Rho Omicron Chapter Scholarships

The STTI Rho Omicron chapter is offering scholarships to undergrad and master's students currently enrolled at MCCN, who are active Rho Omicron members with a cumulative **GPA of 3.5 or higher**. More information and applications will be available at www.mccn.edu. Deadline for applications is February 6, 2012. Scholarship recipients will be announced at the General Membership Luncheon Meeting on **March 19, 2012**.

Rho Omicron Chapter Scholarly Project

Rho Omicron Grants for Scholarly Projects are available to active members of the Rho Omicron Chapter. The MCCN website will have applications that can be downloaded. Please be certain to complete all sections of the application. In addition to the application, please submit a maximum five-page double-spaced narrative proposal for the work to be accomplished in the project.

The proposal must include the specific aims to be accomplished; background information that includes justification for the project and the significance to nursing practice, education, or administration; and a description of how the project will be accomplished.

The timeline is 12-months maximum. The budget maximum is \$500.00. Please submit an itemized budget, as well as a professional resume or bio-sketch – not to exceed three pages. The deadline date for applications is **February 6, 2012**.

Submit completed application packet to:

Mount Carmel College of Nursing
Rho Omicron Chapter
127 South Davis Avenue
Columbus, OH 43222

These Rho Omicron scholarships are available to undergraduate and graduate students currently enrolled at Mount Carmel College of Nursing. **The award will be for \$500 that can be used for academic-related expenses**. One undergrad and one master's scholarship will be awarded. The date of announcement of grantee(s) is **March 19, 2012**.

Student Nurses' Association of Mount Carmel (SNAM) *cont'd*

SNAM was represented at the convention with seven students in attendance. ONSA serves as the state association of the National Student Nurses' Association. Events held by the organization are a way for nursing students in Ohio to come together and make a difference in the nursing profession.

I learned a lot at the convention, as it was a yearlong task of planning for the Board of Directors. After a lot of hard work and a weekend of little sleep, we were able to take great pride in its success! The greatest learning experience was seeing the impact that the annual ONSA convention had on Ohio nursing students. I was pleased with the outcome and also pleased with the fact that many students were able to go back to school with new knowledge and tools to help make their nursing education and future career a success.

One of the "hot" topics of discussion at the conference was the BSN in 10 Initiative. This initiative encourages nursing students to obtain advanced degrees in nursing and further their education. This was a resolution brought to the House of Delegates by the ONSA Board of Directors. This resolution was passed by Ohio students, and in association with the Ohio Nurses Association, will allow ONSA to encourage Ohio lawmakers to pursue passing legislation on the topic.

Q: Reflecting on your years of involvement with SNAM, what are some of the highlights?

A: Most recently, the Marilyn Bagwell Leadership Development Grant of \$1,500 awarded by the Foundation of the National Student Nurses Association to SNAM to put towards developing the leadership potential of MCCN students. With these funds we are able to send students to state and national conventions, cover costs of student memberships, and are in the process of starting a national chapter at the Fairfield Medical Center (MCCN-FMC) branch.

Other highlights include cutting off SNAM Advisor **Dawn Hughes'** braid to donate for wigs for cancer patients and walking with a team of almost 20 MCCN students at last year's March of Dimes. What I've enjoyed most is seeing how the organization has grown in just a few short years.

Q: Your recommendation to any student considering the value of membership in SNAM?

A: My recommendation is to attend the next SNAM meeting on November 28 at noon in the lounge. There the SNAM Board of Directors will be able to answer any questions about the organization. Why not get involved in your school and help to make a difference in your future career at the same time?

I believe the value of membership in SNAM is that it helps you make the most of your education. Also, ask any SNAM member to share their personal experiences of being involved in the organization. Last year, three SNAM members received over \$1,000 in scholarships from the Foundation of the National Student Nurses Association. As mentioned, the opportunities are endless. Whether you can get involved at the local level, or even better, the state and national level, I can guarantee you the decision will be worth it!

Come away with Me and rest a while... Mark 6:31

A Message to MCCN Students from The Downtowners Inc., an Ecumenical Ministry Serving the Downtown Campuses

Downtowners Campus Ministry Winter Retreat 2012

Friday, January 13, 7:30 p.m. — Sunday, January 15, noon

Templed Hills Camp in Bellville, Ohio

As the fall season takes us into winter and the new year of 2012, get into the best of spirits and retreat to the beautiful Templed Hills in Bellville, Ohio, just over an hour north of Columbus.

Take some time away from the books and work to gaze at the stars and feel the exciting beauty of winter. Join us for a refreshing, prayerful and fun time. Play, pray and eat home-cooked meals together! Enjoy a professionally guided nature walk onsite. Ski nearby.

Enjoy thoughtful and fun conversation, prayer and reflection. Take a new look at what Jesus calls us to in the Beatitudes (Matthew 5:1-11).

Cost: \$20 (remaining cost provided by a grant to the Downtowners Campus Ministry)

Comfortable sleeping rooms, heated barn, kitchen and fireplace

Directions:

Take I-71 north to Route 97. Turn right (east) onto 97 into Bellville. The first traffic light will be Route 13. Turn right (south) on Route 13. The next traffic light will be Durbin Road; turn left. Templed Hills is 1.5 miles ahead on the right side of Durbin Road. We are staying in the Heritage Barn.

For reservations or more information, contact: The Downtowners Campus Ministry, Dr. Ellen O'Shaughnessy, at 614-224-1155 or eoshp@mac.com or visit the website at www.downtownersministry.org.

SNAM* News

*Student Nurses Association
at Mount Carmel

TODAY! Books & Buckeyes Sale

8 a.m. – 2 p.m. in the lobby
Money raised will benefit SNAM!

**November 28 - SNAM Meeting
12 noon in the lounge**

SNAM Calendar of Events

January 23	SNAM Meeting	12 noon
March 26	SNAM Meeting	12 noon
April 23	SNAM Meeting	12 noon

SNAM Officers 2011-12

President:

Kayla Munk

Vice President:

Brooke Waddell

Secretary:

Stephanie Binkley

Treasurer:

Renee Dickey

Membership Director:

Stephanie Reinschield

BTN Director:

Cody Toney

Community Health Director:

Katie Baker

Library Hours

Monday - Thursday	8 a.m. – 9 p.m.
Friday	8 a.m. – 5 p.m.
Saturday	8:30 a.m. – 12:30 p.m.
Sunday	Closed

Professional reference staff is available Monday – Friday, 8 a. m. – 5 p.m. If you need professional help or assistance during late evening and Saturday opening hours, librarians will be available upon your request, primarily through scheduling time using the *Signing for Instruction* form on the library website at least 48 hours in advance, or by contacting a librarian in person.

Student Ambassador Applications Available Now

Applications are available at the Front Desk, Charlie's Java Jolt, and the Admissions Office.

Deadline to submit application is December 9.

Community Service Club Collection: Clothing for Avondale Elementary Students

Items needed in child sizes 4-10:

- Socks
- Sweat pants w/elastic bands
- Belts
- Gloves
- Underwear
- Sweatshirts
- Scarves
- Gently Used Coats

Every donation is appreciated, and needed for the upcoming winter months! Look for boxes throughout the main parts of the college.

Often, most of the donations received are coats, hats, gloves and scarves, but in addition, the school needs socks, underwear, sweatpants and shirts, and belts. The clothing items are size sensitive, and may need to be purchased at a local store. Students might find affordable prices for these items at Goodwill, Walmart, or Target.

The collection will last until December 16. Monetary donations are accepted. Checks should be made out to Mount Carmel College of Nursing and given to Director of Student Life, **Colleen Cipriani**.

Note from Director of Student Life **Colleen Cipriani**

In last issue's Rapper article on the Fall Festival, I inadvertently left out **Ebonee Caldwell** when thanking SGA reps who volunteered at the event. Ebonee was there from the beginning and never left until we had cleaned up from the entire event. Her help was very much appreciated. Thanks Ebonee!

Student Activities

COSI

Four student (Center of Science and Industry) COSI Columbus memberships and two family COSI memberships are purchased annually for MCCN students. Individual students and students with families (up to 4 children and significant other) can be admitted to COSI for free! COSI memberships may be signed out on a daily basis. Memberships must be returned the next business day to ensure availability for other students. Memberships signed out on Fridays are to be returned the following Monday. Enjoy!

Ohio Dominican University's Bishop A. Griffin Center

MCCN students are cordially invited to attend activities and events at Ohio Dominican University's Bishop A Griffin Student Center. For up-to-date listings of activities visit www.ohiodominican.edu, type in Griffin Student Center and calendar of events.

Money Matter\$

Important Dates to Remember

November 24-25 – Thanksgiving Holiday. The financial aid office will be closed.

December 16 – The last day to apply for a book grant. Applications are available in the Financial Aid office. Please remember, aid is provided based on financial need.

January 10 – This is the first day that you will be able to complete your 2012-2013 FAFSA. In order to apply for MCCN scholarships you will need to complete a FAFSA.

Congratulations to the December Graduates and the January SDAP Graduates!

This is an exciting time for you. As the recipient of Federal Student Aid (i.e. Subsidized and Unsubsidized Loans), you are required to complete an Exit Counseling. **Theresa Garaux** is emailing this information to you. Please do not hesitate to respond. Failure to comply will result in your account being placed on hold.

A brochure on Exit Counseling is being mailed to your individual homes. You may also stop in to the office to pick up one. This brochure details how to consolidate your loans and how to determine your overall financial obligation. Important phone numbers and contact information are also included for your use.

Identity Theft

Did you know that students are one of the main victims of identity theft?

This is because they are less likely to follow up on their financial status by requesting a credit report. Each year you are able to secure a credit report for free.

Maintaining a solid credit rating will be essential as you progress through life.

Have a great holiday!

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu



New Mutual Respect Committee Established at the College

Assistant Professor/Student Health Nurse **Kathy Walters, MS, RNC, NNP-BC**, and **Brooke Waddell**, senior student and President of SGA, were recently elected as co-chairs of the new Mutual Respect Committee here at MCCN.

One of the committee's functions is to submit monthly reflections to The Carmel Rapper. Here is the first in that series from the Mutual Respect Committee.

Taken from Salmon, Marla in Houser, Beth P. and Player, Kathy N. (2008). *Words of wisdom from pivotal nurse leaders*. Sigma Theta Tau International, (p. 86).

"The bridge you burn is the one you will have to cross later."

Marla is emphatic that leaders must approach conflict with "civility, which means engaging in and appreciating the differences--reciprocity starts with you."

A Japanese proverb states: "The reputation of a thousand years may be determined by the conduct of one hour." Inevitably, you will face leadership moments in which your words or actions do not reflect your true beliefs and standards. These regrettable leadership moments can occur at the most unexpected and inconvenient of times. A moment of restraint and an attitude of professionalism can determine if your future opportunities are maximized or minimized. Civility always pays off.

Mutual Respect Committee

Purpose

The purpose of this committee is to facilitate the implementation of the Code of Conduct in order to fulfill the College's Mission and Core Values.

Goals

1. Increase student, faculty, professional staff, and support staff awareness of one's responsibility to demonstrate the behaviors consistent with the Code of Conduct.
2. Foster opportunities for faculty, professional staff, support staff, and students to participate in workshops regarding respectful behavior.
3. Provide the opportunity to demonstrate a commitment to the attributes of caring, compassion, empathy, altruism, responsibility and tolerance.

Functions

1. Provide the reflections at Faculty and College Assemblies.
2. Organize and facilitate workshops for the College community regarding respectful behaviors.
3. Submit monthly articles on integrity, respect and compassion to the *Carmel Rapper*.

Membership

The committee membership shall consist of:

1. Director of Student Life: ongoing
2. Director of Library Services: ongoing
3. Director of Diversity and Community Initiatives: ongoing
4. Chair of the Academic and Professional Misconduct Committee: ongoing
5. Coordinator, Fairfield Campus: ongoing
6. Campus Minister: ongoing
7. Student Health Nurse: ongoing
8. Student Government Association (SGA) Mutual Respect Committee and other interested students (minimum five students)
9. One SDAP student
10. One graduate student
11. One Support Staff member, two-year staggered term

Term

Two year, staggered terms

Officer

Two Co-Chairpersons, one student and one faculty or administrator, elected by the membership.

Meeting

Monthly and on call by the Chairpersons.

Minutes

Official minutes are filed in the College office. The recorder shall rotate among the Committee members.

Final Exam Schedules

Main Campus Traditional Pre-Licensure Program

MONDAY, DECEMBER 12		TIME	ROOM	FACULTY
NURS 405	Acute	8 a.m. – 10 a.m.	CLE 114	Nibert
NURS 406	Gerontology	8 a.m. – 10 a.m.	CLE 206	Maurer Baack
NURS 407	Pediatrics	8 a.m. – 10 a.m.	CLE 116	O'Handley
NURS 408	Transitions	9 a.m. – 11:30 a.m.	TBA	Waterman
NURS 309	Med Surg	10:30 a.m. – 12:30 p.m.	CLE 206-208	Beyer
NURS 307	Mother-Infant	10:30 a.m. – 12:30 p.m.	CLE 210	Cooley
NURS 308	Mental Health	10:30 a.m. – 12:30 p.m.	CLE 114	Bills
PSYC 225	Human Growth Devlpmt – section M01	10:30 a.m. – 12:30 p.m.	CLE 116	Skybo
PSYC 225	Human Growth Devlpmt – section M02	10:30 a.m. – 12:30 p.m.	MH-B	Hickey
HUMN 320	Ethics – all sections	1:30 p.m. – 3:30 p.m.	CLE 310	Hiltbrunner

TUESDAY, DECEMBER 13		TIME	ROOM	FACULTY
HLTH 210	Health Promotion	9 a.m. – 11 a.m.	CLE 116	Huff
NURS 422	Advanced Dynamics	9 a.m. – 11 a.m.	CLE 206	D.Spurlock
NURS 204	Foundations/Assessment	9 a.m. – 11a.m.	MSB Auditorium	Al-Lamki
NURS 421	Community Health Nurs – section M01	10 a.m. – 12 noon	CLE 114	Ferrell
NURS 421	Community Health Nurs – section M02	10 a.m. – 12 noon	CLE 208	Chops
HUMN 201	Critical Thinking	12 p.m. – 2 p.m.	CLE 116	Hiltbrunner
PSYC 101	General Psych – all sections	1:30 p.m. – 3:30 p.m.	CLE 310	Hilty
NURS 361	Nursing Research	3 p.m. – 5 p.m.	CLE 116	Cooley

WEDNESDAY, DECEMBER 14		TIME	ROOM	FACULTY
SCIE 123	A&P I – all sections	10 a.m. – 12 noon	CLE 206-208-210	Loscko
SCIE 220	Nutrition – all sections	2 p.m. – 4 p.m.	CLE 206-208	Dreifke
HLTH 416	Health Policy – section M01	3 p.m. – 5 p.m.	CLE 114	Bowen
HLTH 416	Health Policy – section M02	3 p.m. – 5 p.m.	CLE 116	Dawley
HLTH 320	Statistics – all sections	5 p.m. – 7 p.m.	CLE 310	Reed

THURSDAY, DECEMBER 15		TIME	ROOM	FACULTY
SCIE 230	Patho I – all sections	8 a.m. – 10 a.m.	CLE 114-210-310	Stinner
SCIE 103	Organic Biochemistry – all sections	9 a.m. – 11a.m.	MH-B – MH-C	Shen
HUMN 202	Expressions of Spiritualities	10 a.m. – 12 noon	MH-A	L. Spurlock
HUMN 110	Individual & Religion	1p.m. – 3 p.m.	CLE 114	L. Spurlock

NOTES:

- Faculty will schedule Seminar and RN-BSN final exams as needed.

MCCN-Fairfield Medical Center Program

MONDAY, DECEMBER 12		TIME	ROOM	FACULTY
NURS 309	Medical-Surgical	9 a.m. – 11 a.m.	Gamma	A. Smith
NURS 204	Foundations – Health Assessment	12:30 p.m. – 2:30 p.m.	Gamma	Mohler

TUESDAY, DECEMBER 13		TIME	ROOM	FACULTY
NURS 406	Gerontology	10 a.m. – 12 noon	Gamma	Maurer Baack
PSYC 225	Human Growth & Development	12:30 p.m. – 2:30 p.m.	Gamma	Hickey

WEDNESDAY, DECEMBER 14		TIME	ROOM	FACULTY
SCIE 230	Pathophysiology I	9 a.m. – 11 a.m.	Gamma	Stinner
NURS 421	Community Nursing	12:30 p.m. – 2:30 p.m.	Gamma	D. Smith

THURSDAY, DECEMBER 15		TIME	ROOM	FACULTY
NURS 422	Advanced Dynamics	1 p.m. – 3 p.m.	Gamma	Mohler/Fuller

NOTE: Students without record holds can view final grades on CARMELink. MCCN does not mail final grade reports.

Student Government Association (SGA) Officers and Representatives for 2011-12

President

Brooke Waddell

Vice President

Jena Verbance

Treasurer

Ashli Temple

Secretary of Records

Stephanie Binkley

Secretary of Public Relations 1

Kayla Munk

Secretary of Public Relations 2

Annie Hahn

Senior Class Representatives

Ashley Degoey*

Stephanie Harris

Brittany Richards

Dani Smith

*Fairfield Medical Center SGA representative

Junior Class Representatives

Benjamin Moore

Symphony Voelkel

Molly Wake

Ashley Winebrenner

Sophomore Class Representatives

Devon Baldwin

Ebonee Caldwell

Stephanie Rienschield

Brett Teiga

Freshman Class Representatives

TBD

Advisor

Colleen Cipriani



Tips & Tricks for a **HEALTHY** Holiday

by Dietetic Intern **Jessica Kusan**

Thanksgiving is a holiday of joy and excitement spent with family and friends huddled around the sweet, savory aromas of the famous turkey dinner. Thanksgiving is characterized as a day of indulgence, of reaching for an extra plate of food, taking larger than life serving portions, and loosening our belts to fit all of those tasty foods in our stomachs.

Despite the splendor and joy, most Americans fear gaining weight over the holiday season. According to statistics, the average American consumes approximately 4,500 calories and 229 grams of fat at just ONE Thanksgiving dinner and will gain around one to two pounds on average over the entire holiday season.¹ This statistic is evidenced by the fact that we tend to consume more and exercise less.¹

In light of the potential unhealthiness of the holiday, three articles were used to inspire the following ten tips and tricks to eliminate that feeling of guilt and overindulgence experienced throughout the Thanksgiving holiday.^{1,2,3}

TIP #1: DON'T skip breakfast and DON'T skip meals.^{2,3}

Consuming a nutritious breakfast and NOT skipping meals is a preventive tip to protect you from overeating.³ Guard yourself from feeling famished and tempted to consume more servings with larger portion sizes. Eating a healthy breakfast will reduce hunger throughout the day and help you make wiser decisions.⁴

TIP #2: Make your plate colorful.^{1,2,3} Make your dinner plate something to remember by filling it with a variety of fruits and vegetables before loading your plate with the typical brown and tan starchy sides and meats.³ Foods, such as fruits and vegetables that are high in fiber and water produce a long-lasting feeling of fullness.^{5,6} These foods slow the emptying and digestion of food within the stomach and cause the feeling of fullness to last longer.⁶ Foods high in fat, such as candy, cookies, cakes, rolls, etc. give an almost immediate feeling of fullness, but this feeling does not last long enough to prevent us from overindulging in the wrong types of foods.⁵ By consuming fruits and vegetables first, you prevent yourself from overindulging in higher fat options.

TIP #3: Avoid hanging around the sweets table.^{2,3} Avoid positioning yourself by the temptation table. We all know what this table is: the table situated in the middle of the room beckoning you from all angles to come and fill yourself with delicious assortments of candies, cookies, cakes, rolls, and breads. By removing yourself from this situation, you remove the temptation of eating the foods you should not eat.³ You might also notice that by removing yourself from the temptation table, you are more likely to socialize and talk with other guests, to enjoy the party without eating foods that may cause guilt.²

TIP #4: Be creative and invest in low fat and lower calorie ingredients.^{1,2,3} Incorporate low sodium food items in the dinner options, large quantities of fruit and vegetable displays, and low-fat additives.^{1,2,3} The skin of the turkey may be the best part of the turkey dinner for you, BUT avoid eating this portion. By avoiding the skin, you will shave off unwanted calories and fat.³ Also, roast or grill meats and vegetables.¹

TIP #5: It is okay to not be a clean "plater."^{2,3} The common phrase stressed by our parents at the dinner table was somewhat along the lines of: "You must finish everything on your plate, or you will not be excused from the table."^{2,3} It is OKAY to throw this rule out for the day and to tell yourself that you do not have to finish

everything on your plate. Only eat what you can or until you feel full and then stop. By recognizing that your body is telling you that you are full, you will prevent yourself from over eating.²

TIP #6: It is perfectly acceptable to say NO.^{2,3} One myth is at a social function or party, you must try or taste everything in order not to offend the host of the party.^{2,3} This myth is FAR from the truth. It is perfectly acceptable to not try all the items on the party buffet and to decline any offered food items.²

TIP #7: Do not drink your calories. Eat them.^{1,2,3} Beverages, such as sodas and punches are empty calories. These options provide zero essential nutrients, but plenty of calories.^{1,3} It might be okay to enjoy a soda occasionally, but prevent yourself from getting seconds and thirds from the punch bowl. Drink a ratio of three glasses of water to one glass of the empty calorie options: soda, etc.

TIP #8: Walk it off.^{1,2,3} It can be a good feeling to end consumption of a large meal by resting on a comfy couch and entering into a "food coma." Instead of resting, walk for 10 to 15 minutes shortly after eating to burn off some calories consumed at dinner.^{1,2} You can take the opportunity to encourage family members and friends to join in the walk and enjoy the beautiful fall weather and scenery.³

TIP #9: Don't graze, grab a plate.³ Do you ever find yourself grabbing a small handful of a food item, then once you have finished, grab for another, and then another? This process can go on for quite some time without noticing how much you have eaten until everything in front of you disappears. To prevent grazing, grab a plate, sit down and eat.³ Do not hover around the table and keep picking at food. Make your selection, and sit down.

TIP #10: Eat only when you are actually hungry.^{2,3} Have you ever heard the saying, "My eyes are bigger than my stomach?"² At holiday gatherings, delicious foods entice us to sample everything in order to satisfy our cravings. We convince ourselves that we need to try everything that looks good, causing us to eat when we are not actually hungry. It is important to listen to what your body is saying, which means you should avoid eating just because something looks appetizing. Eat to the point of fullness, and then stop and remove your plate from the table.^{2,3}

References:

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2. "12 Healthy Ways to Survive a Holiday Eating Frenzy." *Food Allergy, Food Sensitivity, IBS, Skin Rashes, Candida, Headaches, Atkins, South Beach Diets.* Immuno Laboratories, Inc. Web. 11 Nov. 2011. <<http://www.pivotaladvisor.com/public/273.cfm>>.
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4. Zelman, Kathleen. "The Many Benefits of Breakfast." *WebMD - Better Information. Better Health.* Web. 11 Nov. 2011. <<http://www.webmd.com/diet/features/many-benefits-breakfast>>.
5. "Fullness Factor Fullness Factor™ – NutritionData.com." *Self Nutrition Data; Know What You Eat.* Web. 11 Nov. 2011. <http://nutritiondata.self.com/topics/fullness-factor>.
6. Mahan, L. Kathleen., and Sylvia Escott-Stump. *Krause's Food & Nutrition Therapy.* 12th ed. St. Louis, MO: Saunders/Elsevier, 2008. 776-77.