At the January 8, 2012 Sophomore Pinning Ceremony at First Church of God, MCCN’s 142 sophomores took a giant leap in their journey to the nursing profession as the ceremony marked the transition from academic studies to clinical experience.

Symbolism of Sophomore Pinning
In the past, this ceremony was the first official donning of the Mount Carmel uniform and student nurse cap. Although students no longer receive and wear caps, the modern ceremony maintains the same spirit, celebrating the ministry of caring and service that these aspiring nurses now undertake.

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Dates to Remember

<table>
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<td>February 1</td>
<td>Deadline for Advanced Placement application</td>
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<td>February 10</td>
<td>Last day to drop any Term 1 course</td>
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<td>February 20</td>
<td>Board of Trustees/Students Luncheon</td>
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<td>February 24</td>
<td>Term 1 ends</td>
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<tr>
<td>February 27</td>
<td>Term 1 junior/senior nursing clinical final examinations</td>
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<td>February 27 – March 2</td>
<td>Spring Break (students and faculty)</td>
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<td>February 29</td>
<td>Nurses Day at the Statehouse</td>
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<td>March 5</td>
<td>Term 2 begins</td>
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<td>March 12-14</td>
<td>CCNE Accreditation visit</td>
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<td>March 19</td>
<td>Rho Omicron General Membership Luncheon</td>
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<td>March 26</td>
<td>SNAM Meeting</td>
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<td>April 2</td>
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<td>April 6</td>
<td>Good Friday (holiday)</td>
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<td>April 23</td>
<td>SNAM Meeting</td>
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<td>April 27</td>
<td>Term 2 and spring semester classes end</td>
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<td>April 30 – May 3</td>
<td>Final exam week</td>
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<td>May 4</td>
<td>Pinning &amp; Recognition Ceremony</td>
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<tr>
<td>May 5</td>
<td>Commencement</td>
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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 completing the onsite RN-BSN Completion Program and Master’s students should contact Program Coordinator Kip Sexton (614-234-5169) with questions about degree audits.

Pinning Propels Sophomores to Next Step in Nursing Education cont’d

Today’s students receive an engraved pin, reminiscent of the lamp carried by the founder of modern nursing, Florence Nightingale, as she cared for wounded Crimean War soldiers 150 years ago. Upon graduation in 2014, they will receive a MCCN graduate pin, which highlights the College crest and will replace the lamp pin.

Several sophomores performed key roles in the ceremony: Devon Baldwin, Kymber Bocook, and Shelby Langenkamp read Scriptures; the singing of the Alma Mater was led by Maura Logan and Christine Turville; and Stephanie Rientschel and Michelle Williams recited the closing prayer.

Mount Carmel College of Nursing congratulates the class of 2014 on taking this next step to realize the dream of a career in nursing!

Special thanks to Instructor Beverly Dodds, RN, and Student Ambassadors: Lauren Dortumd, Jenna Johnston, and Kayla Munk.

Sophomore Pinning Participants Class of 2014

Paige Augustine
Devon Baldwin
Megan Ball
Sadie Baunen
Veronica Beatty
Francesca Behmann
Youbo Bekuto
Kylee Bergman
Michelle Bird
Casey Blosser
Kymber Bocook
Kailiey Boll
Morgan Bradshaw
Chasity Bright
Emily Brown
Lyndsay Caldwell
Amy Cheung
Teresa Christopher
Kimberly Clark
Courtney Coleman
Kathleen Coleman
Kelsy Cosgrave
Courtney Coy
Nicole Crites
Lauren Darlington
Dalal Darwish
Melissa Davis
Renee Dicke
Brian Drahler
Abigail Duncan
Kayla Dunlap
Matthew Edgington
Bethany Ellis
Fatemah Fares
Heather Fausnauh
McKenzie Faust
Brianna Firsich
Alexandria Fistek
Claire Fitzgerald
Gabrielle Gatiff
Alana Gatton
Marissa Gerdes
Erica Gifford
Samuel Gillespie
Caitlin Gilmore
Erica Glass
Chandra Grace
Mackenzie Gram
Britney Graves
Paige Hadley
Anne Marie Hahn
Kimberly Hall
Sarah Hanson
Leah Harvey
Kristin Hayes
Heather Heistand
Brittany Hendershot
Ashlee Henderson
Katherine Holland
Jessica Householder
Cody Housenman
Meghan Hutchinson
Andrew Irizarry
Katherine Jacobs
Tiffany Johnson
LeeAnn Junk
Susan Kelly
Sabrina Kessler
Kara Knecht
Theresa Kohn
Anton Kostin
Patricia Kraynak
Shelby Langenkamp
Anah Latham
Bailey Legler
Samantha Lehmann
Maura Logan
Holly Long
Margot Lutz
Molly Maag
Chelsea Maas
Ardisel Marshall
Mackenah Martin
Amberley Masa
Ryan Meeker
Jennifer Mickle
Maria Miller
Katherine Morris
Zachary Novotni
Kathryn Nye
Hannah Odum
Jessica Parham
Thomas Parrill
Katyin Pfeiffer
Meagan Phelps
Kaitlin Potts
Sarah Purpus
Jordan Rapp
Shelley Reedy
Elizabeth Richards
Stephanie Rientschel
Margaret Ritzenhaler
Hailey Ropp
Troy Rudman
Sarah Runyan
Kayla Rupp
Rachael Ruppersburg
Paige Sanborn
Amy Sanderell
Jessica Sanford
Olivia Sapia
Abby Seyfried
Aniso Shire
Justin Shoemaker
Amy Shook
Isaac Smith
Megan Snyder
Leanna St. Armand
Rose Stelbelton
Sarah Steele
Rebecca Stiffler
Pamela Stricklin
Elissa Tarpey
Alexandra Taylor
Brett Teiga
Ashli Temple
Abby Thompson
Alexis Thompson
Jamie Timmons
Cody Toney
Am Trask
Christine Turville
Beth Wagner
Julie White
Mira Wilkins
Maggie Williams
Michelle Williams
Tyler Wilson
Courtney Zani
Callie Zeisler
Marcy Zentz
Marie Zimmerman
Food Pantry Reminder

- If money didn’t stretch as far as it should have this month don’t worry, it happens to all of us.
- The food pantry has what you need until the next check comes in. Just come down and get what you need. No questions asked.
- Located in the basement of Marian Hall.

Work study student Olivia Ringwalt added the items donated through the library’s Food for Fines program.

Food purchased with the Mount Carmel Alumni Association donation to the student food pantry

Nurses Day at the Statehouse — February 29, 2012

Join hundreds of nurses from across the state for Nurses Day at the Statehouse. Contact pmcknight@mccn.edu to attend as part of the MCCN group.
Advanced Placement Program (APP)

Deadline for application to the Summer 2012 Advanced Placement Program (APP) is February 1. Students with a minimum 3.00 cumulative grade point average who have successfully completed all non-nursing courses in the freshman and sophomore curriculum (with the possible exception of SCIE 230 and SCIE 231) are eligible to apply for APP. Admission to this program is very competitive, and not all applicants are accepted. There are a limited number of internal and external seats available, and candidates are chosen based on high academic achievement and successful completion of necessary prerequisite coursework.

Details and application materials are available on CARMELink. To locate the information about the MCCN Advanced Placement Program:

- Log in to CARMELink.
- On the Home tab, find the Advanced Placement Program Information section.
- Click on the appropriate links for the criteria and application.
- Download and print the application.
- All applications are due by February 1, 2012.

Summer Session 2012

The summer course schedule will be finalized in early March. A limited number of summer courses will be offered. Note: summer enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and not open to the general student population.

Students will be notified via email and CARMELink of the start date and instructions for summer registration.

YOU ASKED. WE LISTENED.

Thanks to your feedback from the MCCN Technology Survey, two Mac stations are now available in the CLE 2nd floor computer lab.

Social Media and Your Nursing Career: Tips for Future Nursing Professionals*

*This article highlights tips for practical and professional application of the College’s Social Media Policy statement that appeared in the 1-17-12 issue of The Rapper.

By Rachel Snively, OU Scripps College of Communication student and former MCCN College Relations intern

Social media is a dominant force for today’s generation, and it is almost unusual to find individuals not using at least one social networking site. While it can be a fun, and sometimes distracting, tool for students and young nurses to use, there are many dangers. While most young adults know the importance of not giving away personal information to strangers, many still remain ignorant of the damage social media can do to your budding career.

We interviewed Therese Snively, PhD, RN, Associate Professor and Online Academic Advisor, about the importance of utilizing social media in a professional and secure way.

Rapper: What is the importance of maintaining a professional image online?

Dr. Snively: Nursing is currently the most trusted profession in the nation, so it is important for a nurse/student to maintain that image online. Students need to remember that once something is online, it is there forever. Patients and colleagues can access this information about the nurse.

If a nurse exhibits poor judgment when making posts/comments on the internet, the end result could be a breach in patient privacy/confidentiality, causing distrust between the patient and nurse. In addition, employers and schools regularly access social networking sites and make judgments about a nurse/student’s professional conduct and suitability.

As nurses, we abide by the American Nurses Association (ANA) Code of Ethics. Breaches in the code of ethics could result in actions being taken against your license. If a nurse mentions a patient (even without the name), this is a HIPAA violation and can result in federal penalties.

Rapper: How can social media affect your future career?

Dr. Snively: Nurses should view all interactions/postings on social media as suitable for viewing by any employer, educational institution, or patient. If a nurse posts a derogatory comment about her place of employment, the employer may find out, resulting in disciplinary action. If a nurse posts information about a patient, the nurse can and will lose his/her job. Nurses must apply professional ethics to both their professional and personal lives, and social media has the potential to erode those ethical considerations.

Rapper: What are common dangers of social media that students are generally not aware of?

Dr. Snively: There are several dangers of careless social media use that students need to be aware of. Casually posting comments about your day at work regarding a patient could be a HIPAA violation and result in federal charges. Lack of professional attitude could result in the termination of employment or expulsion from school. In addition, posting inappropriate things could cause patients to lose trust in their nurse, or could have the potential to damage your career and working relationships.

Therese Snively, PhD, RN
Rapper: What are some things students should avoid on social media?

Dr. Snively: There are several things students can do to avoid potentially career-altering mistakes. First of all, never ever post anything that has to do with a patient, patient information, or pictures containing a patient. Also, avoid posting negative or derogatory comments about hospital staff, faculty or other students.

In addition, avoid ‘friending’ or following patients on social networking sites. Most importantly, students should avoid posting pictures of themselves either intoxicated or in lewd positions, even if they are of legal age. It is unprofessional and can hurt your chances of employment. Basically, if it is something you would not want your grandmother to see, don’t post it.

Rapper: What are some advantages of social media?

Dr. Snively: Social networking is not a bad thing. When used correctly, it has many advantages. For example, social media can facilitate the rapid exchange of knowledge or dissemination of information. It can nurture relationships and mentoring among professionals, as well as provide forums for an exchange of professional information. Most importantly, social media can provide invaluable networking when used properly.

Rapper: What is your advice to students regarding social media?

Dr. Snively: Have both professional and personal accounts. Never post anything (pictures or comments) that you would not want to share with the world. Because privacy settings are never really private, you need to be careful.

Sometimes faculty will set up a course Facebook page for course announcements and communication, but as a general rule, faculty members will not ‘friend’ students. If you choose to use your personal account for this reason, be aware that if you post something against the College’s policies, a faculty member is obligated to report it if they see it.

The only social networking site where I will ‘friend’ a student is LinkedIn, which is a professional networking site. There is nothing wrong with social media, but students need to be smart about how they use it.

Mount Carmel College of Nursing’s current Social Media policy can be found in the student handbook or in last week’s edition of The Rapper.

The Graduate Program at Mount Carmel College of Nursing

Realize the Dream at Higher Level — Enhance your knowledge. Advance your career in the dynamic field of nursing.

Our Graduate Programs

- NEW in 2012: The Adult Gerontology Acute Nurse Practitioner (trauma focus) — offering both the Master of Science Degree and Post Graduate Certification
- Family Nurse Practitioner
- Nursing Administration
- Nursing Education
- Adult Health
- Graduate Certification Program

Join us for information sessions

- Monday, February 6: Mount Carmel East – Board Room, event begins at 12 noon
- Tuesday, February 7: Mount Carmel St Ann’s – Back Board Room, event begins at 12 noon
- Wednesday, February 8: Mount Carmel New Albany – Board Room, event begins at 12 noon
- Thursday, February 9: MCCN – classroom CLE 210, event begins at 6 p.m.

For more information visit www.mccn.edu/grad or contact Angela Phillips-Lowe, EdD, RN, at aphilippslowe@mccn.edu or 614-234-5717.
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 are 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.

Students at Ohio University Lancaster

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

All MCCN-FMC students must submit OU-L course schedules to MCCN Records and Registration every term 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!

New System-Wide State-of-the-Art Mount Carmel Skills and Simulator Center Set to Open in August

A Collaborative Project Developed by MCCN and Mount Carmel Medical Education for all Mount Carmel Associates

Developed to achieve the best patient care outcomes by offering enhanced instruction for healthcare professionals, the new Skills and Simulator Center will be located on the Mount Carmel West (MCW) campus and open to everyone in the Mount Carmel Health System, as well as to community healthcare professionals, such as EMTs.

The 1.1 million dollar project will feature four large bays, each with a control center, as well as stations for specialties, such as orthopedics, obstetrics, etc. Also included will be a skills lab for practicing sutures, chest tube insertion, etc. The College’s currently owned simulators and Mount Carmel Medical Education’s equipment will be consolidated and join new equipment at the new facility.

“The new Skills Center, with additional space and equipment, will provide our students with a significantly improved skills and simulation experience. The College now has just three small rooms available,” said Dr. Schiele. “Our students will have the same access to all the equipment we have now, plus new, additional resources in a larger and improved learning environment.”

The new Skills Center will occupy the renovated fourth floor of the Medical Office Building at 777 State Street, in the same building across from the MCW ER that houses the recently opened Nursing Center for Family Health on the second floor.

A committee of MCCN faculty and Mount Carmel physicians are working together in planning and executing the development of the 11,000-square-foot Center. The Mount Carmel Foundation is also a partner in the endeavor, donating and matching the net proceeds of the Foundation’s annual gala, Champagne & Diamonds 2012. The gala will take place on February 11 and reservations are still available from the Foundation.

This Center will feature:

• High-fidelity human patient simulators. These Simulators are life-like mannequins that breathe, blink, and bleed. They’re computer-driven with precise internal mechanics, allowing students and clinicians to see, practice, and react to real-life situations without the risk of consequences

• A multi-media classroom

• Laparoscopic surgical skills trainers

• A simulated home environment for teaching EMS, nursing, and home care professionals

• Three high-fidelity bays for ICU/ER, OB/pediatrics, and medical/surgical simulations

“The evidence shows that safety outcomes for patients are improved when healthcare professionals practice skills in a simulated, high-tech environment, such as the new Skills Center,” said Ann Schiele, PhD, RN, MCCN President/Dean.

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MCCN Clinical Students and Their Patients Meet Buckeye Football Legend

GO BUCKS! The NURS 406 clinical group recently met Archie Griffin, former OSU football standout, two-time Heisman Trophy winner, and now President/CEO of the Ohio State Alumni Association. Griffin was at Isabelle Ridgway Care Center as part of Ridgway’s 100th anniversary celebration. Pictured are (l-r) Meredith Conine, Jill Lytton, Nicole Dewey, Aaron Powell, Archie Griffin, Thomas Plas, Abbey Morris, Christine Thorne, and Dr. Fernandez.

Photo courtesy of Katheryn Fernandez.

For some it was the thrill of a lifetime. Ohio State University football great Archie Griffin recently visited the Isabelle Ridgway Care Center (IRCC) residents and staff in conjunction with the facility’s 100th anniversary. The 100-bed, not-for-profit, community owned and operated long term care center on the near eastside of Columbus has been a clinical site for MCCN NURS 406 Gerontology (lead instructor, Assistant Professor Catherine M. Maurer Baack, MS, RN-BC, CNS) students since fall 2011.

At Isabelle Ridgway, students work with a variety of residents and activities while developing skills and understanding for geriatric syndromes. Students rely on skills of physical assessment, as well as using a variety of communication skills to develop holistic assessments of the residents. The students plan and implement a variety of activities for the residents during their placement, such as cookie baking, memory games, crafts to work with fine motor skills, exercise, and social events to improve the residents’ engagement.

“The staff at Isabelle Ridgway is extremely supportive of this clinical and works with the students to increase their knowledge and skill in working with this older, diverse population. This experience underscores our MCCN mission and core values,” said Assistant Professor Katheryn Fernandez, PhD, RN.

Griffin’s visit to the facility was fun for residents and students. “One of the residents was to be Archie’s first visit. The resident was so excited and asked student Thomas Plas to help him get ‘spiffed up’ to meet one of his heroes,” Fernandez said. “What a delight, and so wonderful for the students to see giving back to the community (neighborhood) that Archie was raised in.”

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 are 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 has 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 undergraduate and one master’s scholarship will be awarded. The date of announcement of grantee(s) is March 19, 2012.
Student Health News

By Kathy Walters MS, RNC, NNP-BC, Assistant Professor/Student Health Nurse

Students —
I am back and the Student Health Office will now be open five days a week! Please remember you need a referral from me to be seen in the Nursing Center for Family Health. Just stop by my office and I will give you a referral form to be seen.

We are now in the thick of flu season. In order to keep our campus as healthy as possible, simple common sense rules apply. Wash your hands often, and keep your hands away from your face/nose. Antiseptic hand sanitizer is available in all classrooms...use it! Antiseptic wipes should be available in each classroom for you to clean off your desk before class if you wish. If you find either of those items empty...please have your instructors notify me and I will notify Environmental Services or replace it myself.

Eat healthy, get adequate rest, exercise, and drink plenty of fluids! If you happen to get sick...please stay home! Many students feel the need to go to class and/or clinical...even if they are sick. This is the way illness spreads. Please be kind to others and stay home until you feel better!

I am happy to be back to work...thanks to all who sent well wishes and prayers my way. Keep healthy!

Kathy Walters, MS, RNC, NNP-BC
Assistant Professor/Student Health Nurse
614-234-5408 office
614-234-5403 fax
kwalters@mccn.edu

Are You Taking a Course Elsewhere? Deadline For Submitting Has Passed!

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 submitting Winter Quarter schedules was Friday, 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 CURRENTLY TAKING AN AFFILIATED COURSE OR HAVE WITHDRAWN FROM AN AFFILIATED COURSE AND HAVE NOT ALREADY NOTIFIED RECORDS AND REGISTRATION, PLEASE DO SO IMMEDIATELY.

New System-Wide State-of-the-Art Mount Carmel Skills and Simulator Center Set to Open in August cont’d

• A debriefing space with video capability to review completed simulations
• A control unit to house servers and communication tools

The New Skills and Simulation Center will:
• Be a resource for our nursing students and medical professionals to see, practice, and react to real-life patient situations
• Allow members of our healthcare team to work and train together to develop new skills and processes, identify problems, and implement patient-focused team treatment
• Provide our caregivers the tools and onsite training to learn and grow
• Will position Mount Carmel as a place of learning and technological advancement
• Attract high-quality students and physicians
• Be a tremendous tool to improve outcomes and care

ATTENTION — All students, faculty, and staff!

You are invited to attend the

MCCN Board of Trustees and Students Luncheon

Monday, February 20, 12 – 1:30 p.m.
MCCN Lounge

Please RSVP to Robin Shockley, rshockley@mccn.edu or 234-5213, by February 13.

Come and meet informally with the College Board of Trustees. No agenda, just be our guest for lunch.
SNAM* News  
*Student Nurses Association at Mount Carmel

March meeting: March 26, 12 noon in the lounge  
April meeting: April 23, 12 noon in the lounge

Valentine’s Day Cookie Sale: February 1 - February 15 — be on the lookout for order forms!

Nurses Day at the Statehouse: Leap into Health Policy. Join hundreds of nurses from across the state this leap day for Nurses Day at the Statehouse!

February 29, 2012  
Contact pmcknight@mccn.edu to attend as part of the MCCN group or register online at www.nursesdayatthestatehouse.wordpress.com.  
Student with lunch: $32  
Student without lunch: $25

National Student Nurses Association Annual Convention  
Spanning the Distance: 60 Years of the Evolving Nurse  
April 11-15 in Pittsburgh, Pennsylvania

Exceptional speakers, exciting topics and extraordinary networking opportunities await you in Pittsburgh this coming April. National, state, and school leaders will come together to further develop their leadership prowess in governing the affairs of NSNA. The past will meet the future as NSNA alumni mingle with current NSNA leaders — a great opportunity to meet mentors and connect with colleagues. For more information and tentative schedule, visit www.nsna.org/meetings/annualconvention.

Community Service Club Serves Dinner at the YWCA Family Center  
On January 23, Colleen Cipriani, Kathy Espy, and 12 students volunteered to serve dinner to 75 adults and 90 children at the Y’s homeless center.

MCCN volunteers (front row l-r): Paige Myers, Mandy Osae-Attah, Alex Rhodes, Melissa Starkey, Jenna Grunden, Tina Marie Cerra, Macy Henault, and Tori Miller; (back row l-r): Emily Dune, Katherine Garmann, Rachel Garmann, Kathy Espy, and Colleen Cipriani

Students point to Kathy Espy’s name on the YWCA Founders’ Plaque

Mandy Osae-Attah, Macy Henault, YWCA staff member Leo, Marie Miller, and Tori Miller

Photos courtesy of Colleen Cipriani

SNAM Officers  
2011-12*  
President: Kayla Munk  
Vice President: Brooke Waddell  
Secretary: Stephanie Binkley  
Treasurer: Renee Dicke  
Membership Director: Stephanie Reinschield  
BTN Director: Cody Toney  
Community Health Director: Katie Baker

*Elections in March for the 2012-2013 SNAM officers
New Year’s Resolutions

By Julie Haley, BA, Administrative Secretary

The new year is a time for both reflecting on the past and discovering new ways to make the most of yourself. Many of us resolve to improve ourselves or to accomplish a goal during the coming year. We sent reporter, Julie Haley, to find out exactly how some in the College community plan to do that.

Amber Rouse
Junior
Stay on top of work, and do not procrastinate.

Lauren Darlington
Sophomore
Have perfect attendance in classes.

Andrew Cordek
Senior
Be more positive, especially when overwhelmed with school work.

Matt Daldoss
Education Technology Specialist
Take my fiancé on a nice honeymoon.

Denise Neyland
Receptionist
To prioritize and become more organized in all my endeavors.

Olivia Ringwalt
Freshman
Train to run a 5k this summer.

Melissa Jones
SDAP
Pass NCLEX exam on the first attempt.

Paul Brewer
Senior
Survive senior year!

Noreen Mulcahy
Health Sciences Librarian
Learn to play a Beatles song on the piano.
Featured Scholarship Opportunities

2012 Phoenix Scholarship
Application is due March 30, 2012. Student must have completed 30 semester credit hours to be eligible and must have a minimum 2.75 GPA. Applicant must also be a U.S. citizen and either:
- a permanent resident of the city of Columbus,
- a graduate of a Columbus City Schools high school,
- or have a child enrolled in Columbus City Schools.

Army ROTC Three Year Scholarship Opportunity
Interested in becoming an Army nurse through the ROTC? Benefits include:
- full tuition
- full educational fees
- book stipend every semester
- monthly tax-free stipend for living expenses

Stop by, call, or email if interested: 2121 Tuttle Park Place, Converse Hall, room 253, Columbus, Ohio 43210, 614-292-6075, armyrotc@osu.edu.

For more information, log on to https://carmelink.mccn.edu/ICS/Home/ Scholarship_Information.jnz. More scholarship opportunities available soon. Check the above website often and future issues of The Carmel Rapper.

Library Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday - Thursday</td>
<td>8 a.m. – 9 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>8 a.m. – 5 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:30 a.m. – 12:30 p.m.</td>
</tr>
<tr>
<td>Sunday</td>
<td>Closed</td>
</tr>
</tbody>
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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.

Catholic Mass Schedule at Mount Carmel West Chapel
Sunday at 4 p.m.
Monday and Wednesday at noon

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.
Keep Your New Year’s Resolutions When it Comes to Eating Healthy This Year!

By Emily Curry, Dietetic Intern

Unfortunately, many people have already given up on their New Year’s resolutions, but when it comes to eating healthy you should never give up! Eating healthier can help achieve the most common New Year’s resolution — to lose weight. Many people do not know where to begin when it comes to eating healthy. Here are some tips to get started:

1. Make small goals for yourself. Don’t get overwhelmed trying to eat perfectly healthy from day one, especially if you are used to eating very unhealthy.

   Here are some small weekly goals:
   - Eating one more fruit or vegetable than you normally do each day
   - Cutting back on alcohol consumption to once a week
   - Drinking one more cup of water than you normally do each day

   Once you conquer your first goal add a new one the next week and so on…

2. Eat breakfast every day. Research has shown that people who eat breakfast, especially breakfast high in protein, stay fuller throughout the day and are more likely to resist temptation.

3. Read nutritional labels. Know exactly what constitutes a serving size. This will help with overeating.

4. Watch your portions, especially when eating out. Try eating only half of the meal and saving the rest for another day. Also, downsize portions when cooking at home.

5. Stop eating before you feel full. It takes the brain 20 minutes to realize that it’s full.

6. Use the MyPlate planning method when it comes to planning out your meals. Using this method ensures that you are getting all of the necessary nutrients at every meal. MyPlate recommends that half your plate is fruit and vegetables, one quarter protein and one quarter starch.

7. Last but not least, be patient and realistic with your goals.

Sources:

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 (e.g., children, elderly, homeless, poor and underserved, and organizations that support these 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. (RN students 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.