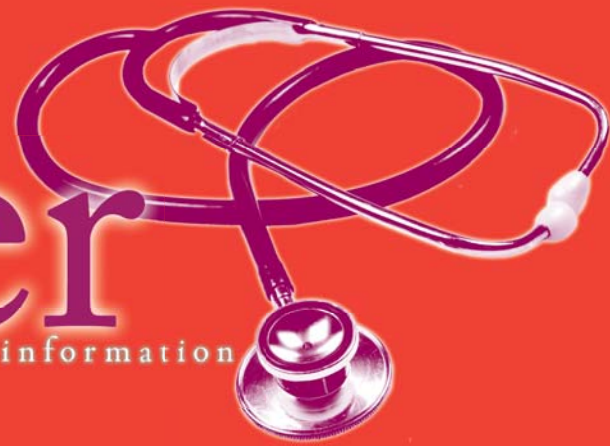


the carmel rapper

news and information



SDAP IV Starts “Senior” Year



Taking a well-deserved break from the rigors of the SDAP are students (l-r): **Emily Rush, Ann Winkler, Jenalee Thibault, and Ryan Templeton.**

October marks the beginning of the home stretch — senior year — for the 70 Second Degree Accelerated Program (SDAP) students, who are just a few months from completion of their nursing education on January 28, 2011. Quite an accomplishment since they began the program on January 4, 2010!

“This SDAP class has truly learned the compassion part of nursing and they are all supporting each other through this difficult program. They are amazing for stepping up to the plate and keeping the ball in play, under so much intensity,” said **Barbara Potts M.Ed, BSN, RN, CCRN,** Program Coordinator, SDAP.

The previous degrees represented in the SDAP IV group include Physiology, Biology, Dental Hygiene, JD, Marketing, Sociology, Psychology, Business, Chemistry, Fine arts, Zoology, Speech Communications, Kinesiology, Education, Design, Nutrition, English, and many, many more, almost as diverse as the students themselves.

Justin Kelly had been told he was driven, with caring and compassionate components to his personality. “Until I looked into nursing, I was not sure what career would keep me challenged and allow me to show my caring side as well. I believe that the profession of nursing offers a fast-

continued on next page...

October 25, 2010

dates to remember

October 25

SNAM meeting
Chat Room

CSCC winter quarter registration

October 27

Halloween Party

November 11

Rho Omicron Induction Ceremony

November 12

Last day to drop a semester course

November 15

Fall Festival

November 15 – 22

Thanksgiving food drive

November 22

SNAM meeting

November 24

Last day to drop a Term 2 course

November 25-26

Thanksgiving (holiday)

December 13-17

Final exams

December 18 – January 2

Semester break

January 3

Spring semester begins

January 17

Martin Luther King, Jr. (holiday)

March 1-6

Spring break

April 22

Good Friday (holiday)

May 2-6

Final exams

May 7

Commencement 2011

SDAP IV Starts “Senior” Year *cont'd*

paced and challenging occupation, as well as the ability to interact and build helping and trusting relationships with patients on a daily basis,” said Kelly.

“Was I truly ready for the SDAP? I do not think any amount of past experience could have prepared me for the intensity and rigor of SDAP. I know how that sounds that the program seems unbearable, but the instructors are there every step of the way and willing to bend over backwards to help you be successful not only in the program but also to achieve the goal of being an excellent nurse.

“What has meant a lot to me is the ‘family’ that has been created within the SDAP program. They have been there to help me when I’ve needed it and we have been there to help each other through every new step of the journey in nursing. To me this has not only made the difference in my success in the program but has also created strength within all of us that is irreplaceable and will make us respect our colleagues now and in the future.”

Meredith Qualley earned a BS in Biochemistry and really loves the medical field. “Being a nurse gives me the opportunity to work with patients through some of the most difficult times of their lives. Offering them a helping hand and having a chance to interact with them and have a positive influence on their lives while they progress through the disease process is a wonderful opportunity.”

Qualley chose MCCN’s SDAP for a couple of reasons. “First, I liked the shortened program of only 13 months, but the biggest attribute was the incredibly high NCLEX pass rate,” said Qualley. “I knew that the program would be tough, but previous SDAP classes have proven that the program works!”

Qualley’s favorite aspect of the SDAP is also the most challenging aspect. “The intensity of the program is unbelievable, but it lasts for only 13 months. It is a good thing because I feel like it has flown by, yet hasn’t allowed me to focus on anything else but school.”

Jesse Tetirick chose nursing for many reasons, including diversity of work opportunities and that nurses will always be needed everywhere. “But the real reason is that nursing gives me the most power to positively affect people’s lives on a personal level. I have always been interested in the medical field due to the wonderful stories my grandfather, a physician, shared with me. Because of the patient interaction that the nursing profession provides, I decided my strengths would be better utilized as a nurse than as a physician.”

“I have two favorite aspects of this wonderful and challenging program,” said Tetirick. “The first is the camaraderie and friendships the program builds: experiencing something so tough, with a relatively small group of people, breeds special friendships that may not develop in any other situation.”

Tetirick’s other favorite aspect of the SDAP is “the instructors who work so hard to fit so much important material into such a short time and still manage to show a genuine interest in each student as an individual. It is also apparent they are not only looking out for us as students but also working hard to prepare us to provide the most thorough and safe care for our future patients.”

And the SDAP beat goes on. “SDAP V will begin on January 3, 2011,” Potts said. “There are 64 students enrolled and just waiting to get started!”

SDAP Students to Practice Instructing

In Nursing 496, Caring Health Practices for the Older Adult, the SDAP students will be presenting the course content on physiologic alterations in the older adult to their peers. This teaching strategy was derived from the American Association of Colleges of Nursing (AACN) 2009 publication, *The Essentials of Baccalaureate Education for Professional Nursing Practice*.

According to AACN, a baccalaureate generalist nurse is a “patient advocate and educator, as well as a knowledge worker who possesses strong critical reasoning, clinical judgment, communication, and assessment skills.” We believe that the students taking responsibility for presentation of this course content in a “safe” environment will enhance their communication abilities as they assume the educator role.

We are anticipating that we, as educators, are going to learn through this project quite a bit from the students on how to be better instructors.

— C. Brigit Duggan, RPh, BSN, RN, SDAP Instructor

Graduation Applications Available Now Past Due

The deadline to submit your graduation application was **Friday, October 8, 2010**. The graduation fee will be charged to your student account in the semester you graduate.

Graduation applications for RN-BSN completion and Master’s program students have been distributed by **Kip Sexton**, the advisor for those programs.

Graduation applications for 2011 (pre-licensure undergraduate students) are now available via CARMELink (Student tab → Records and Registration page), from Records and Registration (Marian Hall, Room 2C01) and at the front desk in Marian Hall. Included is a “Graduation Checklist” which lists all requirements for BSN degree candidates.

Pre-licensure students who wish to verify completion of degree requirements may schedule an appointment to update their degree audits. Contact **Karen Greene** (614-234-5685) to schedule an appointment. RN-BSN and MS students may contact **Kip Sexton** (614-234-5169) for verification of degree completion requirements.

Are You Taking a Winter Quarter Affiliated Course?

All students must submit their Columbus State Community College or Ohio State University course schedules to MCCN Records and Registration (Marian Hall, Room 2C01) **every quarter** in which they take classes.

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

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.

An additional CARMELink feature will soon be available when students can register for Spring Semester 2011 classes online!

Details regarding specific dates and a tutorial on "How to Register Online" will be communicated via students' mccn.edu email accounts, the November 8 edition of *The Carmel Rapper*, on the CARMELink site, flyers in student mailboxes, and posters around campus. Please watch for these communications, so that you do not miss your online registration opportunity!

Registration will begin in early November, with registration dates assigned by student group. Seniors will register first, followed by juniors, etc.

If you not have used CARMELink in the past, **NOW** is the time to become familiar with this student portal. If you are a first-time user, please review the "Welcome" message on the Home tab for navigation tips. Once logged in, click on the "Student" tab to access your individual information in a secure environment.

Thanks to Records and Registration staff and the College Systems Administrator who have worked to provide this additional service to MCCN students.

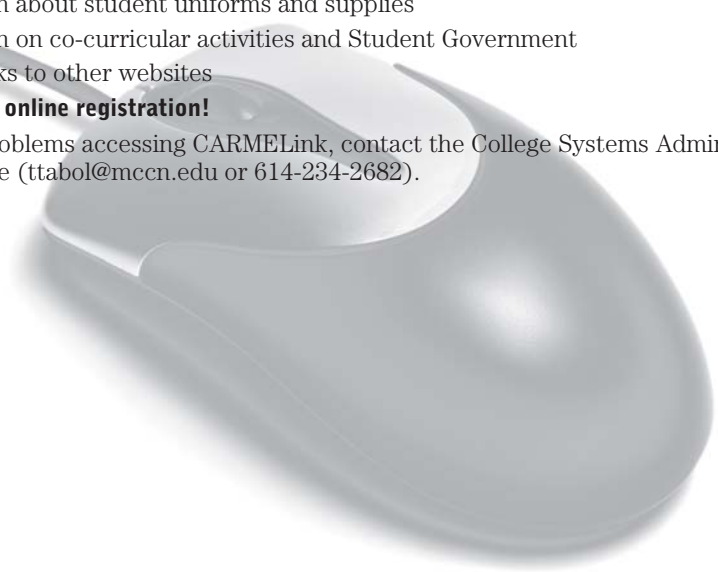
If You Are Not Currently a CARMELink User:

- + Contact **Tim Tabol**, Systems Administrator, (ttabol@mccn.edu or 614-234-2682).
- + Your Username and temporary Password will be **sent to your mccn.edu email account** (no other email is valid for MCCN student business).
- + For security purposes, you are **strongly encouraged** to change your password immediately after the first login.
- + To change your password, click on "Personal Information" in the top burgundy bar next to your name.
- + Click on the password tab and enter your current and new passwords (passwords must be between 8 and 12 alpha and/or numeric characters).
- + Click "Save" to change your password.

Some additional features of CARMELINK include:

- + Student class schedule for the current and upcoming semesters
- + Final grade reports (MCCN does not mail final grades to students)
- + Business Office information and student account balance
- + Financial Aid information and awards
- + A link to the MBS Online Bookstore website
- + Information about the student apartment residence
- + A handy GPA calculation tool (based on projected grades)
- + Information about CPR and background checks
- + Information about student uniforms and supplies
- + Information on co-curricular activities and Student Government
- + Helpful links to other websites
- + **And now ... online registration!**

If you have problems accessing CARMELink, contact the College Systems Administrator by email or phone (ttabol@mccn.edu or 614-234-2682).



Camp Mount Carmel: Healthcare Adventures

Sponsored by the College

June 13-16, 2011

Registration begins in February

Visit our website to learn about this highly successful and dynamic program now entering its 10th year:

<http://www.mccn.edu/news-events/camp-mount-carmel.html>

CAMP MOUNT CARMEL



HEALTHCARE ADVENTURES

FOR HIGH SCHOOL STUDENTS

Dance classes Lyrical, Jazz and Technique

No experience needed!

Schedule:

Tuesdays 5 – 6 p.m.	Lyrical
Tuesdays 6 – 7 p.m.	Technique (yoga, stretching, & core training)
Thursdays 5 – 6 p.m.	Technique
Thursdays 6 – 7 p.m.	Jazz
Saturdays 11 a.m. – noon	Technique (if enough interest)

\$2 per class for students
\$5 per class for faculty/staff

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

Fall Festival 2010

11 a.m. – 2 p.m.
Monday, November 15
in the Gym

Old time photo booth, tee shirt
decorating, burrito bar, more; all free!

Sponsored by SGA

Students to Receive Red Cross Disaster Response Training

MCCN One of 12 U.S. Nursing Schools Chosen for Pilot Program



American Red Cross-certified for disaster preparedness (l-r): **Brooke Waddell** and **Kayla Munk**

Next semester, MCCN students will have the opportunity to participate in an American Red Cross *Sheltering and Disaster Health for Nursing Students* workshop preparing students to volunteer with the local Red Cross chapter in the event of a local disaster.

MCCN is one of 12 U.S. nursing schools piloting the workshop that introduces nursing students to the role of a Red Cross Disaster Health Services volunteer; prepares nursing students to assess the needs of disaster clients and provide needed assistance; provides strategies for working with vulnerable populations; and more. The course is part of the American Red Cross National Student Nurse Program.

The workshop will be offered as part of the Disaster Nursing Seminar next semester, and all students in the Disaster Nursing Seminar will automatically be enrolled. To offer additional students the opportunity, there is the possibility that SNAM (Student Nurses Association Mount Carmel) will sponsor one or more sessions outside the seminar.

SNAM is taking this lead due to the fact that the pilot program was started through a collaborative process between the American Red Cross and the National Student Nurses Association. The SNAM sponsored sessions will give first priority to SNAM members, but will be open to others as space permits.

“This opportunity came about because of our SNAM chapter’s close involvement with the leadership at NSNA, especially with Cheryl Schmidt, the ANA appointed consultant to the NSNA and a certified Disaster Health Services nurse with the American Red Cross,” said SNAM advisor and Assistant Professor, **Dawn Hughes, MS, RN**. “Our nursing students want to be ready to respond should disaster strike close to home. This workshop will prepare them to volunteer in Red Cross disaster settings.”

The workshop condenses the information from what is usually an 8-16 hour class into a four-hour presentation that better fits nursing students’ busy lives. At the end of the course, students will receive their American Red Cross (ARC) Student Volunteer pins and will be eligible to work during disasters at any ARC shelter.

raiseyourvote.com

raiseyourvote.com isn't just a voter registration site. It serves as a powerful clearinghouse for voter information across the country — armed with pretty much everything you need to know to cast your ballot. It even automatically personalizes to the user's location — so when you visit the site, you'll see voter information for your state.

But the power of a site like this depends on how many voters see it.

Check out **raiseyourvote.com** today — and please share it with your friends.

Colleen S. Cipriani

Director of Student Life

Disaster Preparedness Enhances Nursing Education

In the blink of an eye a flood, fire, hurricane, tornado or other natural or man-made disaster can leave people with nothing but the clothes on their backs. That’s why every region needs a plan to respond to local disasters, and trained people ready to staff relief operations. Nursing students, under the direct supervision of Red Cross nurses, are an important part of that response.

Disaster preparedness is a critical component of the professional development of nursing students. The American Association of Colleges of Nursing (AACN) requires emergency preparedness/disaster management content in all accredited baccalaureate nursing programs. Sheltering and Disaster Health for Nursing Students meets AACN requirements.

Volunteer Opportunities

MCW Hospital Gift Shop

Looking for something to do for a few hours during the week? The Hospital Gift Shop is in desperate need of volunteers. Although volunteering in the Hospital Gift Shop does not qualify toward your 20 hours of community service to graduate, it is a way to give back to the Mount Carmel Health System and also for networking with hospital staff. If interested, stop by the Hospital Gift Shop and ask for the manager.

Spanish-speaking Volunteer Needed

The American Diabetes Association (ADA) is looking for volunteers who speak Spanish and would be willing to volunteer at health fairs, etc. Interested students, please contact **Pat McKnight, MS, RD, LD**, at pmcknight@mccn.edu.

Volunteer at Gladden Community House

Volunteer for the food pantry or for a variety of programs and services by contacting

Tricia Jones, MSW
Volunteer & Development Coordinator
Gladden Community House
(614) 227-1619
jones.gladden@gmail.com

Nurses Needed for Muscular Dystrophy Association (MDA)

Summer Camp for children ages 6-17 affected by neuromuscular disease, June 12-17, 2011 at Receptions Unlimited in Ashley, Ohio (45 minutes north of Columbus). Interested RNs, LPNs, and CNPs (even if unable to commit to volunteering the whole week), are invited to contact:

Bridget Hoskins BS, CHES
Health Care Service Coordinator
Muscular Dystrophy Association
bhoskins@mdausa.org
phone: (614) 841-1014

Attention Faculty

Graduate Symposium: Focus on Nursing History

An evening with international historical experts as they share their research findings related to Florence Nightingale's life and work in this the 100th year after her death

Florence Nightingale: A Centenary View
November 15, 2010, 5:00—7:30pm

Otterbein University Roush Hall, Room 114

Nightingale's Life, Work, and Legacy

One hundred years after Nightingale's death, Alex Attewell surveys the biography and contribution of the great nursing leader. Drawing on 18 years experience as Director of the Nightingale Museum in London, England, Alex Attewell reflects on the importance of recent visits to the Crimean battlefields and Scutari Hospital, the scene of Nightingale's famed Crimean work.

Ottoman Istanbul: A cultural overview of the place where Florence Nightingale rose to fame

Alp Kaya will give an illustrated lecture on the political, cultural, religious, and medical history of Istanbul, the magnificent capital of the Ottoman empire. As an experienced historian and specialist tour guide, Alp Kaya provides unique insight into the place where Florence Nightingale arrived in 1854 as she began the work which led her to worldwide fame as the Lady with the Lamp.

Please RSVP to Sharon Buxton at sbuxton@otterbein.edu or 614-823-1614.



Chaplain's CORNER

Pete McClermon, College Chaplain

Confession time: I am a “chat-a-holic.” I love to chat online — and I do so

probably far more than I should. When I'm on *Facebook* I more than likely annoy my “friends” by initiating conversations (the old fashioned term for “chat”) with them.

One day I was having coffee at one of the many coffee emporia in our city, and I was thinking about how interesting it would be to own a real live “chat room.” I pictured a big open space with many tables and chairs spread around allowing for a variety of configurations: two, three, four — even more — people. Around the perimeter of the room would be places where one could buy food and non-alcoholic beverages of all sorts (booze really messes with intelligent conversation — or so they tell me). I pictured people coming to the “chat room” randomly. The point would be to turn off the electronic “chats” and engage in conversations (the old fashioned term for “chat”) in real time with real people. On each table would be a board of some sort on which participants would write the topic of the current conversation — as a way to invite other interested people.

I pictured soft classical music playing in the background — non-intrusive but still lending a sense of peace and orderliness to the place.

In fact, my friends, you can find this TODAY — October 25, 2010 — at noon in the College rec room. The College's Mission and Ministry Committee — with the help of some of our Campus Ministry students — will host this CHAT ROOM. There will be food provided — quiet music in the background — and a safe space to come and chat with friends — or strangers — about ANYTHING.

This monthly Chat Room has nothing to do with religion (unless people want it to). Feel invited and welcome to stop in and pull up a chair and chat (the new-fashioned word for converse) with each other. Make a new friend — learn more about an old friend.

Just call **Colleen Cipriani** (234-5828) so she will know how much food to prepare.

Whassup?????



Tri-Council for Nursing Calls for Collaborative Action in Support of the IOM's *Future of Nursing* Report

WASHINGTON, DC... On October 14, 2010, the Tri-Council for Nursing announced its strong endorsement of the new Institute of Medicine (IOM) report on *The Future of Nursing* and calls for collaboration among stakeholders to advance the report's recommendations. The Tri-Council organizations, including the American Association of Colleges of Nursing (AACN), American Nurses Association (ANA), American Organization of Nurse Executives (AONE), and National League for Nursing (NLN), are united in their view that this report provides a practical blueprint for elevating nursing's role in transforming the healthcare delivery system and meeting the challenges of healthcare reform for the betterment of patient care.

The Tri-Council recognizes that nurses, as the largest component of the healthcare workforce, are uniquely positioned to lead the charge to ensure that accessible, high quality care is available to the nation's diverse patient population. To achieve this goal, the Tri-Council organizations are committed to supporting the core recommendations outlined in the IOM report, which were developed around these four key messages:

- + Nurses should practice to the full extent of their education and training.
- + Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression.
- + Nurses should be full partners, with physicians and other health care professionals, in redesigning healthcare in the United States.
- + Effective workforce planning and policy making require better data collection and information infrastructure.

"Meaningful healthcare reform cannot occur unless the nursing profession takes decisive and collaborative action to fully engage in redesigning the nation's healthcare system," said AACN President Kathleen Potempa, PhD, RN, FAAN. "The IOM report lays the groundwork for uniting the profession around shared priorities and achievable goals, and we are eager to work with our colleagues across disciplines to move the profession forward."

"The IOM report relies on a robust evidence base to demonstrate the leadership capacity of registered nurses in a patient-centered care environment," said ANA President Karen A. Daley, PhD, MPH, RN, FAAN. "It calls for actions to maximize the contributions of all nurses and to eliminate barriers that prevent them from practicing to the full extent of their education and training."

"This seminal report presents a watershed moment for the nursing profession as we work to reform health care," said AONE President Pamela Rudisill, MSN, RN, MEd, NEA-BC. "It represents challenges but great opportunities to recreate nursing in America by removing barriers to scope of practice, expanding collaborative efforts such as AONE's Transforming Care at the Bedside (TCAB), and promoting a better educated workforce and the value of nursing through evidence-based research and enhanced data collection efforts."

"The NLN has been privileged to participate with the IOM and RWJF in the exploration of how nursing can help advance our nation's health care," said NLN President Cathleen Shultz, PhD, RN, CNE, FAAN. "Their vital and creative initiative on the 'Future of Nursing' reflects how seriously these thoughtful organizations regard the role of nursing education and academic progression in re-imagining that future and advancing the health of our nation."

Continued on page 7...



Student Activities!



You are invited to attend the College's women's basketball team games. The team name is MCCN and they began playing in the Columbus Rec Women's Competitive League on October 13 at the McDonald Rec Center.

**Kylee Bergman
Chasity Bright
Jessie Campbell
Katie Dunlap**

**Beth Havens
Kristina Heinmiller
Jessica Kelly
Katie Reed**

**Stephanie Rienschield
Kayla Rupp
Maggie Williams**

Game Schedule

10-27 7:15 p.m.
11-3 8:15 p.m.
11-10 7:15 p.m.
11-17 6:15 p.m.
12-1 9:15 p.m.

Mount Carmel College of Nursing has two volleyball teams in the Columbus Rec Competitive league this year: The Nightingales and The MCCN. They began play on October 18 at Berliner Park Rec Center. Come out and cheer on our volleyball teams!

Volleyball Team Rosters

Nightingales (Blue)

**Katelyn Reed (captain)
Brittany Hendershot
Alison Wenning
Maggie Tucker
Andrea Raterman
Katelyn Baker
Lauren Dortmund**

MCCN (Orange)

**Molly Wake (captain)
Jillian Zimmer
Katherine Jacobs
Kymber BoCook
Kayla Rupp
Casey Blosser
Candace Russell
Mackenh Martin**

Game Schedule

10-25 6:10 and 7:10 p.m.

11-8 6:10 p.m.
11-15 6:10 p.m.
11-22 7:10 p.m.
11-29 8:10 p.m.

10-25 8:10 p.m.
11-1 7:10 p.m.
11-8 6:10 p.m.
11-15 6:10 and 7:10 p.m.

11-29 6:10 p.m.

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!

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.



SGA Members Bring Back Ideas from National Conference



Taking in the sights during their recent trip to a national SGA conference in D.C. are (l-r) **Annie Hahn, Kelsey Tinkler, Melissa Bally, Jena Verbance, and Joe Derr.**

MCCN SGA members recently joined SGA reps from colleges and universities nationwide at the National Student Government Association Conference in Washington, D.C. Representing MCCN at the conference were seniors **Joe Derr, Melissa Bally, and Kelsey Tinkler**; sophomore **Jena Verbance**, and freshman **Annie Hahn**.

“The purpose of the trip was to gain as much information possible to bring back to our student government, so that we can make changes that would benefit our school,” said Joe Derr, SGA president.

Derr added that the conference included lessons on leadership, being a representative, and truly being the voice of the student body. The participants learned the necessary skills to be a leader in college student government. Participation in the national conference will benefit SGA at MCCN.

“At the conference we learned many ways our student government can be more involved with the student body, also how the student body can be more involved with their student government. We are planning on making some changes that will hopefully get people excited and more involved in the MCCN SGA,” Derr said.

“The trip was overall great. Not only did we get to go on a fun trip to D.C., but we also got to learn so much from some really large colleges throughout the United States. It was a great learning experience...and D.C. has some great pizza!”

national
conference

Tri-Council for Nursing Calls for Collaborative Action in Support of the IOM's *Future of Nursing Report* *cont'd*

In 2008, The Robert Wood Johnson Foundation (RWJF) and the IOM launched a two-year initiative to respond to the need to assess and transform the nursing profession. The IOM appointed the Committee on the Future of Nursing, at the IOM, with the purpose of producing a report that would make bold recommendations to shape the future of nursing. Study director Susan Hassmiller, PhD, RN, FAAN, guided this effort in consultation with an expert committee that included leaders in nursing education and practice as well as representatives from an array of healthcare, consumer, business, and research interests.

Why Base the *Future of Nursing Study* at the IOM?

Contrary to its name, the Institute of Medicine is an interdisciplinary advisory body to the nation on issues impacting health. Established in 1970 under the charter of the National Academy of Sciences, the IOM provides independent, objective, evidence-based advice to policy makers, health professionals, the private sector, and the public. While expert committees play an important role in guiding report development, the IOM also convenes public forums, roundtables, and other activities to facilitate discussion, discovery, and cross-discipline thinking.

The IOM has a history of making recommendations for improving health care and reforming health professions education that have had profound impact on stimulating positive change. Past reports include the landmark *To Err is Human: Building a Safer Health System* (1999), *Health Professions Education: A Bridge to Quality* (2003), and *Keeping Patients Safe: Transforming the Work Environment of Nurses* (2004).

The Tri-Council for Nursing has long served as a catalyst for uniting the profession around issues of great concerns to nurses in practice, research, and academic settings. The coalition has released a series of consensus statements over the years, including recommendations for reversing the nursing shortage and redesigning systems to reduce medical

Continued on page 10...



MONEY matters



Notes from Alyncia

Entrance Counseling

In order to receive federal aid, it is a requirement that all recipients complete the entrance counseling. This can be completed on the StudentLoans.gov website.

Exit Counseling

Whenever a student has received financial aid, it is a federal requirement that they complete exit counseling for financial aid. This is a two-step process. Step 1: you complete the information on the StudentLoans.gov website. Step 2: you complete the Exit Counseling form provided by the financial aid office.

How Much Money do I owe the Government?

If you are wondering how much money you owe in federal student loans, go to NSLDS.ed.gov and input the requested information. You will see how much you have in outstanding federal student loans.

Asking questions and getting the right answer

Can you tell me what the status of my account is?

This edition's statement/question: This is a good question.

CARMELLink provides real-time information about your financial aid and your account. If you have a question regarding your account balance, go to the business office tab. If you would like a copy of your award letter, look on the financial aid tab. You can print out a copy from this location.

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

Alyncia Bowen, PhD, MSA

Director of Financial Aid
abowen@mchs.com

Withdrawal Policy Reminder

Please be aware of the MCCN course withdrawal Policy (2010-2011 Student Handbook, p. 49).

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

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

The "end of week" shall be understood as the Friday, or in the case of a holiday or other College closure, the last business day of the week in question.

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

Wednesday, October 27th

Halloween Party

9:00 p.m. till Midnight

College Gym

Music, Food, Prizes for best costumes!

HAPPY HALLOWEEN

Come if you dare!



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 Signing for Instruction form on the library website at least 48 hours in advance, or by contacting a librarian in person.



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New and Improved Exercise Room!



Students enjoy an exercise session in the new exercise room (l-r): **Julia White, Annie Hahn, and Stephanie Rienschield.**

The results are in and students are loving the new and improved exercise room.

“I love the new exercise room! The new equipment is really great!” says **Annie Hahn**. “As soon as I heard the college was revamping it, I couldn’t wait. My favorite machine is the elliptical machine. It’s really cool because of the full-body workout option and really fun. It makes you want to go work out and I will definitely be going more often.”

The new equipment includes a treadmill, two elliptical machines, a stepper, a recumbent bike, and a body craft weight station. Also added are a new gym floor (rubber) and a big, new flat screen TV.

“What I like best about the new equipment is the treadmill! I love how it shows how much you’re running with a track representing 400 meters. I also like how the TV is right in front of the treadmill so when I run I can watch my favorite shows!” says **Julia White**, who likes to use the gym four-five times per week.

Located in the lower level of Marian Hall, the exercise room is open Mondays through Fridays, 6 a.m. – 11 p.m. Everyone is invited to check it out and put the new facility to good use.

“This sweet new exercise room is a result of the College’s commitment to helping our students stay healthy and fit,” says **Colleen Cipriani**, Director of Student Life.

SNAM News



Six SNAM members volunteered at the 2010 Walk Now for Autism Speaks held at the Schottenstein center on October 10: (l-r) **Shivani Patel, Mackenzie Gram, Bethany Ellis, Kristi Kowalski, Kayla Munk, and Megan Wermuth.**

October 10 was a busy day for SNAM volunteers who also staffed the first aid station for the Crop Walk. At this event the SNAM volunteers included **Shivani Patel, Kayla Munk, and Monica Boreman**, along with SNAM advisor **Dawn Hughes, MS, RN.**

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The student everything-off-campus guide to Columbus

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- + What to do
- + Easy discounts
- + Columbus internships
- + Upcoming Career Events
- + Internship Tips
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Tri-Council for Nursing Calls for Collaborative Action in Support of the IOM’s *Future of Nursing Report* *cont’d*

errors. The Tri-Council’s latest statement on the *Educational Advancement of Registered Nurses*, which was released in May 2010, echoes many of the recommendations outlined in the new IOM report. This statement is posted online at <http://www.aacn.nche.edu/Education/pdf/TricouncilEdStatement.pdf>.

The Tri-Council for Nursing is an alliance of four autonomous nursing organizations, each focused on leadership for education, practice and research. While each organization has its own constituent membership and unique mission, they are united by common values and convene regularly for the purpose of dialogue and consensus building, to provide stewardship within the profession of nursing. These organizations represent nurses in practice, nurse executives and nursing educators. The Tri-Council’s diverse interests encompass the nursing work environment, health care legislation and policy, quality of health care, nursing education, practice, research and leadership across all segments of the health delivery system.

Campus Ministry

CHRISTMAS PROJECTS — Watch for information about our two important Christmas Projects

AVONDALE CHRISTMAS PROJECT

The College family provides a Christmas gift to each student at Avondale Elementary School.

Coordinators: **Nicole Cistone** and **Greg Breeze**

OPERATION CHRISTMAS CHILD

The College family fills shoeboxes with gifts for needy children overseas.

Coordinator: **Amanda Mitchell**

Who: Faculty, staff, students, family members, organizations, religious groups...anyone interested!

What: Operation Christmas Child is an annual program supported by Samaritan's Purse to provide needy children around the world with a shoebox full of necessities and toys.

Where: Brochures are located at the front desk, and on bulletin boards around the school. Drop off location is near the stage in the gym. Look for the bright green sign!

When: Boxes are being accepted now. The deadline for all boxes is NOVEMBER 19th!

Why: "When they open their shoe box gifts, the harsh world around them fades and their hearts fill with wonder and joy as they see the treasures within. Yet the impact of Operation Christmas Child goes far beyond smiles and laughter. These simple gifts become Gospel opportunities, opening hurting hearts to experience the transforming power of Jesus Christ." (From Samaritan's Purse)

How: Pick up a brochure and follow the instructions, just five simple steps listed in brochure (boxes are \$7 for shipping and handling fee).

Additional questions, **Amanda Mitchell** (amitchell@mccn.edu.) Information available on posters around the College as well.



Health NEWS

Mount Carmel College of Nursing Student Health Office

Students—here is a sneak preview of the topics coming up in the November issue of *Student Health 101*.



Kathy Walters

Tattoos and Piercings

An overview of trends and safety issues for students considering body art

6 Ways to Get Along Better with Your Roommate

How to get along through communication, setting boundaries and expectations, and seeking help when conflicts arise.

Healthy Body Image

What it is, how to get one, and why it's important.

Tobacco Cessation

Smoking cessation, smokeless tobacco, electronic cigarettes, and a look at the impact of smoking bans

How to Turn Off at Night

A sleep-related article focused on how to turn off our electronic gear (iPods, computers, gaming, TV, etc.) to help unplug from the world and get the sleep we need.

Kathy Walters MS, RNC, NNP-BC

Assistant Professor / Student Health Nurse

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Calling All Canned Foods!

Please drop off non-perishable food items in the collection boxes at the main entrances of Marian Hall and the CLE, or at the dorms, for the **Mount Carmel Thanksgiving Drive** from Monday, November 15, through Monday, November 22.

By signing up for the MCCN Communications Alert System you can be alerted and informed in times of crisis, disaster and weather situations.

Faculty, students and staff may self-register for the new system by using an on-site MCCN computer.

- + Via *Insight*, enter internet address <http://mccnalert.mchs.com> 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 or need help signing up, please contact one of the following individuals who will help you with the process:

Robin Hutchinson Bell (Marian Hall 313)
rhutchinson-bell@mchs.com or 234-1372

Sherry Hull (Marian Hall 302)
shull@mchs.com or 234-5777

Brenda Binkley (Marian Hall 310)
bbinkley@mchs.com or 234-5726



Officers and Representatives for 2010-11

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Colleen Cipriani



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Deadline for information is every other Monday at noon.

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or rhutchinson-bell@mchs.com.