

carmel the Rapper

FEBRUARY 13 2012

MCCN news & information



MOUNT CARMEL
College of Nursing

SDAP V Completion Ceremony: Students Celebrate Achievement of a BSN in 13 Months



New SDAP grads **Lisa Smith, Nicole Kington, and Jean Boyle**

The Second Degree Accelerated Program (SDAP) celebrated the fifth SDAP Completion Ceremony on January 27, 2012, with the 61 members of the 2011-2012 class receiving nursing pins and diplomas.

At the ceremony, the Lamp Award was given to **Danielle Poonosamy**; the Inspiration Award to **Martha Miricho**; and the Clinical Excellence award to **Andy Harner**. The SDAP Alumni Caring Leadership Award and a \$500 scholarship were presented by the previous classes of SDAP alumni to **Joel Phoenix**.

The MCCN SDAP enrolls qualified individuals who have completed a baccalaureate degree or higher with a minimum grade point average (GPA) of 3.0, meet the admission criteria for prerequisite courses, and want to pursue a fulfilling career in nursing. The SDAP is designed for those can attend full-time — 40 hours per week/five days per week.

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Dates to Remember

February 24	Term 1 ends
February 27	Term 1 junior/senior nursing clinical final exams
February 27 – March 4	Spring Break (students and faculty)
February 29	Nurses Day at the Statehouse
March 5	Term 2 classes begin
March 12-14	CCNE Accreditation visit
March 19	Graduation Planning Luncheon
March 20	Spirituality Conference
March 26	SNAM Meeting
	OU, OSU, and CSCC spring quarters begin
March 29	Graduation cap & gown order deadline
March 30	Last day to drop a 16-week course
April 2	Spring Festival
April 6	Good Friday (holiday)
April 23	SNAM Meeting
April 27	Term 2 and spring semester classes end
April 30 – May 3	Final exam week
May 4	Pinning & Recognition Ceremony
May 5	Commencement

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.

Save the Date: Spirituality Conference on March 20

MSB Auditorium

Light dinner: 6 – 7 p.m.

Presentation, “Spirituality and the Nurse”: 7 – 8:30 p.m.

Keynote Speaker:

Sr. Kathleen Dolphin, PBVM, PhD

CEUs provided for social workers, nurses, and chaplains. Students encouraged to attend.

SDAP V Completion Ceremony: Students Celebrate Achievement of a BSN in 13 Months *cont’d*

“Since its inception, MCCN’s SDAP has helped more than 225 students realize their dreams of working as nursing professionals and has maintained excellence in nursing education with a student retention rate of 96%-100%, NCLEX-RN first time pass rate of 92-100%, and employment rate of 100% for all SDAP graduates.” says SDAP Co-coordinator **Joey Beck, BS, MHA, MSN, RN.**

“Men and women are interested in enrolling in the MCCN SDAP program because of the reputation the program and MCCN have in the community. The SDAP program allows nursing students to become totally immersed in nursing education and nursing culture for 13 months, then emerge as competent entry level practitioners,” adds **Tanika Cherry, MSN/ED, RN-BC,** SDAP Co-coordinator.

As MCCN celebrates these newest nursing professionals, members of the College’s current SDAP class (SDAP VI) are more than one month into their 13-month odyssey to the BSN. Those interested in information about MCCN’s next SDAP class, set to begin in January 2013 and end in January 2014, are invited to visit www.mccn.edu or call 614-234-5800.

Second Degree Accelerated Participants

Sarah Bardwell	Kyla Hammond	Danielle Poonosamy
Dorisalaan Bert	Steven Hand	Molly Price-Copeland
Esther Boulton*	Andrew Harner	V. William Rental
Jordan Bope	Jessica Heidorn	Brittany Sagle*
Jean Boyle*	Christine Herber*	Robin Saionzkowski*
Melissa Caulfield*	Mary Jedlicka	William Scott
Chelsea Compston*	Angela Johnson	Aimee Sisinger*
Charity Cordes	Melissa Jones	Heather Skidmore
Anna Day	Bethany Kaper*	Lisa Smith
Lacey Driver*	Brian Kelly	Samuel Stahl
Julia Duncan	Cha Kim	Danielle Torpey
Stefanie Earley*	Nicole Kington	Kyle Tweed
Britney C. Eller*	Chelsea Krysztofik	Amy Vanarsdalen
Kate Emch*	Erica Langley	Ryan Williams*
Amanda Evans	Tara Malysa*	Katalyn Yenne
Jennifer Fabien	Alyse Mapes*	Katelyn Zimmerman
Chelsey Fortney	Laura Marcon*	
Jamie Foster	Martha Miricho	<i>*Denotes Sigma Theta Tau Honor Society</i>
Kelly Gordon	Jennifer Ogden*	
Patricia Frost*	Christina Oldham	
Jane Gacegu	Leslie Perkins	
Kaitlin Gerken	Joel Phoenix	
Samantha Hamilton	Joseph Poliandro	

SDAP V Completion Ceremony 2012



MCCN Master of Science

NEW in 2012!

- Adult-Gerontology Acute Care Nurse Practitioner with Trauma Focus
- The Graduate Certificate in Adult Gerontology Acute Care Nurse Practitioner

The MCCN Master of Science (MS) Program in Adult Health, Nursing Education, Nursing Administration, Family Nurse Practitioner, or Adult-Gerontology Acute Care Nurse Practitioner with Trauma Focus is designed for career-minded baccalaureate-prepared registered nurses who are ready to assume even greater responsibility and reap the benefits of expanded career opportunities.

Mount Carmel College of Nursing is accredited by the Higher Learning Commission: North Central Association of Colleges and Schools. The Master's program is authorized by the Ohio Board of Regents. Accreditation will be sought following graduation of the first class.

Five tracks are offered:

- Adult-Gerontology Acute Care Nurse Practitioner with Trauma Focus
- Adult Health
- Family Nurse Practitioner
- Nursing Administration
- Nursing Education

For more information, please contact aphillipslowe@mccn.edu

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.

Graduation Planning Luncheon

All Graduating Students! Please plan to attend the Graduation Planning Luncheon on Monday, March 19, 12 - 1:30 p.m. (approximate end time), in the College gym. Among other things, we will discuss:

- Details about the Pinning & Recognition Ceremony on May 4
- Details about Commencement on May 5
- Information about tickets to these events
- Information about your graduation photographs
- Graduating Student Exit Survey and Interview procedure
- Application to take the National Council Licensure Examination for Registered Nurses (NCLEX-RN)
- Information about our Master of Science 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!

Cap & Gown Ordering For Graduates

Each graduate attending Commencement on May 5 is responsible for ordering and paying for his/her own cap/gown no later than March 29, 2012. Orders are placed online at www.jostens.com.

- Click on "Find My School's Store" at the top of the page
- Search for *Mount Carmel College of Nursing*
- Follow the prompts for "Graduation Caps and Gowns"
- Click on either the **bachelors** or **masters** product (they are different!)
- Follow the "Design It" prompts to place your order
- Note: one tassel comes with your order; there is an option to order additional tassels

Remember: the order deadline is March 29. A Jostens representative will be in the main lobby following the March 19 graduation luncheon to answer questions. In addition, contact Records and Registration if you have questions (614-234-3870).

Kim Campbell Completes Trinity Health Leadership Program



Kim M. Campbell, MEd, Director of Admissions and Recruitment, recently graduated from the Trinity Health Strategic Leadership Program, the only person from MCCN thus far selected for this program. Forty participants were chosen from across Trinity Health System for this cohort, including three from Mount Carmel Health.

"I really appreciated this wonderful opportunity, as well as getting to know people throughout Trinity Health," says Campbell. "The program provided a global view of the organization, and of healthcare. I now better understand what our students, as future nurses, will experience and be expected to know."

Although the program required a lot of time and effort, Campbell believes the result of being better equipped and more knowledgeable is well worth it. "What happens in healthcare affects the College. So, it is important that the College be aligned with the health system and with healthcare," Campbell adds.

Campbell describes the program as an intensive mini-graduate program that includes leadership skills, finances, management, strategy, and knowledge about the functions of all the ministry organizations that comprise Trinity. "MCCN is the only College of Nursing in the Trinity system," observes Campbell.

The benefits of the program include more knowledge about the expectations of healthcare roles, which makes Campbell better equipped to speak to prospective nursing students, she says. "I look forward to being able to better contribute and to future opportunities."

Way to Go!

Kathy Espy Chosen for OSU Legacy and Leadership Panel



On February 1, **Kathy Espy**, Director of Diversity/Community Initiatives, joined five other panelists — Stephanie Hightower, Dr. Javaune Adams-Gaston, Dr. Valerie Lee, Cheryl Boyce, and Joyce Beatty — at a reception at OSU entitled “Five Stars! Celebrating Life, Legacy and Leadership.”

The panelists addressed the areas of passion, purpose, and perseverance, by answering questions, such as those below.

- What black women of the past and present do you consider to be an inspiration and why?
- How do you get through difficult times and what keeps you grounded?
- Briefly describe one valuable lesson learned that is a valuable tool to other black women on the career-leadership journey.
- How do you create a work life balance?
- What are some of the major concerns of black women in leadership — prominent roles both within the black community and greater society?

“Thank you again for your acceptance of participating in this event. We look forward to celebrating your life, legacy and leadership and hearing your story as a woman, leader and trailblazer,” wrote Habiba Kamagate, Coordinator, Multicultural Initiatives, OSU, to Espy.

ATTENTION STUDENTS! Volunteer Opportunities to Earn Community Service Hours

Mount Carmel Images for Women

Mount Carmel Images for Women — specializing in the unique needs of women dealing with breast surgery and breast care — is in need of MCCN student volunteers to assist with a variety of projects including preparing patient birthday cards, invitations for special events, and brochure mailings for physician offices, etc. The volunteer opportunity is very flexible — four to eight hours per month. Images for Women is located on the Mount Carmel East campus, 5965 East Broad Street. Interested? Contact **Darla Hickle** at dhickle@mchs.com or 614-234-7460.

Columbus’ 200th Birthday Party

www.columbus200.com
March 14, 2012 at 6 p.m.
Dodge Recreation Center

Columbus is 200 years old and celebrating with a big birthday party for residents, including everybody at the College!

Plan to attend or volunteer! Students can earn community service hours by helping with set up, tear down, kids’ activities, blood pressure checks, assisting with games, and lots more.

Contact **Kathy Espy** at kespy@mccn.edu or 234-5276 or **Colleen Cipriani** at ccipriani@mccn.edu or 234-5828.

A Girl’s Life

A program for adolescent girls to explore issues related to puberty and adolescence sponsored by Mount Carmel College of Nursing.

Growth and development professor and registered nurse, **Dr. Angie Phillips-Lowe**, provides head-to-toe advice to promote healthy dialog and understanding.

\$25 registration fee includes mom and daughter.

Next session is **Wednesday, March 21, 2012, at 6 p.m.**, Mount Carmel East Siegel Center. Call 614.234.LIFE

Congrats!

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. (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*.

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.

Junior Receives GEM Note from Patient’s Family



Richard Canestraro was recently recognized with a GEM note for his patient care on the Mount Carmel St. Ann’s 2 South Med-Surge floor,

“Ricky was very compassionate, informative, and made Dad very comfortable. He is a natural at the nursing profession and we wish him much success in the career,” wrote the patient’s family.

“I think it is an honor that a family took the time to write a note to commend a student nurse from MCCN for his wonderful care to the patient,” said Instructor **Bonnie Moses, RN, MS, CNRN**. “Richard was very patient, caring, and compassionate, and the patient responded by doing things for him that he wouldn’t do for anyone else.”

“It makes me feel great to know that what we do even as nursing students actually has an impact on someone else’s life!” said Canestraro, who knew in high school that he wanted to be a nurse and hopes to work in the NICU.

“I love taking care of people and learning their stories. I mean, where else do you get to work and meet so many interesting and different people everyday?”

Random Act of Kindness

By **Annie Hahn**, sophomore

After the sophomore pinning ceremony on January 8, my family took me out to dinner. Waiting for a table to open up, I felt a tap on my shoulder and heard, “Go Mount Carmel.” I turned my head and standing there was an older woman who told me she graduated from Mount Carmel years ago.

As I was finishing my meal, the waiter came to our table with a dessert. He said it was from the lady who graduated from Mount Carmel. Unfortunately, I was unable to find out who she was. I was very touched by the act of kindness and one day hope to see a nursing student in a white uniform at dinner. Then I can buy her/him a dessert. Pay it forward!



Freshman Brings Wide Variety of Life Experiences to the Study of Nursing

Tina Marie Cerra took an indirect and adventurous route to nursing. Cerra began life in Charleston, West Virginia, and traveled far and wide prior to her arrival in Columbus. It was a visit to her 96-year-old grandmother in Wheeling, West Virginia, that unexpectedly turned Cerra's path toward MCCN.

"I had no intentions of anything except a visit because of being away so many years and sensing it was very important. While I was there, my entire life history came full circle and through a simple conversation I found myself considering a return to America from Israel and moving to Ohio to go back to school, which was so not on my radar," Cerra recalled.

Although Cerra studied nursing in the early 1980s, she worked in integrative healthcare as a personal fitness trainer and life/nutritional/herbal coach. She earned several certifications in the health and wellness field, returned to school in the early 1990s, and obtained a BS degree in community psychology and mediation.

Cerra traveled to and settled in widely diverse locations, including Russia, Liberia, South Florida, Nashville, and Israel. As a member of a missions' board team with Billy Graham's grandson, Cerra was "privileged to travel to places around the world."

Cerra's diverse employment history includes managing a full service marketing agency, executive recruiting, and project management and consulting. In Israel she helped network and mediate organizations or people who wanted to do for profit and not-for-profit projects.

"I acculturated amongst the people, learned the language and culture, and spent seven years being a living witness for Christ, in Jerusalem as well as in Arab neighborhoods; in day to day interactions as well as in the business and political arenas," said Cerra, who was asked to dance as a prayer offering at various locations around the country of Israel.

Cerra's photography (mostly a hobby, she says) was featured on Israeli television. "My last year in Israel, I lived just outside the Western Wall in Jerusalem and chronicled with photography many events that occurred along that controversial area considered the 'City of David' by some and an Arab town by others."

Cerra hopes that her previous education and experiences helped prepare her as a caregiver to those in need. She has done training for disaster relief and deployment when she worked with bringing humanitarian aid to Israel. "I love being in war areas and part of teams involved with critical care and hope that is part of my future, just more 'legitimate' and with credentials. Then all my varied experiences can be best used as I am positioned and prepared by the MCCN program."

So, for now, Cerra is calling "this unique and wonderful college home and putting down roots," which for her is huge. "The moment I walked on the MCCN campus, I knew... being a student at MCCN as well as an associate at MCHS, I have heard and seen the mission, vision and values here lived out in so many ways and it continues to resonate with my heart. I am so thankful to be here, and on a personal note, have an address on my checks for the first time in over 14 years!"



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.

**SAVE THE DATE!
Don't Miss Out on the Fun!**

**SPRING
FESTIVAL**

**Monday, April 2, 2012
11:30 a.m. – 2:30 p.m.**

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!

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.

Student Health *News*

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

February's issue of *Student Health 101* is live. Check out this month's edition for cool articles:

1. Six tips for Spring Break
2. Healthy Vegetarian Meals
3. Fitness U — Ways to strengthen your core
4. Healthy Relationships
5. What to do if your grades are slipping
6. How students are using mobile Apps to manage fitness and nutrition
7. How to keep your computer from hurting you
8. Resumes — how to write them to get a job
9. How increasing your sleep can improve your life
10. Headaches and Migraines

Keep washing your hands....we are in the thick of flu season!Be healthy!

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



College Commemorates Martin Luther King

Johnnie (Chip) Allen, MPH, the first Health Equity Coordinator at the Ohio Department of Health, spoke at the event held in January at the College. Responsible for developing agency-wide goals and strategies to eliminate health disparities and promote health equity for all Ohio residents, Allen works in partnership with various agencies and programs to target services to minority populations and assess outcomes.



Catholic Mass Schedule at Mount Carmel West Chapel

Sunday at 4 p.m.
Monday and Wednesday at noon

SNAM* News

*Student Nurses Association at Mount Carmel

Join the Student Nurses Association of Mount Carmel College of Nursing in their efforts to support Special Olympics — Ohio!

2012 Polar Bear Plunge at the Columbus Zoo

Saturday, February 18, 2012 • Registration begins at 10:30 a.m.

Special Olympics Ohio will host a Polar Bear Plunge — a test of everyone's willpower to take the plunge in a refreshing if not daring adventure to support the 24,000 athletes with intellectual disabilities in Ohio. The event will be held in the Polar Frontier at the Columbus Zoo. That's right, plunging with the Polar Bears (separate tanks, of course!). The event includes a costume contest, the plunge, and a post-plunge celebration with awards — all located at the Zoo. Registration includes zoo entry, a long sleeve t-shirt, and food.

Interested in donating? Below is the link to MCCN's Personal Donation Page:

<http://sooh.kintera.org/faf/donorReg/donorPledge.asp?ievent=491307&lis=0&kntae491307=3412E78C039D414D965A73EE6D83B421>

Interested in joining MCCN's team? Below is the link to join MCCN's team:

<https://www.kintera.org/faf/r/default.asp?ievent=491307&lis=1&kntae491307=3412E78C039D414D965A73EE6D83B421>

Any questions, contact **Kayla Munk** at kmunk@mccn.edu or **Dawn Hughes** at dhughes@mccn.edu

Calendar of Upcoming Events:

February 29	Nurses Day at the Statehouse
March 24	ONSA Leadership Conference at Case Western Reserve University Cost: FREE
March 26	SNAM Meeting, 12 noon, lounge
April 23	SNAM Meeting, 12 noon, lounge

General Information

Interested in becoming a 2012-2013 SNAM officer? Be on the look out for nomination forms posted around the College. Elections will take place at our March meeting (March 26 at 12 noon).

Are you an NSNA member graduating in 2012? Be sure to see **Dawn Hughes**, SNAM Advisor, for information about obtaining your NSNA graduation cord!

Valentine's Day Cookies will be available for pickup in the Lobby on Monday, February 13, 11 a.m. – 1 p.m. We will also have some cookies for sale that day!

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.nсна.org/meetings/annualconvention.

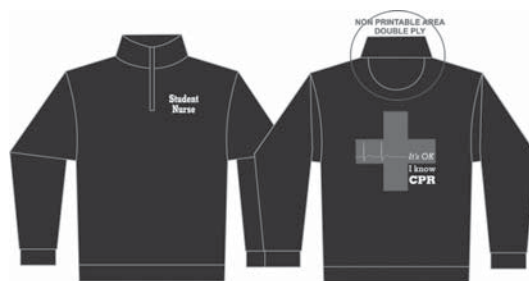
With the Marilyn Bagwell Leadership Development Grant that the Student Nurses Association of Mount Carmel (SNAM) received last April at the NSNA Convention, we are pleased to be able to assist a number of MCCN students in attending the convention this year! If you are interested in attending this event, please contact SNAM President **Kayla Munk** at kmunk@mccn.edu by Friday, February 17.

SNAM Student Nurse Sweatshirt Sale

Black hoodie: \$25

Black zip-up fleece: \$30

If interested, please email SNAM Vice President **Brooke Waddell** at bwaddell@mccn.edu. Checks can be made out to Dawn Hughes (with SNAM in the memo line) and can be placed in Brooke's mailbox.



SNAM Officers

2011-12*

President:

Kayla Munk

Vice President:

Brooke Waddell

Secretary:

Stephanie Binkley

Treasurer:

Renee Dicke

Membership Director:

Stephanie Reinschild

BTN Director:

Cody Toney

Community Health Director:

Katie Baker

*Elections in March for the 2012-2013 SNAM officers

The *Carmel Rapper* is provided bi-weekly by Mount Carmel College of Nursing with the assistance of Mount Carmel's Creative Services and Printing Departments.

Managing Editor:

Robin Hutchinson Bell

Editor:

Elaine Kehoe

Photographer:

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.

Money Matter\$

FAFSA: It is time to renew your FAFSA for the 2012-2013 academic year. To complete your FAFSA, you will need your completed 2011 tax return. While you are able to receive an "estimate," it is important that you utilize your completed tax return.

This year you have the option of using the IRS Data Retrieval option. This means that after you have completed and filed your 2011 tax return, you can upload your tax information directly into your 2012-2013 FAFSA.

Why upload your tax information:

- Less likely to be selected for verification

Verification: Currently 30-40% of all of our students are selected for verification. This is a randomized process that historically required you and/or your parents to submit a copy of your current year's tax return, W-2s or other income data. This year, the verification will require a copy of your 2011 tax return transcript.

As in prior years, financial aid will be pending the completion of the verification process. Reduce your risk for selection and utilize the IRS tax upload process.

- Decrease the time it takes to complete the FAFSA
- Ease of mind that your information is correct

2012-2013 Academic Year Deadlines:

Financial aid for the 2012-2013 academic year will be based on your 2011 tax return. This academic year covers: Summer – 2012, Fall – 2012, and Spring – 2013. If you plan to take classes in any of those terms, please complete your FAFSA by the following deadline dates: Summer – April 15, 2012; Fall – July 1, 2012; Spring – December 1, 2012.

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu



Mindful Eating

By **Ashley Denton**, Dietetic Intern

It's lunch time and once again you find yourself staring at a computer screen, trying to get caught up on work that has been piling up all morning. Suddenly, your body reminds you that you are hungry. You reluctantly get up and grab the nearest available meal or snack. You bring it back to your desk hoping to get some work done while you eat. As you scroll through your inbox your hand methodically reaches for the next potato chip only to realize you had finished off the entire "not so snack sized" bag. Sounds like a satisfying meal right? Not exactly...

These days it is becoming harder and harder to eliminate distractions during meal time. Many people find themselves eating while distracted even when not pressed for time. A growing amount of research shows that eating while distracted may have many negative consequences.³ Research shows that people who eat while distracted tend to eat faster, they tend not to remember what they ate, they eat more snacks, and report feeling less full (when compared to non-distracted eaters). Research also shows that eating while distracted influences the size of your next meal.¹ Research on this topic has led to the concept of "mindful eating" or "intuitive eating."

The concept behind mindful eating is that you give your body and mind a chance to process the fact that you are eating a meal. When you eat a meal while distracted, your mind may not fully process the fact that you have eaten, leaving you feeling unsatisfied and ready for more food. Mindful eating focuses attention and awareness on the present moment, allowing you to end the cycle of habitual and unsatisfying eating behaviors.²

How to eat more mindfully:²

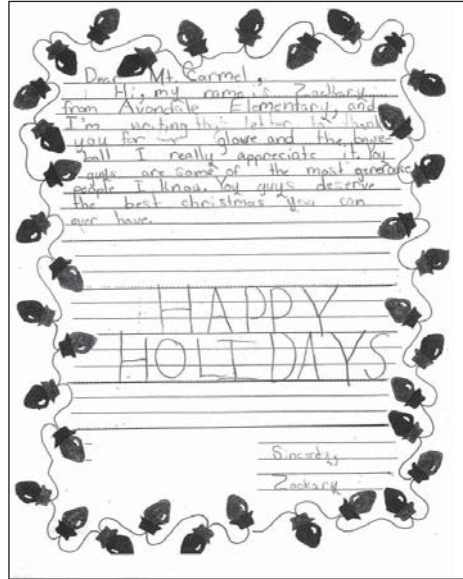
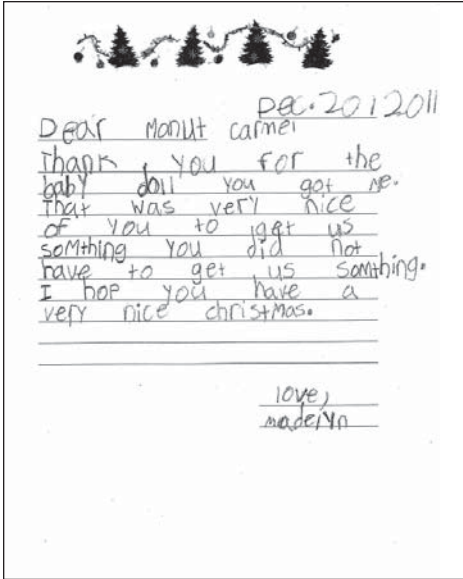
- Allow enough time to eat your meal with as little distraction as possible.
- Clear your mind and focus on the process of eating.
- Engage in all the senses associated with eating: sight, smell, taste, and sound of food as you bite and crunch down.
- Let food linger in your mouth before you swallow it so that you can extract all the flavor.
- Notice how hunger gradually moves to satisfaction.
- Acknowledge responses to food (likes or dislikes) without judgment.
- Choose to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor, and taste.
- Recognize the immediate choices and direct experiences associated with food and eating — not the distant health outcomes.

Resources:

1. <http://www.ajcn.org/content/93/2/308.full.pdf+html>
2. <http://www.tcme.org/>
3. <http://www.intuitiveeating.org/content/are-you-distracted-eater>

Avondale Students Say Thank You!

More student thank you letters are posted on the 4th floor bulletin board.



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.

Guardian Angel Patient Testimonial Includes Compliment to MCCN Clinical Students

A patient at Mount Carmel West shared appreciation of the care received that included a compliment to our students:

The nursing students who work as certified techs impressed me with their intelligence and sensitivity — bright, hard-working young women. They represent the Mount Carmel system and their profession with all the qualities a patient appreciates.

Congratulations to our students!

STORMY WEATHER AHEAD
FIRST ALERTED. FIRST INFORMED.
PULL
THE MCCN COMMUNICATIONS ALERT SYSTEM
SIGN-UP TODAY!

By signing up for our Mount Carmel Communications Alert System you can be alerted and informed in times of crisis, disaster and weather situations.
 Faculty, staff and students may self-register for the system by using an on-site MCCN computer. Launch Internet Explorer and enter URL <http://mccnalert.mccn.int> and simply follow the prompts. Be sure to do the self-test that is part of the self-register process to confirm that the registration has taken place.
 The alert system messages are TEXT ONLY and can be sent to cell phones, pagers, personal computers or other electronic message devices. There are no limits to the number of devices that can be listed.
 You must register in order to be contacted and check the box to agree to assume any charges for alert system messages. Once registered you must update any changes to listed devices, such as new phone numbers.
 If you have questions about the new system, please contact Robin Hutchinson-Bell in College Relations at 234-1372 or rhutchinsonbell@mccn.edu

MOUNT CARMEL College of Nursing

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.

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 Rienschild

Brett Teiga

Freshman Class Representatives

TBD

Advisor

Colleen Cipriani

Countdown to Graduation!

Stay tuned to this list 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 or Professional 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 Program Coordinator **Kip Sexton**.
- 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 19 in the College Gym** (noon-1:30 p.m.), where details about Commencement, Pinning & Recognition, graduation photographs, the NCLEX-RN application, and other items will be discussed. In addition, there will be time for questions and answers.
- Visit the Jostens representative who will be on campus March 19 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 29.**
 - Click on "Find My School's Store" at the top of the page
 - Search for *Mount Carmel College of Nursing*
 - Follow the prompts for "Graduation Caps and Gowns"
 - Click on either the **bachelors** or masters product (they are different!)
 - Follow the "Design It" prompts to place your order
 - Note: one tassel comes with your order; there is an option to order additional tassels
- Pre-licensure students: prepare for the National Council Licensure Examination 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 & Recognition Ceremony will be **Friday, May 4, at 7 p.m.**
 - Commencement will be **Saturday, May 5, at 1 p.m.**
 - Both events will be held at the First Church of God, 3480 Refugee Road

Spring 2012 Term 1 Final Exam Schedule

February 27, 2012

COURSE NUMBER	TITLE	TIME	ROOM	FACULTY
NURS 307	OB	8 a.m. – 10 a.m.	CLE 210	Cooley
NURS 308	Psych-Mental Health	8 a.m. – 10 a.m.	CLE 206	Bills
NURS 405	Acute	10:30 a.m. – 12:30 p.m.	CLE 114	Nibert
NURS 406	Gerontology	10:30 a.m. – 12:30 p.m.	CLE 210	Maurer Baack
NURS 407	Pediatrics	10:30 a.m. – 12:30 p.m.	CLE 116	O'Handley
NURS 408	Transitions	9 a.m. – 11:30 a.m.	CLE 022, MH A&C	Waterman