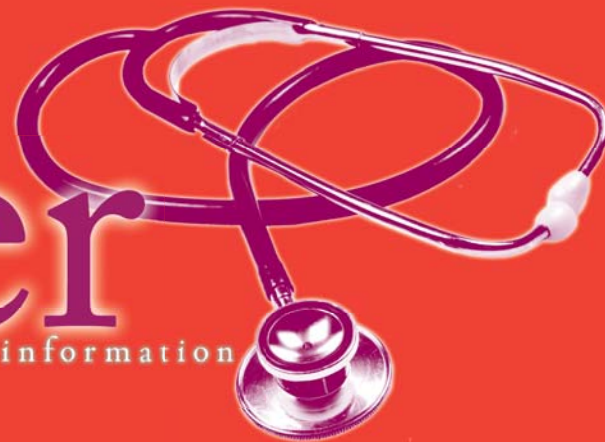


the carmel rapper

news and information



Online RN-BSN Completion Program Coming Soon!



RN-BSN students taking a well-deserved break along with instructor **Laura Spurlock, MTS:** (standing, l-r) **Judi Brown, Laura Spurlock,** and **Joshua Ndematebem;** (and seated l-r) **Dan Abbey, Raejeanne Powers, Korrine Cline,** and **Deb Waugh.**

There are currently 57 RN-BSN students, with nine slated to graduate in May and four in July. With the advent of the online RN-BSN in the summer, the program enrollment is expected to increase significantly.

Expanded future opportunities for advancement prompted **Boyce Isabel** to enroll in the program. "So far I have been successful with my studies, but it has been a challenge. I plan on completing the program in spring 2012," said Isabel, who graduated with an Associate Degree in Nursing (ADN) from Columbus State Community College in 2006.

Isabel currently works at Mount Carmel East on a med surg floor. He previously worked at the health department as a case manager for TB and experienced a brief stint of prison nursing. He may relocate when he finishes the BSN.

As a 1974 graduate of Mount Carmel School of Nursing and daughter of a Mount Carmel alumna, **Judi Brown** wouldn't have considered any program other than MCCN's RN-BSN completion. "Mount Carmel shares my philosophy," said Brown, who is in her first semester.

March 14, 2011

dates to remember

- March 14**
Graduation Planning Luncheon
SGA Meeting for juniors
- March 21**
Freshman class meeting
- March 28**
SNAM meeting
Rho Omicron membership luncheon
- March 31**
Deadline for ordering graduation cap & gown
ATI Senior Critical Thinking Exit Assessment
- April 1**
ATI Senior Critical Thinking Exit Assessment
Last day to drop any semester course
- April 6**
Sophomore class meeting
- April 11**
Talent Show
- April 18**
Junior class meeting
Spring Wellness Festival
- April 20**
STTI Spring Scholarship Evening
- April 22**
Good Friday (holiday)
- April 25**
SNAM meeting
- May 2-6**
Final exams
- May 5**
Graduation Celebration Luncheon
- May 6**
Pinning & Recognition Ceremony
- May 7**
Commencement 2011

continued on page 2...

Online RN-BSN Completion Program Coming Soon *cont'd*

Brown worked at Mount Carmel West for 28 years as staff nurse, assistant unit director, clinical coordinator, and nursing supervisor administrator. She currently works as a case manager for worker compensation patients.

"I am really enjoying the program. All the instructors are very helpful, and you just get the feeling they want you to succeed in the program," commented Brown.

MCCN Online RN-BSN Completion Program Facts

A leader in nursing education for more than a century, Mount Carmel offers the excellence and flexibility of an online Bachelor of Science program designed by expert faculty — all to fit the busy lifestyles and schedules of licensed registered nurses. With full accreditation and a student-first focus, Mount Carmel College of Nursing is committed to advancing nursing careers to meet the critical demands of today's healthcare environments.

1. Is it true that Mount Carmel College of Nursing RN-BSN program is moving to an all-online program?

Yes, beginning with students admitted for the Summer 2011 semester, the program is delivered online. Students who are currently enrolled in the program will be given the option of face to face classes for one calendar year, ending with Spring Semester 2012. At that point, students who have not graduated may finish the program in the online format.

2. How many credits are required for graduation?

Beginning with the online program, 128 semester credits are required for the baccalaureate degree. 84 of those credits are transferred from coursework completed in prior nursing education. The MCCN program offers the remaining 44 credits to complete the degree.

3. How long will it take to complete the program?

There are three schedules offered:

- Full time – complete the program in 4 semesters or 1 year, 3 months
- Part time A – complete the program in 5 semesters or 1 year, 8 months
- Part time B – complete the program in 7 semesters or 2 years, 3 months

4. What are the admission requirements?

The RN student must have a current, unencumbered state license. No nursing proficiency or placement exams are required for admission. The applicant must have completed 32 semester credit hours in nursing, 52 semester credit hours in general education courses, and a minimum 2.0 GPA in prior coursework.

5. What are other requirements of the program?

- Students must complete 10 hours of community service during the program.
- Students must complete a national background check annually.
- Students must complete an online orientation program prior to starting the first course to maximize their opportunity for success in an online study environment.

Previous requirements of current CPR certification, annual TB test, and health form are not applicable and eliminated in the online program.

6. Is there tuition assistance?

Mount Carmel Health System associates are eligible for a fifty percent tuition discount when enrolled in 6 credit hours or more per semester and employed for 6 months prior to the start of the first day of class.

MCHS offers tuition reimbursement of \$3,500.00 per calendar year for course grades of "C" or higher.

Federal aid (loans and grants) is available from the College for eligible students. Students must complete the Free Application for Federal Student Aid (FAFSA) online to initiate the federal aid process.

7. How and when do I apply?

Applications must be submitted online 6 weeks prior to the start of a semester and must be accompanied by a \$30.00 application fee. Applications must be accompanied by college transcripts for all post-secondary coursework.

Upcoming deadlines:

- April 15, 2011 – for Summer 2011 session admission
- July 5, 2011 – for Fall 2011 semester admission
- November 21, 2011 – for Spring 2012 semester admission

8. Contacts for more information

Please contact: **Kip Sexton, MS, RN**, Program Admissions Advisor
234-5169; ksexton@mccn.edu

Therese Snively, PhD, RN, Online Academic Advisor
234-3362; tsnively@mccn.edu

Tara Spalla, MS, RN, Assistant Dean for Online Learning
234-5950; tspalla@mccn.edu

TODAY: Graduation Planning Luncheon

Graduating Students! Please plan to attend the Graduation Planning Luncheon **today**, March 14, 12 noon - 2 p.m. (College gym). Among other things, we will discuss:

- Details about the Pinning and Recognition Ceremony on May 6
- Details about Commencement on May 7
- Information about tickets to these events
- Information about your graduation photo
- Graduating Student Exit Survey and Interview procedure
- Application to take the National Council Licensure Exam for Registered Nurses (NCLEX-RN)
- Information about our MS program
- Ample time for Q&A

Please arrive by 12 noon, so you don't miss this opportunity to learn valuable information as you prepare to celebrate the completion of your degree!

Graduates: Cap & Gown Ordering Information

Each graduate attending Commencement on May 7 is responsible for ordering and paying for his/her own cap/gown no later than **March 31, 2011**. Orders are placed online at www.jostens.com.

- Follow the prompts for college-level graduation caps and gowns
- Search for *Mount Carmel College of Nursing*
- Place your order for either the bachelor's or master's product (they are different!)

Remember: the order deadline is March 31. Contact Records and Registration if you have questions (614-234-3870). A Jostens representative will be in the main lobby following the March 14 graduation luncheon to answer any questions you may have.

More than 30 Seniors Nominated by Classmates for Awards



Jessica Anthony



Melissa Bally



Megan Beckstead



Rhonda Berry



Cassie Bradford



Greg Breeze



Krysten Brown



Trisha Bryden



Andrea Colabuno



Annette Daniel



Joe Derr



Sara Dobkin



Brittnee Doran



Brittney Eshelman



Jen Evans



Alyssa Gross



Courtney Hamilton



Lauren Krieg



Sarah Kronk



Brenda McGuire



Erin McKernan



Amanda Mitchell



Karley Poling



Sarah Robinson



Tiffani Rzemisiewski



Patrick Smith



Amelia Stacker



Kylee Stanley



Kelsey Tinkler

Not pictured: **Jennifer Neville, Jessica Norman, Elaine Palmer, and Betsy Tokarsky.**

See story on page 4...

Congratulations!

Summer Session 2011

The summer class schedule will be posted to CARMELink on **March 14**. Students will be notified via email regarding registration windows and instructions. Online registration starts **March 21**. Please note: a limited number of summer classes will be offered.

Note: enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and is not open to the general student population.

Affiliated Course Schedules

Any student taking Fall, Winter or Spring Quarter classes at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01) after registering for CSCC or OSU classes.

All students must submit their CSCC or OSU course schedules to MCCN every term they take classes. This is necessary in order to insure accuracy of MCCN student records. In addition, delinquent students may find themselves at less than full-time hours for enrollment or financial aid calculation.

Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact **Janet Turner** (614-234-3870) to schedule an appointment.

RN-BSN Completion and Master's students should contact **Kip Sexton**, Program Coordinator, at 614-234-5169 with questions about degree audits.

More than 30 Seniors Nominated by Classmates for Awards *cont'd*

Nominations for the Humanitarian Award

The *Humanitarian Award* is bestowed on the student, voted by peers, who has demonstrated outstanding participation and leadership in promoting community service and a commitment to equity and diversity within the College and the community.

Melissa Bally enjoys helping people in need — on mission trips, in her community. She is compassionate and caring to patients and received the compassion scholarship.

Greg Breeze is very humble, never seeking recognition for his selfless acts of kindness and generosity, co-chaired the Avondale Elementary Christmas project and volunteers in the community.

Joe Derr completed many community service hours and as our class president is always looking out for the other students. He shows leadership and character, and promotes volunteering.

Sara Dobkin is a rambunctious bundle of happiness, always willing to lend a hand or bring a smile. She always has a smile and brings that joy to her patients.

Sarah Kronk possesses individual qualities to make the nursing profession diverse and accepting of all types of people. She is inquisitive, challenging the status quo.

Brenda McGuire shows a strong commitment to several community service programs. She demonstrates a positive image of nursing within the community and is a wonderful caring person.

Erin McKernan served needy populations here and abroad, has been involved in community service and a major part of Campus Ministry. With her spirit of integrity, she is an encouragement to all.

Amanda Mitchell is always pioneering something for the good of everyone else, always positive, and inspires everyone to participate. She is upbeat and blesses your day with a smile. Her altruistic attitude makes her the nurse I want to be.

Sarah Robinson is a very kind and caring person who is an advocate for patients and students, and involved in community service. She cares for her patients and helps others in clinical. She helped bring NCLEX preparation classes here.

Tiffani Rzemisiewski definitely promotes the image of nursing in her personal character at clinical, school, and in the community.

Amelia Stacker always gives equal care to all. She participates in school events. She volunteers as a tutor to other students, and is a member of the nursing sorority. She is always willing to help others.

Nominations for the Lamp Award

The *Lamp Award* is bestowed on the student, voted by peers, who has demonstrated behavior most reflective of caring in the nursing profession as described in the overall philosophy of Mount Carmel College of Nursing.

Jessica Anthony is a sweet, caring person who shows true compassion for her patients and represents what Mount Carmel stands for. She is very thorough in clinical and makes clinical feel like a fun, exciting place to learn and grow as nurses.

Melissa Bally is always caring and compassionate. I have noticed in clinical how she works to better her patient outcomes through critically thinking, collaborating with the healthcare team, and nursing care plans.

Megan Beckstead is very caring when giving patient care, and I believe she follows the Mount Carmel philosophy.

Rhonda Berry and I were in clinical and called into a patient's room due to a ringing bed alarm. The patient was confused and unaware of her surroundings. Rhonda provided a caring environment in reorienting, reassuring, and comforting the patient.

Andrea Colabuno assesses patients holistically and incorporates therapeutic touch. She understands the importance of the "small stuff" that patients, even when in a coma or unconscious, really benefit from and value.

Annette Daniel takes nursing very seriously, truly cares about her patients, and always does the right thing, even when no one is watching. She is going to be an excellent nurse and I feel very lucky to have been inspired by her passion for nursing.

continued on page 5...

SENIORS! Sign up for ATI Critical Thinking Exit Assessment

Dear Seniors,

When you were freshmen, you took an ATI assessment of your critical thinking skills. Now that you are about to graduate, the College will assess your critical thinking skills again with a mandatory ATI Critical Thinking Exit Assessment.

There is no preparation on your part for this assessment. You have been preparing for the past two-three years! The purpose of this assessment is to determine if the education you received at the College has increased your nursing critical thinking skills.

The Critical Thinking Exit Assessment is scheduled on Thursday, March 31, and Friday, April 1, 2011. The assessment consists of 40 questions and will take approximately 40 minutes so complete. Please sign up for a time on either Thursday or Friday on the registration sheets on the bulletin board outside of the Records and Registration office, MH 2C01.

In order to have the best before (freshman) and after (senior) comparison, I ask that you do your best on the assessment. However, there are no incentives or consequences for your performance. This will not affect any grades in any way.

If you have questions, please email me at bbarta@mccn.edu.

Thanks and Happy Spring!

Barbara Barta, PhD, RN
Assistant Dean
Undergraduate Programs

Humanitarian Award

Lamp Award

Rho Omicron Membership Luncheon

March 28
11:45 a.m. -1 p.m.
MCCN Gymnasium

More than 30 Seniors Nominated by Classmates for Awards *cont'd*

Jen Evans is very caring and checks up on people when doing her clinicals. She smiles and says hi to everyone in the halls. She is concerned with everyone involved with the care of her patients (family, nurses, students, etc.).

Alyssa Gross is the most caring person I know. She not only goes to school full time, but also works hard at her job at MCE and shows sincere compassion for her patients. She is full of knowledge and shows great skill in a response to stressful changes.

Lauren Krieg is always caring towards her patients, cares about them holistically. She is really good at critical thinking and includes all aspects of the person as a WHOLE in her nursing care, and is professional and caring.

Erin McKernan created large study groups and helped many classmates prepare for exams. So many of us owe our success to Erin's devotion to learning and helping others to learn. She has a very kind heart, always offers her assistance at a time of need.

Tiffany Mitchell demonstrates holistic caring within the clinical setting. She provides continuous care and compassion to patients and families. She is a true leader within the clinical setting and is always willing to assist other students.

Patrick Smith has been my professional ally. He conducts himself in a professional manner, and the qualities that he brings to his practice will enhance the nursing image for men.

Clare Severns is committed to patients and very knowledgeable about the appropriate action of a nurse. She is willing to help others, especially her classmates. She is open-minded enough to treat the patient holistically.

Kelsey Tinkler impressed me during clinical as she took care of two patients. I was very impressed by my peer's ability to include holistic care with ease, while focusing on learning the role of the nurse.

Nominations for the Inspiration Award

The *Inspiration Award* is bestowed on the student, voted by peers, who served as a consistent role model for motivation, positive influence, and encouragement and who inspired others to achieve at their highest potential.

Cassie Bradford gets study groups together, promotes the social interactions of classmates outside of class. Many patients have found her "special" and continuously comment on her character. She inspires me to be a better care giver everyday.

Krysten Brown exhibited strength, encouragement, and a positive attitude despite the trials occurring in her life this past year. She was an example of how a nurse should behave—providing for her schoolmates' and her patients' needs.

Trisha Bryden always has a smile on her face and is enthusiastic about nursing. She put her best efforts into everything at MCCN and encouraged others to do the same. She was a pleasure in class and clinical and will be a great nurse in the near future.

Joe Derr is always willing to help anyone when they are in need. He shows leadership by being the president of student government and by being very involved with school activities.

Brittnee Doran, through her involvement in student government, consistently encouraged others to participate in MCCN activities. She exhibited an enthusiasm for SGA, other student activities, and a passion for nursing.

Brittney Eshelman is an amazing nurse and mother, balancing school and motherhood very well. She is a true leader at clinical and supportive of problems others have both in the classroom and out. She is involved in community service and school activities.

Courtney Hamilton would go out of her way to help her fellow students. She is always named the leader during STAN sessions and in the clinical setting. It was a joke that we would have to pry Courtney off of the floor when it was lunch break during clinical.

Lauren Krieg is on track to the right profession for sure! Lauren is compassionate and caring in the care she provides to her patients and the relationships with her friends. Lauren manages a job, school, everyday life stressors, and an almost three year old son!

Erin McKernan took time out of her busy day to tutor me. She is extremely intelligent and shows great enthusiasm in everything she does!

Lamp Award *cont'd*

A Girl's Life

Mount Carmel College of Nursing will host *A Girl's Life* on Thursday, April 28, at Mount Carmel East. The program is designed for girls and their moms — or favorite grown-ups — to explore issues related to puberty and adolescence. Growth and development professor and registered nurse,



Dr. Angie Phillips Lowe, will provide head-to-toe advice to help promote healthy dialogue and understanding.

Thursday, April 28, 2011 at 6 p.m.
Mount Carmel East
Siegel Center Auditorium
\$25 per girl

Each girl will receive a tote bag and a copy of *The Care and Keeping of You: The Body Book for Girls*, from the American Girl Library.

Call 614.234.LIFE to register. Seating is limited.

Visit <http://www.mccn.edu/news-events/a-girls-life.html> for registration details.

Inspiration Award

FRESHMAN Class
Mandatory Meeting
Please Note Time Change

Monday, March 21
11 a.m. – 12:30 p.m.

In the Gym

Agenda: *Preparing for Sophomore Year*

Lunch will be provided

RSVP: sign up at the Front Desk by **Wednesday, March 16**, to ensure enough food is ordered

Questions? Contact **Colleen Cipriani** at ccipriani@mccn.edu or 234-5828

continued on page 6...

More than 30 Seniors Nominated by Classmates for Awards *cont'd*

Jennifer Neville demonstrates inspiration through academic success as a member of Sigma Theta Tau. She is a motivational role model, maintaining academic excellence while working third shift and returning to class after a two-week maternity leave.

Jessica Norman is always a role model and looks out for everyone else. She always goes above and beyond.

Elaine Palmer demonstrates excellence in every single interaction and is the epitome of the Mount Carmel spirit. She spends extra time with patients, giving them every little comfort and attention. I would want Elaine to care for me or my family if we were ill.

Karley Poling is nominated for upholding the values of the College and for working hard.

Tiffani Rzemisiewski shows support, leadership, and compassion to everyone she comes in contact with. She is always there for her classmates in any way possible and truly cares for people.

Kylene Stanley has created positive work groups. She helps those who do not understand the material by explaining it. At the clinical sites, she is always willing to help others, going by each room to see if students or employees need help.

Kelsey Tinkler is a rep for SGA and very active in the school. She is a smart and sophisticated member of our class, loyal to her friends and patients. She doesn't take no for an answer and works tirelessly to be supportive of those she meets.

Betsy Tokarsky is always behind you and supportive and positive about getting things done. Her sense of humor sets her above the rest and makes everyone smile.

Inspiration Award *cont'd*

Commencement Speaker Announced Todd Jones, President of the AICUO



Mount Carmel College of Nursing is pleased to announce that our Commencement 2011 speaker will be C. Todd Jones, President and General Counsel of the Association of Independent Colleges and Universities of Ohio (AICUO) since November 1, 2005.

Jones has led significant change at the organization. He created the association's first member collaborative projects, such as the Ohio Private Loan Marketplace and managed the association's first successful regulatory litigation action. Jones also conceived and led the development of the AICUO Award for Excellence in the Visual Arts.

In 2009-10, Jones served as an Obama-administration appointee to the U.S. Department of Education's negotiated rulemaking session on Program Integrity, representing the independent college sector.

Jones joined the AICUO after serving nearly four and a half years as a member of the Bush administration in the U.S. Department of Education. During his final three years, Jones oversaw policy development and budgeting for over \$110 billion in federal spending as the Associate Deputy Secretary for Budget.

Prior to that, he served as Deputy Assistant Secretary for Enforcement in the Office for Civil Rights (OCR), managing 670 staff in a dozen offices, including a period where he was delegated the functions of Assistant Secretary for OCR. While working at the OCR, Jones served simultaneously as Executive Director of the President's Commission on Excellence in Special Education. That commission's recommendations served as the core framework for the Individuals with Disabilities Education Improvement Act of 2004.

Before joining in the administration, Jones was the first President of the National Education Knowledge Industry Association, an association of researchers, educational developers, service providers, and entrepreneurs.

He also served as an attorney on the staff of the House Committee on Education and the Workforce. In that capacity, he was the chief staff negotiator of the landmark Individuals with Disabilities Education Act Amendments of 1997, and helped develop legislation that was enacted as the Higher Education Act Amendments of 1998. Prior to that, he served as Assistant Counsel for the American Rehabilitation Association.

In January 2011, Jones was appointed to Ohio's State Board of Education by Gov. John Kasich. His term expires on December 31, 2012.

Jones holds a BSBA and JD from the University of Denver and a LL.M. from Georgetown University Law Center. Jones is a member of the Ohio, District of Columbia, and Colorado Bars. Jones serves as Vice Chair of the National Association of Independent College and University State Executives (NAICUSE), on the Board of Directors of the National Association of Independent Colleges and Universities (NAICU), and is a member of the board of the Crew Soccer Foundation.

Attention: All Sophomores!

MANDATORY Sophomore Class Meeting

Wednesday, April 6, 2011
12 noon - 1:30 p.m., in the Gym
A salad bar lunch will be provided.

The course coordinators for junior level classes will be there to talk to you about your junior level classes and answer any questions. This is the only day that all the junior faculty members are available.

Sophomores who have clinical on Wednesdays are excused from attendance. Please get the information from a classmate who can attend.

Please enter this important mandatory meeting into your planners **NOW**, so you can tell work, etc. that you have a meeting that day.

Please don't hesitate to contact me if you have questions.

Kathy Walters, MS, RNC, NNP-BC
614-234-5408
kwalters@mchs.com
kwalters@mccn.edu

Attention: College Family

Set your DVRs!

One of our own will be featured this month on television. . .

On March 30, at 5:45 and 6:45 p.m. on the Ohio News Network (ONN)

Kathy Espy
Director of Diversity
and Community
Initiatives

YWCA Columbus
2011 Women of
Achievement Awards

Lifetime
Achievement Honoree

Catch this ONN profile exploring the personal vision that helped Kathy grow into a Woman of Achievement

"Welcoming problems taught me how to persevere and be an optimistic motivator for others."

— Kathy Espy



Call for Posters

2011 Spring Scholarship Evening

Event Date: Wednesday, April 20, 2011
Abstract Submission Deadline: March 20, 2011



The Central Ohio Consortium of Sigma Theta Tau International will host a Spring Scholarship Evening on April 20, 2011, 5 — 8 p.m. at Mount Carmel College of Nursing. This event will celebrate global health nursing. During this celebration of nursing scholarship, Lisa Braun will share her experience as a Medical Assistance Team member and Principal Investigator in Afghanistan working toward the achievement of Afghanistan national Millennium Goals.

Nursing faculty, students, and nurses from the community are invited to present posters of this event. Membership in Sigma Theta Tau International is **not required** for participation.

Expectation of poster presenters:

- Presenters will register to attend the Spring Scholarship Evening. Registration fees: \$20 for students and \$35 for non-students. Mount Carmel College of Nursing students are admitted **FREE** with completed registration.
- Presenters will arrive at 4:30 p.m. to set up poster display on provided easels.
- Presenters will accompany their posters during the poster reception, 5 - 6 p.m.
- All posters should be capable of standing independently on provided easels.
- Any audio-visual equipment or extension cords needed with a poster presentation must be supplied by the participant.
- An abstract or handout describing the poster should be available for poster viewers.
- All poster presenters must send a poster abstract to address below by **March 20, 2011**.

Please direct any questions to Dr. Elizabeth Barker at: barker.203@osu.edu

APPLICATION INFORMATION

Send or email a poster abstract to Elizabeth Barker by March 20, 2011:

Mail address: The Ohio State University
 College of Nursing
 1585 Neil Avenue
 396 Newton hall
 Columbus, OH 43210
 ATTN: Dr. Elizabeth Barker
Email address: barker.203@osu.edu

Poster abstracts must include:

- Presenter name(s) with a designated contact person
- Telephone and email contact information of contact person
- Poster title
- Abstract describing the poster's topic (not to exceed 150 words)

Epsilon
The Ohio State University

Kappa Lambda
Otterbein College

Rho Omicron
Mount Carmel College of Nursing

Theta Theta
Capital University

Rho Omicron's Community Program for Twin Valley Behavioral Healthcare *You Can Help*

Puzzles, books, games, comic books, DVDs, and CDs are needed at the Twin Valley facility for when the inpatients have visiting time with their children/families. Your donation of these new and/or gently used items will be appreciated. Please bring your donation to the Twin Valley Project Collection at the Rho Omicron Membership Luncheon on March 28, 11:45 a.m. - 1 p.m. in the MCCN Gymnasium.

PLEASE NO VIOLENT OR SEXUAL MATERIAL

Questions? See **Kathy Walters** .

Attention: All Juniors!

Junior Class Meeting

Monday, April 18, 2011
12 noon -1:30 p.m.
College Lounge on the first floor

Lunch will be provided by the Spring Festival in the gym

The course coordinators for the senior level classes will speak about your classes and answer any questions.

Please enter the date in your planners now so that you can plan to meet for that day.

Any questions, please email bbeyer@mccn.edu.

Mount Carmel's Got Talent!

- 1ST PRIZE**
\$100 gift card
- 2ND PRIZE**
\$75 gift card
- 3RD PRIZE**
\$50 gift card



When: Monday, April 11, 2011, 7 p.m.

Where: Gym

Who: MCCN Students

What: Singing, Dancing, Musicians, Comedy Routines, etc.

Contact **Colleen Cipriani** at ccipriani@mccn.edu by Monday, April 4, to register your act

easycolumbus.com

The student everything-off-campus guide to Columbus

- + Where to go
- + What to do
- + Easy discounts
- + Columbus internships
- + Upcoming Career Events
- + Internship Tips
- + Student discounts

Spice Up the Grill

By Abbey Maurer, Dietetic Intern

As spring is approaching, what's better than a crisp, warm day enjoying the sun and grilling outside? The first grill of the year is always my favorite. The right marinade can really do the trick for some tasty chicken, steak, vegetables, etc.

Some opt for salad dressing or other pre-made marinades, but buyer beware. It can be surprising how much sodium is in some dressing and marinades, so be sure to look at the nutrition fact label. On the other hand, there are some fantastic sodium-free marinades on the market. I do admit to being a frequent user of Mrs. Dash marinades when time is running short!

For those looking for low-sodium cooking options, there is usually some talk about herbs and spices. The question that may come to mind is what spices are best to use?

The key to using spices is finding the right ratio. A little can go a long way in spices with more heat, like chili powder or cayenne pepper. Basil (within the mint family) is one of the most widely used spices. My personal favorites are ginger and cilantro. I also enjoy marinating with some citrus (orange, lemon, lime, or pineapple juice). Grilled vegetables bring out a spectacular flavor when grilled in foil, a grill basket, or on skewers. (Be sure to use a little oil or cooking spray when using foil).

Herbs/spices and suggested uses for grilling

- + Ginger: red meat, poultry, fish, vegetables (various uses)
- + Cilantro: chicken
- + Parsley: red meat, fish and vegetables
- + Lemon pepper: red meat, poultry and fish
- + Dill weed: fish and potatoes

<http://www.goodcooking.com/jjvherb.htm>

<http://www.squidoo.com/herbsnspices>

Grilled Vegetables

Original Recipe: 5 servings

Ingredients

- + 1 small eggplant, cut into ¾ inch thick slices (squash would work too)
- + 2 small red bell peppers, seeded and cut into wide strips
- + 3 zucchinis, sliced
- + 6 fresh mushrooms, stems removed
- + ¼ cup olive oil
- + ¼ cup lemon juice
- + ¼ cup coarsely chopped fresh basil
- + 2 cloves garlic, peeled and minced
- + Optional: ¼ tsp. cayenne pepper and/or 1 Tbsp. cilantro

Directions

Place eggplant, red bell peppers, zucchinis, and fresh mushrooms in a medium bowl.

In a large zip-lock bag, whisk together olive oil, lemon juice, basil and garlic. Add the vegetables to the mixture, cover and marinate in the refrigerator at least 1 hour.

Preheat an outdoor grill for high heat.

Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.

Nutritional Information

Amount per Serving: Calories: 157 | Total Fat: 11.2g | Cholesterol: 0mg

<http://allrecipes.com/Recipe/Marinated-Barbequed-Vegetables>

Looking for Student Ambassadors for 2011-12

Application Deadline is **TODAY**, March 14

Student Ambassadors are a select group of current MCCN students chosen to assist the College of Nursing with the recruitment process. Student Ambassadors serve as leaders — links between the Office of Admissions and Recruitment, the current student body, and prospective students.

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

Expectations of each Student Ambassador:

- + Maintenance of good academic standing
- + Active involvement in extra-curricular activities
- + Eagerness to promote MCCN to prospective students, especially during school breaks
- + Staying up-to-date on the latest news about Mount Carmel College of Nursing

Applications for 2011-12 Student Ambassador positions now available at the front desk, *Charlie's Java Jolt*, and the Office of Admissions. Deadline to apply is March 14.

Questions? Please see **Kim Campbell** or **Jonathan Francis** in the Admissions Office.

SPRING WELLNESS FESTIVAL

Just for the Health of It!

Monday, April 18
11:30 a.m. — 2 p.m.
College Gym

Free Lunch
Free Henna Tattoos
Power Puff Tournament
Ping Pong Tournament
Badminton Tournament

Chances to win exciting prizes
And much more!

Attention Students!

The 2011 Work Study Program at Nationwide Children's Hospital for RN nursing students

- + 13-week program that provides temporary full-time employment
- + 21 hours of pediatric specific classes with varying topics to augment knowledge base and stimulate an interest in pediatrics
- + An assigned, unit-specific RN mentor, who will assist and collaborate with participants throughout the Work Study Program
- + Nurse educators, who coordinate clinical and classroom experiences
- + Opportunity for future career development

In order to meet the employment needs of all nursing students, there will be two separate Work Study groups:

- + **Group 1 Orientation:** May 16 – 25 Program Ends: August 13
- + **Group 2 Orientation:** June 20 – June 29 Program Ends: September 17

To be eligible:

Applicants must be actively enrolled in an approved College/School of Nursing and provide evidence of successful completion of a fundamentals of nursing course with some clinical experience. Clinical references and a copy of your most recent transcript will be required when you are contacted for an interview.

Positions are limited

If you are interested in a position, please visit our website at www.NationwideChildrens.org, click on *careers, find a job*. Type in keyword *Work Study* and click on *Search Jobs*. Applications will be accepted starting February 14 and continue until positions are filled. Please indicate anticipated graduation date on your application. Preference will be given to BSN students entering their junior year.

Questions regarding the program should be directed to the Nurse Educators at ClinicalNurseEducators@NationwideChildrens.org

Contact Sharon Kimchi at (614) 355-4145 with questions regarding the application process.

Third Thursdays: A Mentoring Program for Students

Sponsored by the Mount Carmel Alumni Association

The brainchild of Mount Carmel Alumni Association president, **Kimberly Dillon '04**, the Third Thursdays program is all about helping MCCN students.

"We want to get the alumni engaged with the nursing students; to inform students about diverse nursing career opportunities; and to develop mentor/mentee relationships that will help student nurses get socialized into the nursing profession," said Dillon. "These events are my way of giving back to nursing."

Third Thursdays bring together alumni and students to hear speakers presenting interesting and current topics in nursing. Speakers thus far: **Kellie Seelig Garrison '04**, who spoke to students about her experience in the Peace Corps following her graduation, and Pat Dawson, who spoke about occupational health careers.

The events take place on the third Thursday of the months of January through April and August through November at both the Columbus and Lancaster campuses. Director of Student Life, **Colleen Cipriani**, assists Dillon with the planning.

"I just want people to come, learn, and get to know each other. We need each other. We have a lot in common, because our foundation is that we are all Mount Carmel nurses," concluded Dillon.

Don't miss the next Third Thursday event coming up this week on March 17! Please see accompanying announcement for details.

3rd Thursday March 17 at 2:30-4 p.m.

- 2:30 p.m.** Light refreshments and meeting potential mentors
- 3 -4 p.m.** Speaker presentation – "Nursing Engagement"

At MCCN lounge: Nick Chmielewski, MSN, RN, CEN
At MCCN-FMC: Joyce A. Cox, MSN, CNP, CRNFA

Join us to gain perspective on different nursing careers.
Meet Mount Carmel alumni who are eager to support, mentor, and make your MCCN experience all it can be.

**Please RSVP by March 14 to
Mount Carmel Alumni Association President
Kimberly Dillon, RN, at 614-565-1630.**

SNAM News

By **Kayla Munk**

President, Student Nurses' Association of Mount Carmel
President, Ohio Nursing Students' Association

Upcoming Events

- March 26** ONSA Leadership Conference at Mount Carmel College of Nursing
- March 28** SNAM Meeting
- April 6-10** National Student Nurses' Association Annual Convention in Salt Lake City, Utah
- April 25** SNAM Meeting
- October 7-8** 2011 ONSA Annual Convention at the University of Toledo

2011-2012 SNAM Elections

The election will take place at the March 28 meeting. These positions are available: President, Vice President, Secretary, Treasurer, BTN Director, Membership Director, and Community Health Director.

Nominations will take place at the meeting and voting will occur by ballot in the lobby following the meeting. Please contact **Kayla Munk** at kmunk@mccn.edu if interested in a 2011-2012 officer position.

Mount Carmel College of Nursing to host the 4th Annual Ohio Nursing Students' Association (ONSA) Leadership Conference!

On March 26, 2011, MCCN will host the 2011 ONSA Leadership Conference. This day-long event is sponsored by The U.S. Navy and the Ohio Nurses' Association.

ONSA is the only organization in our state representing the interests of Ohio nursing students. With more than 1,500 members, ONSA is currently one of the largest chapters of the National Student Nurses' Association. The ONSA has so much to offer to students, and the annual conference is a great opportunity to get involved with various aspects of the ONSA, to meet other nursing students from across the state, and listen to various leadership speakers.

All Ohio nursing students are invited to attend the conference, even if they are not members of the ONSA. For more information and schedule of events, visit the ONSA website at www.choosenursingoh.com. Registration is \$17 online on the ONSA website, and \$20 at the door.

SNAM T-shirt Sale

SNAM T-shirts are still for sale, at \$12 each. Turn all order forms and money into **Kayla Munk's** mailbox. Make checks payable to MCCN SLA.

ATTENTION Juniors!

Have a voice in voting for your SGA/ Senior Class President!

Today is the opportunity to hear the presentation of platforms and vote.

When: Today, March 14 **Where:** Rec Room
Time: 12 noon **What:** voting for SGA/ Senior Class President

SGA bylaws incorporate the voice of the student body in the selection of the SGA President, who will also be the president of the senior class. Today, March 14, the junior representatives of SGA are holding a meeting where the nominees for president will give their speeches and the junior class will vote on their senior class president. The nominees are **Stephanie Binkley**, **Brittany Richards**, and **Brooke Waddell**.

Vote for your Senior Class President on March 14 at 12 noon in the Rec Room!
WE WANT YOU TO VOTE!



Library



Hours

- MONDAY - THURSDAY
8 a.m. – 9 p.m.
- FRIDAY
8 a.m. – 5 p.m.
- SATURDAY
8 a.m. – 12 noon
- 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.

A Letter of Thanks

The following letter arrived from the Holy Family Soup Kitchen regarding the College's \$100 donation from our cake baking contest in January. We are truly blessed to work with such a generous group — thank you for opening your wallets to serve our hungry surrounding community.
 — Your MCCN Social Committee

Dear Friends at Mount Carmel College of Nursing,

On behalf of Holy Family Soup Kitchen and Food Pantry, I want to thank you for your wonderful donation of \$100. What a blessing all of you are. It was a wonderful thing you did to collect 50 cents a slice for cake, just so you could raise money for us.

I really appreciate all you are doing for our poor. May God bless each of you for your thoughtfulness and the kindness you have so greatly shown us.

God bless you.

Gratefully yours,

Francis Carr
Director

grammarly@edu

Grammarly@edu--provided as a service to MCCN students

Get writing support from grammarly@edu, compliments of the College!

Follow the instructions below to create an account and submit your papers for review. Feel free to contact **Tim Tabol**, Systems Administrator, at ttabol@mchs.com or 614-234-2682 if you have any issues or questions.

Please note that this service is available to ALL MCCN students, faculty, and staff!

News From Your Library

*By Noreen L. Mulcahy, MLIS
Health Sciences Librarian – Technical Services
Mount Carmel Health Sciences Library*

Your library, the Mount Carmel Health Sciences Library, has new items for you to check out. Oscar nominees and winners, including *The King's Speech*, *The Social Network*, *Black Swan* and *127 Hours*, are among the new DVDs being added. Call us at 614-234-5214 to reserve your favorites.

Join us on *Facebook* for all the latest library news.



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Deadline for information is every other Monday at noon. For information or to comment, contact Robin Hutchinson Bell at 614-234-1372 or rhutchinson-bell@mchs.com.

MONEY matters

Notes from Alyncia

Unemployment compensation is NOT tax exempt for 2011-2012 FAFSA

In 2009, the first \$2,400 of unemployment compensation was considered untaxed income on the 2010-2011 FAFSA. For the upcoming academic year, the entire amount of unemployment income is reported as taxable income and is included in the Adjusted Gross Income (AGI) on the 2011-2012 FAFSA.

March and May Graduates

Congratulations on reaching this momentous milestone. In order to finalize your undergraduate academic experience, you will need to complete the Exit Counseling for Federal Student Aid. This may be accomplished by going to **StudentLoans.gov**, click on Exit Counseling and complete. Please reference NSLDS.ed.gov to determine the amount of Stafford Loans you have secured while enrolled. Please contact **LaTosha** at 234-1842 if you have questions

PLEASE NOTE: If you have not received Federal Loans from MCCN, please email a statement to this effect to MCCNFinancialAid@mchs.com

FAFSA Renewal and Deadlines

It is time to begin preparing for the 2011-2012 academic year. If you are planning on taking classes Summer 2011, you will need to complete your 2011-2012 FAFSA by April 18, 2011. If you are returning in the Fall, you will need to complete your FAFSA by July 1, 2011. Please note that many scholarship donors require students to complete a FAFSA in order to apply for a scholarship.

This year you will have the option of importing your 2010 tax return to your FAFSA. This is a good opportunity and may reduce the opportunity for your FAFSA to be selected for verification. You and your parent/spouse must submit a 2010 tax return to the IRS in order to utilize this option.

Timely submission of your FAFSA impacts your eligibility to receive, if you are eligible, federal and state grants. Please work hard to complete your FAFSA.

If you would like assistance with completing the FAFSA please contact **LaTosha** at 234-1842 to schedule an appointment.

Asking questions and getting the right answer

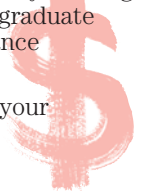
This edition's statement/question: Will I have to complete another Master Promissory Note(MPN) and Entrance Counseling every year?

This is a good question.

Last year we transitioned to the direct lending model. This was a federal mandate in order to continue receiving federal aid for our students. Part of the transition meant that every current student had to re-do their promissory note and entrance counseling. Going forward your MPN will be good for 10 years. This means you can go to graduate school on the same MPN from your undergraduate program. Likewise, you will not have to re-do an entrance counseling session.

Look forward to more ways to get the right answer to your question.

Alyncia Bowen, PhD, MSA
Director of Financial Aid
abowen@mchs.com



Health NEWS

Mount Carmel College of Nursing Student Health Office

Here are the articles that will be featured in the April edition of *Student Health 101*—

Find the Workout for You

A Certified Personal Trainer (and student) gives her insider tips on how to get in shape.

Making Stress Work for You

Under pressure? Got a case of the nerves? That may not always be a bad thing.

Standing up to Sexual Assault

How to prevent incidents and help victims report attacks and cope.

Bonus Article: Energy Drinks: Lift and Letdown

A look at what energy drinks really are and how they affect your body.

Health Brief: **Here Comes the Spring...and Your Allergies**

5 Habits of Healthy People

The March edition is out and the link has been sent to all students. Here are highlights of the March edition—

7 Days of Healthy, Budget-Minded Recipes

Helping students eat better by giving them a step-by-step approach to their meal planning and preparation.

Got Self-Esteem?

What it means, how to improve yours, and how too much can cause trouble in your relationships. Also, how to be confident about the positive health decisions you make even under pressure to do otherwise.

The Perfect Paper

The tips and secrets students need to know before they start their next paper.

Spirituality on Campus

A look at how spirituality among students develops and how those who need some spiritual renewal in their lives can find sources for that on campus.

Students Striving for A's Can Start by Catching Some Zzzs

Helping students understand the connection between their sleep habits and academic performance.

Students in Action: Feeding the Hungry @ Johns Hopkins University

Kathy Walters MS, RNC, NNP-BC

Assistant Professor/Student Health Nurse

614-234-5408

kwalters@mchs.com

kwalters@mccn.edu



Kathy Walters



Please note this series of expanding details highlighting key information graduating students need to know before May Commencement. Check this update for important deadlines and suggestions to keep your path to graduation on track.

- + Complete your Community Service Program requirement and submit documentation to **Mary Nibert**.
- + Make sure you are on track to complete all degree requirements by requesting a degree audit. Pre-licensure students contact Records and Registration; RN-BSN and master's students contact **Kip Sexton**, Program Coordinator.
- + Resolve any holds on your student record (business office balance, library materials, financial aid exit counseling) that will prevent you from receiving your diploma and obtaining a transcript.
- + Attend the graduation planning luncheon on **March 14 in the College Gym (12-2 p.m.)**, where details about Commencement, Pinning and Recognition, graduation photos, the NCLEX-RN application, and other items will be discussed. In addition, there will be a time for questions and answers.
- + Visit the Jostens representative who will be on campus **March 14** to display various graduation items and answer questions. Stop by the Marian Hall Lobby after the luncheon to see the Jostens display.
- + Order your cap/gown and optional announcements. Order online at www.jostens.com. **The order deadline is March 31.**
 - Follow the prompts for college-level graduation caps and gowns
 - Search for *Mount Carmel College of Nursing*
 - Place your order for either the bachelor's or master's product (they are different!)
- + Prepare for the National Council Licensure Exam for registered nurses (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession.
- + Prepare for graduation events:
 - Pinning and Recognition Ceremony will be Friday, May 6, at 7 p.m.
 - Commencement will be Saturday, May 7, at 1 p.m.
 - Both events will be held at the First Church of God, 3480 Refugee Road

Employment Opportunities

RNs, Med Surg and ICU Needed

Permanent staff RN opportunities in both Medical Surgical and Critical Care available at a hospital in the Harrisburg, Pennsylvania, area. Both 12-hour night shifts and 8-hour evenings available. Must have one year experience in Med Surg, Critical Care or Step Down/PCU. Rates are commensurate with experience, \$25 to \$35 per hour. If you or someone you know may be interested in this opportunity, please contact me: Dade Royer, The Bridge Group, Dade@BridgeGroup.net, 1-888-770-9558 or 717-749-3600 direct to my desk.