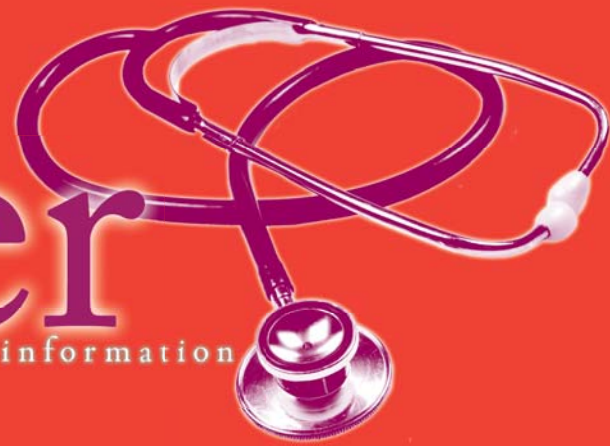


the carmel rapper

news and information



SNAM Awarded National Grant — Chosen Over All Other Nursing Programs Nationwide

By **Kayla Munk**, SNAM president



Congratulations to SNAM on bringing national recognition to MCCN! Celebrating are SNAM members (front row, l-r) **Stephanie Reinschild** and **Shivani Patel**; (second row) **Kayla Munk**, **Dawn Hughes**, and **Brooke Waddell**; (third row) **Chasity Bright**, **Nichole Eilerman**, **Stephanie Binkley**, and **Megan Wermuth**.

SNAM (Student Nurses' Association of Mount Carmel) recently received national recognition as the recipient of The Marilyn Bagwell Leadership Development Grant Program administered by the Foundation of the National Student Nurses' Association (NSNA). SNAM received a grant for \$1,500 which can be used during the 2011-12 school year. The typical grant allocation given to one nursing program is \$1,000.

The Marilyn Bagwell Leadership Development Grant Program administered by the Foundation of the National Student Nurses' Association was established to provide funds to assist official NSNA chapters support student participation in state and national NSNA meetings or conventions, and for school clubs wishing to create an official NSNA chapter.

SNAM will use the funds to help defray expenses for students attending the Ohio Nursing Students' Association Convention in October 2011, the NSNA Midyear Conference in October 2011, the NSNA Annual Convention in April 2012, and the state's annual Leadership Conference in March 2012. Attendance at these activities helps students with networking opportunities and

March 28, 2011

dates to remember

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 15

Last day to drop any term 2 course

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...

SNAM Awarded National Grant *cont'd*

professional involvement with the NSNA. It also helps students secure elected positions and committee appointments on the local, state, and national levels.

With this grant, the SNAM Board of Directors agreed to use \$500 to establish an official NSNA chapter at the MCCN-Fairfield Medical Center (FMC) branch campus. This will open up to MCCN-FMC students the many opportunities for leadership development that the students at main campus receive through SNAM. The funds will be divided into two increments: \$250 to sponsor scholarships to cover membership costs and \$250 to help fund MCCN-FMC students' attendance at state and national conventions.

Students representing Mount Carmel at the NSNA Annual Convention in Salt Lake City, Utah, will be recognized and presented with a plaque at the opening ceremony on April 6, 2011.

SNAM has had an extremely successful year and with this grant we will be able to offer the students of Mount Carmel increased opportunities to enhance their leadership development. We look forward to another great year in 2011-2012!

Funding for the grant program was made available by a generous donation from Marilyn Bagwell, Schools of Nursing, nursing organizations sales from the NSNA Barnes & Noble website, and others to create or enhance involvement of nursing students in the National Student Nurses' Association. The SNAM advisor, **Dawn Hughes, MS, RN**, was instrumental in the application process, and the College is grateful for her assistance.

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.

Graduates: Cap & Gown Ordering

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).

Summer Session 2011

Registration for Summer Session 2011 began the week of March 21. Go to the CARMELink home page for a link to summer registration and instructions. 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.

Nearly 50 Students Raise Funds for Scholarships at Annual Phone-a-thon



Volunteer callers (l-r): senior **Kelsea Simons**, Admissions Counselor **Jonathan Francis**, Director of Development **Jan Burkey**, and Assistant Dean, Online Learning **Tara Spalla**.

During the phone-a-thon, volunteer callers contacted Mount Carmel alumni to raise funds for student scholarships. The majority of the volunteers were students, many of them scholarship recipients. Fourteen members of the faculty, staff, or administration of the College also volunteered, as well as alumni who contacted members of their classes.

The Phone-a-thon committee included **Jan Burkey**, Director of Development; **Kathy Espy**, Director of Diversity and Community Initiatives; **Phylis Crook**, Coordinator, Alumni Relations; **Brenda Binkley**, Administrative Secretary, College Relations; and **Theresa Williams**, LRC Assistant.

"I am so impressed with our student callers. They continue the wonderful legacy of Mount Carmel nurses by being so courteous and engaging in their conversations with our alumni," says Jan Burkey, Director of Development for the College.

"Our student volunteers did a very good job with the calling and are much appreciated," said Espy.

"We would like to extend a huge and heartfelt thank you to all of our volunteers," added Crook.

Student Volunteer Phone-a-thon Callers

Devon Baldwin
Megan Beckstead
Stephanie Binkley
Kymber Bocook
Emily Brown
Ebonee Caldwell
Katie Coleman
Sarah Compton
Diane Dierckman
Bethany Ellis
McKenzie Faust
Marissa Gerdes
Samantha Gillogly
Mackenzie Gram
Christian Graves
Sarah Hanson
Heather Harvyasi

Kelsey Horton
Katie Hostetler
Joshua Leasure
Bailey Legler
Margot Lutz
Kiersten Lyon
Lori Magyar
Andrea Marx
Natalie McComas
Amanda Mitchell
Kayla Munk
Jennifer Neville
Jess Reynolds
Stephanie Rienschild
Mimi Rivers
Erika Robertson
Rachel Ruppensburg

Tiffani Rzemisiewski
Rebecca Schaeffer
Helen Shim
Kelsea Simons
Mary Ann Smith
Megan Snyder
Betsy Tokarsky
Molly Wake
Madison Wilcox
Maggie Williams
Tyler Wilson
Ashley Winebrenner

Administration

Barb Barta
Karen Greene
Tara Spalla

Faculty

Mary Gregg
Hannah O'Handley
Sherry Hull
Kathy Walters
Tricia Whitney

Staff

Colleen Cipriani
Eva Crump
Jonathan Francis
Julie Haley
Robin Shockley

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.

Attention: College Family

Set your DVRs!

One of our own will be featured this week 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**



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

Introducing the College's New Writing Tutor: Miriam Abbott

By **Miriam Abbott, MA**



Miriam Abbott, MA, works with a student.

If Miriam Abbott's name has a familiar ring to it, there's a reason for that.

Abbott has taught ethics as an adjunct at MCCN for almost ten years. She's also instructed ethics and logic at other local college campuses, writes restaurant reviews for *The Other Paper*, and news updates for *Downtown Columbus*.

One more thing: Abbott recently joined MCCN's Center for Learning And Scholarship (CLAS) to help bolster student writing skills.

Written communication skills are critical skills, especially in the internet age. More than ever, nursing students and professionals are called upon to communicate effectively using written mediums. That's where the newest addition to CLAS comes in.

What does Abbott bring to CLAS? A unique perspective on writing: most people view writing as an art, but she counters, "Writing is truly a scientific process. Seriously, once you see the patterns and processes of good writing, it's as easy as popping a bag of popcorn."

Popcorn? You might expect a food analogy from a restaurant reviewer. Abbott loves all parts of the writing process, from the initial brainstorming and research, to considering the results of a grammar check.

Abbott is very excited to work with MCCN students, saying, "Nursing students write about the most interesting topics. I learn something new every time a student visits my office."

Students can find that office at 3COO Marian Hall. Abbott's there Tuesdays and Thursdays . . . and always available online. She says she checks her email compulsively, adding, "Email is a great tool for a writing coach. I can look at a written work on a timeline that always works for the sender."

Students can email Abbott with questions or set up an appointment at mabbott@mccn.edu.

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

Freshman Class Meeting



Front row (l-r): **Deanne Dietz, Sabrina Kessler, and Paige Augustine**; second row: **Ardiel Marshall, Ebonee Caldwell, and Brianna Firsich**



Front row (l-r): **Isaac Smith, Katie Holland, and Tiffany Wenter**; second row: **McKenzie Faust, Matt Edgington, and Holly Long**



Front row (l-r): **Kayla Rupp, Courtney Coy, Tyler Wilson, and Katie Dunlap**, second row: **Mackenhah Martin, Kacey Perkins, and Kristin Hayes**



Front row (l-r): **Katlyn Pfeiffer, Sam Gillespie, and Lauren Darlington**; second row: **Katherine Morris, Elizabeth Shannon, Anah Latham, and Kara Knecht**



Front row (l-r): **Hanna Rehark, Cody Toney, and Kayla Peressini**; second row: **LeeAnn Junk, Brooke McCombs, and Erica Owens**



Freshmen SGA representatives: **Ebonee Caldwell, Stephanie Rienschield, Annie Hahn, Devon Baldwin, Ashli Temple, and Brett Teiga**

SGA Elections



New SGA officers (l-r): **Ashli Temple**, Treasurer; **Brooke Waddell**, President; **Kayla Munk**, Secretary of Public Relations 1; **Annie Hahn**, Secretary of Public Relations 2; **Jena Verbance**, VP; and **Stephanie Binkley**, Secretary of Records



Kelsey Tinkler, Joe Derr, and Kayla Munk (l-r)

2011 Spring Scholarship Evening!

Event Date: Wednesday, April 20

Location: Mount Carmel College of Nursing

Time: 5-8 p.m.

Hosted by: The Central Ohio Consortium of Sigma Theta Tau International

The 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.

Registration fees: \$20 for students and \$35 for non-students. Mount Carmel College of Nursing students are admitted **FREE** with completed registration.

TODAY

Rho Omicron Membership Luncheon

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

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



Graduation Luncheon



Front (l-r): **Amanda Rosencrance, Amanda Hershberger, Lisa Geis, and Amber Zimpfer**; back: **Patrick Smith** and **Hailey Bechtel**



Dr. Angie Phillips-Lowe, EdD, RN,
Associate Dean,
Graduate Nursing Program



Graduating students check in



Dr. Ann Schiele, President/Dean



Front (l-r): **Kristin Schoene, Krysten Brown, Erin McKernan, and Megan Stenger**; back: **Lindsey Flinta** and **Whitney Davidson**



Cheryl Mace, MSN, MALM, RN,
MCCN/FMC Satellite
Program Coordinator



Colleen Cipriani, MA,
Director, Student Life



Linda Rutan and Diana Keller



Karen Greene, BS,
Director, Records and Registration



Maureen Thomas, Greg Breeze,
and **Tiffany Mitchell** (l-r)



Front (l-r): **Robert Cozzarelli, Meghan Randolph, and Cassie Bradford**; back: **Lauren Krieg, Elaine Palmer, Jessica Norman,** and **Lauren Greenwell**



Tony Shifflet, Victoria Bond,
and **Jess Reynolds** (l-r)

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: 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.

Interested in Working in an Ohio Hospital After Graduation?

Register at www.OHHealthJobs.com

OHHealthJobs.com provides resources to search for available jobs in the healthcare field.

By registering for FREE with OHHealthJobs.com, you can

- + Post and edit your resume
- + Express interest in a specific hospital's job postings
- + Receive email notifications when new jobs re posted that match your skills and qualification

Register for a FREE account at www.OHHealthJobs.com Follow OHHealthJobs.com on Twitter @ OHHealthJobs Become a *Facebook Fan* at www.facebook.com/OHHealthJobs



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!

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.

a girl's life



Fruit Smoothies 101

By **Jenny Oldfather**, *Dietetic Intern*

Are you one of those people who could spend an hour walking down the aisles of Bed, Bath, and Beyond just looking at all the kitchen gadgets? Well, I am. One of my favorites is the individual-serving blender system, i.e. Magic Bullet. (Personally, I have one of the knock-off brands and it works great!)

I love this product because I love making smoothies in the spring and summertime. There is hardly a better start to my day than a refreshing fruit smoothie to give me energy. Call me weird, but eating a healthy breakfast really puts me in a good mood!

There are lots of ways to add variety and nutrition to your smoothies. Fruit smoothies are a great way to get vitamins, fiber, antioxidants, and more! Stock your fridge with the items listed below for your basic smoothie, and if you're feeling adventurous try adding some of the extras to really beef it up. (*Tip: Use frozen fruit instead of ice; to freeze your own, lay fruit out on a jelly roll pan and place in the freezer. Once frozen, store fruit in a zip-lock bag.*)

Basics

Strawberries	Pineapple chunks
Blueberries	Fat-free yogurt
Raspberries	Skim or soymilk
Bananas	Orange juice
Sliced peaches	

Extras

- + **Almonds:** It helps to chop up the almonds a little before adding them to the blender, but they add an interesting texture and flavor, as well as protein, fiber, and monounsaturated fat.
- + **Peanut butter:** Provides 8g of plant protein per 2 T., fiber, and several minerals and phytochemicals.
- + **Flaxseed:** Flaxseeds are a great source of omega-3 fatty acids as well as fiber.
- + **Protein powder:** Obviously gives smoothies an extra protein punch; this is a perfect post-workout snack.
- + **Wheat germ:** Provides fiber and protein, and is a concentrated source of many other vitamins and minerals.
- + **Dry milk powder:** Gives an extra burst of calcium and protein to a soy or skim milk base.

These blender sets can be a little pricey for the typical college student, but if you keep your eye out for sales you can usually get one for about the cost of five or six Starbucks smoothies. Even though they may cost a little more than a traditional blender, they are more convenient because you can make your smoothie right in the cup you are going to use, everything is dishwasher safe, and the base is small enough to leave out on your counter. What's the best part about making smoothies? You can make them however you want! Try starting out with the basics and then experiment with your own new ingredients. Happy blenderizing!

References

Healthy snacks for kids (2011). allrecipes.com. <http://allrecipes.com/HowTo/Healthy-Snacks-for-Kids-Smoothies/Detail.aspx>.

Hickman, A. (6 Dec. 2010). Self-proclaimed smoothie king. [CookingLight.com](http://simmerandboil.cookinglight.com/2010/12/self-proclaimed-smoothie-king.html). <http://simmerandboil.cookinglight.com/2010/12/self-proclaimed-smoothie-king.html>.

Peanut butter (2010). *The Peanut Institute*. <http://www.peanut-institute.org/peanut-products/peanut-butter.asp>.

Wheat germ: Nutrition in a crunch (26 Feb. 2010). *MayoClinic.com*. <http://www.mayoclinic.com/health/health-tip/HT00375>.

Health NEWS

Mount Carmel College of Nursing Student Health Office

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



Kathy Walters

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

Kathy Walters MS, RNC, NNP-BC

Assistant Professor/Student Health Nurse

614-234-5408

kwalters@mchs.com

kwalters@mccn.edu

Nurses Day at the Statehouse 2011 Rescheduled for June 7

The annual event, which provides opportunities for education and interaction with state legislators, was postponed from March 23 to June 7. A group of 21 from MCCN, one of the largest ever, had planned to attend. With the date change, there may be some openings. If you are interested, please contact **Pat McKnight, MS, RD, LD**, at pmcknight@mchs.com.

Making the Grade

By **Miriam Abbott, MA**, Writing Instructor,
Center for Learning and Scholarship (CLAS)
at MCCN

How do you define academic success? Do you define it in terms of GPA? Are B's allowed? If you measure academic success in terms of grades, that'd be pretty normal: most college students are concerned about grades.

Just the same, consider redefining your understanding of academic success. Good grades are great (essential, important), but academic success involves much more than grades. In fact, it's worth noting that when it comes to "academic success," MCCN faculty leaders have something much bigger in mind . . .

Students often ask me, "What do you want me to know for the test?" My response is, "It's not important what I want you to know, but your next patient wants you to know everything." In college we spend much time seeking a grade or earning points, but ten years from now will the patient I care for be interested in the fact that I was one point away from an A or a B? Learning is a dedicated journey that requires patience and perseverance. Academic success is the ability to think with useable knowledge, not just to earn an extra point.

— **Barbara Barta, PhD, RN**, Associate Dean, Undergraduate Programs

Do you have more nursing knowledge today than you did yesterday? Do you know more today about how to apply that knowledge to improve a patient's life? That's nursing academic success.

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

Academic success is learning to learn. If you want a great career, you will need to be able to learn quickly and effectively about a variety of topics, including nursing, technology, psychology, finance, and sometimes even statistics! If you use your time in school to improve your learning skills, you will have a great competitive advantage going forward.

— **Sandy Reed, MS, MBA**, Assistant Professor, Center for Learning and Scholarship

Academic success is the ability to take the knowledge and skills learned in the classroom and apply them in the clinical setting. Overall, academic success is reaching one's educational goals.

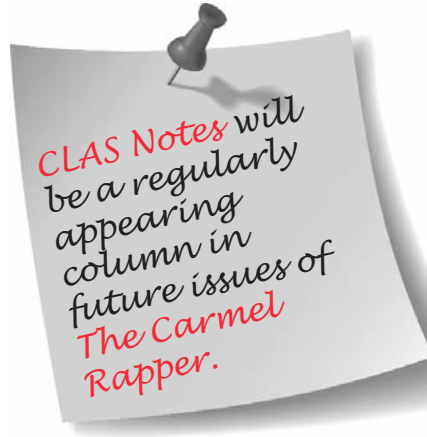
— **Peggy Shaw, MSN/ED, BSN, RN, OCN**, Instructor

Academic success is defined by the College, faculty and ultimately by the student. The love of learning and the desire to be current in the knowledge of the profession brings excitement to my job. I hope the same excitement drives students to want to be academically successful. Academic success is always a goal. It is this goal that makes each individual a lifelong student, a lifelong learner. Academic success means you look into yourself and say, "I did my best. Well done."

— **Margaret Stinner, MS, RN**, Assistant Professor

In terms of success, there is some very good news for MCCN students. Over the long run, MCCN students do find the path to academic success: 77% graduate. That's a striking statistic, given that the national college graduation rate is just over 50%. Beyond graduation, the stats just get better and better. Remember those AACN (American Association of Colleges of Nursing) findings published earlier this year in *The Rapper*? Compared to the average college graduate, triple the number of BSNs secured jobs by graduation.

If you're searching for the path to academic success, check into CLAS (MCCN's Center for Learning and Scholarship). Our team can share the tools for achievement in any field—from math and science to research writing. Stop by 3C00 Marian or contact sreed@mccn.edu and schedule an appointment.



By **Kayla Munk**

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

Upcoming Events

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.

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.

Cut the Braid? Or Save the Braid?

To raise funds to donate to the American Cancer Society, SNAM Advisor, **Dawn Hughes**, has volunteered once again to let members of the College family vote with their donations whether her braid should stay or go. Until today, March 28, anyone wishing to vote can put their cash donation to the American Cancer Society in one of two containers at the front desk: Cut the Braid, or Save the Braid. Every donation counts! If the Cut the Braid container gets the most money, there will be an auction at the SNAM meeting in the lounge today. The winner of the auction will have the right to do the actual cutting of the braid. It has been four years since this event last took place — don't miss it!

Introducing the New Online RN-BSN Completion Program

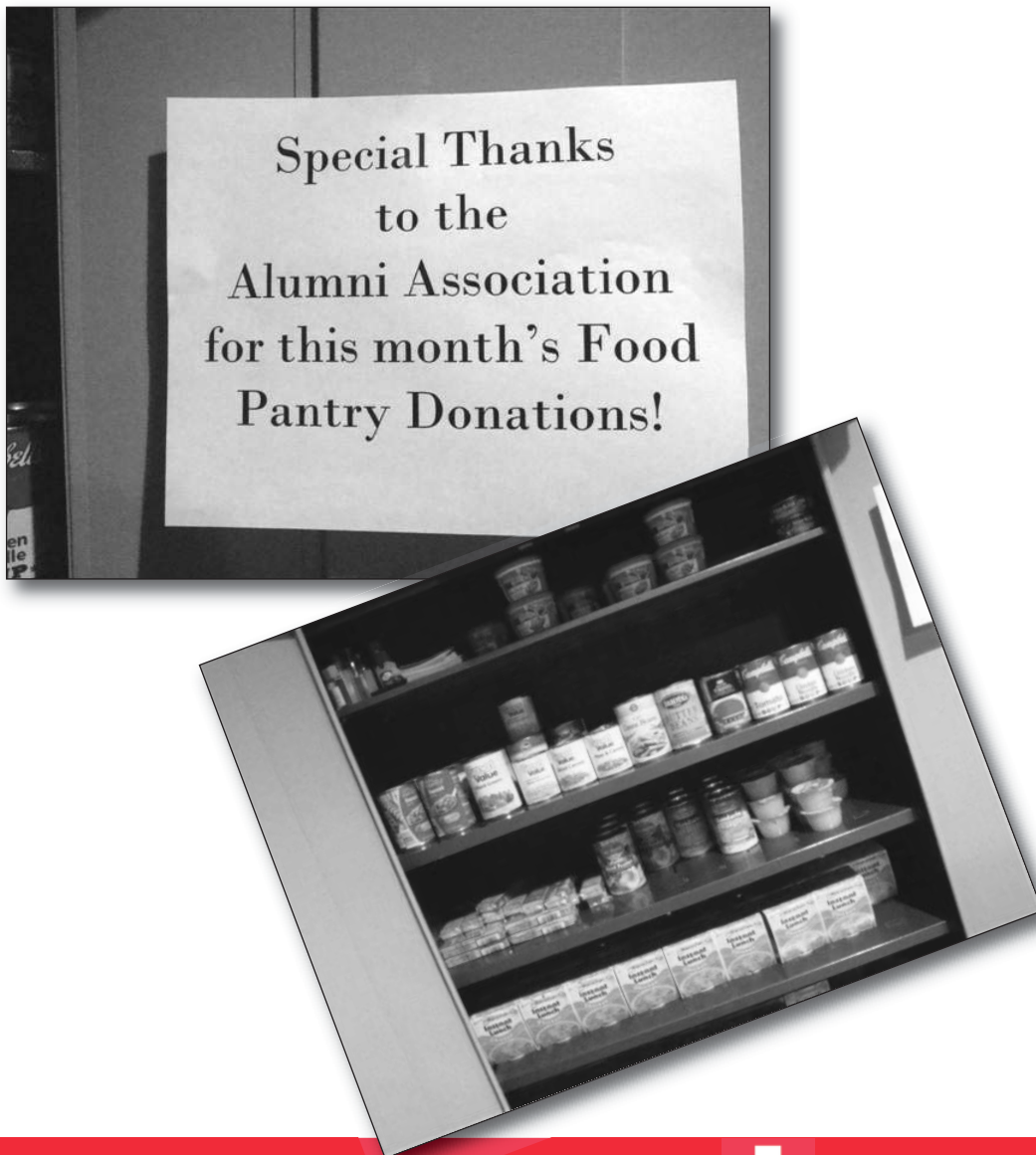
Advance your career online, on your schedule — with a leader in nursing education for more than a century. Mount Carmel offers the excellence and flexibility of an online Bachelor of Science program designed by expert faculty. And it fits neatly into the busy lifestyle and schedule of today's licensed registered nurse.

To learn more, please join us for one of our upcoming information sessions:

- + **Monday, March 28:** Mount Carmel West, Cafe Room A
- + **Tuesday, March 29:** Mount Carmel East, Cafe Room B
- + **Thursday, March 31:** Mount Carmel New Albany, The Learning Center
- + **Friday, April 1:** Mount Carmel St. Ann's, Front Board Room

All sessions will be held noon - 1 p.m. Drinks and cookies will be provided. RSVPs recommended. Call HealthCALL at 614-234-LIFE.

Thanks for the Food Pantry Donations!



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.



Freedom to Be... a Voice that Embraces Change!

This workshop will focus on the rapidly changing face of healthcare and the impact those changes have on the interaction of nurses and society.

Date: April 16, 2011

Location: Mount Carmel East
Seigel Center
5975 East Broad Street
Columbus, OH 43213

Time:

Registration: 7:00 AM

Welcome: 7:50 AM

Program: 7:55 AM

*Sponsored by AORN of Central Ohio
(Association of peri-Operative
Registered Nurses)*

Registration deadline: April 1, 2011

Walk-in registration available; lunch not provided. For more information, visit www.centralohioaorn.com

MCCN students interested in the event are invited to contact **Kimberly Dillon '04**, Mount Carmel Alumni Association President and AORN member, at k Dillon@mchs.com regarding student scholarships to the event.

In Sympathy

Junior student **Aubrey Long** passed away on March 23. She had been on a leave of absence since fall semester. Please keep Aubrey and her family in your thoughts and prayers.



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.

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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

Summer APP Students: Please prepare for your junior year by completing your FAFSA by the deadline noted below. Your aid will be split into three semesters, summer, fall and spring.

Summer financial aid disbursements: This note excludes SDAP students. The summer is a transition time. The Department of Education updates interest rates for the upcoming academic year in the summer, typically after July 1, 2011. In order to ensure that you will receive the lower interest rates, please note that your first disbursement of the 2011-2012 academic year, including the summer term, will not take place until after July 1, 2011. This will not impact any student packaged in 2010-2011 for the summer semester, only those receiving new disbursements beginning in the summer 2011-2012.

Financial Aid Information Sheet: By now every freshman thru junior should have received the financial aid information sheet in your mailbox. Please complete this form and return it to **LaTosha** in financial aid. This form helps us to prepare for the upcoming academic year.

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 my parents have to reapply for a PLUS Loan?**

This is a good question. The short answer is yes. Every year your parent(s) must submit a new PLUS loan application.

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

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



Graduation

Countdown

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.
- + Pick up tickets to Commencement starting **March 24**.
 - 6 tickets are allotted for each student
 - Pick up tickets in Room 201, Marian Hall (8:30 a.m. – 4:30 p.m., Monday through Friday)
 - No tickets are required for the Pinning and Recognition Ceremony
- + If you are a member of Sigma Theta Tau (Rho Omicron Chapter) and did not attend the membership luncheon on March 28, contact **Sherry Hull** (Marian Hall, Room 302, shull@mccn.edu) regarding purchase of an honor cord for \$10.
- + 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!)
 - Try on your cap/gown when it arrives; remove wrinkles according to instructions; hang it up until Commencement.
- + Register to take the ATI Critical Thinking Exit Assessment on **March 31 or April 1** (40 questions = approximately 40 minutes). Sign up for a time either day on the registration sheets on the bulletin board outside the Records and Registration office, Marian Hall 2C01.
- + 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 & Recognition Ceremony will be Friday, May 6, at 7 p.m. (appropriate dress is a clean white uniform with the student patch removed; long hair must be off the collar – no headbands; minimum jewelry)
 - Commencement will be Saturday, May 7, at 1 p.m. (appropriate dress under the gown is professional business attire – no flip-flops or sneakers and no "decorated" caps)
 - Both events will be held at the First Church of God, 3480 Refugee Road

Revised Courses Affect Sophomore and Senior Students Next Year

Beginning Fall Semester 2011, course requirements at Mount Carmel College of Nursing will be revised for sophomore and senior levels. In the sophomore year, *Health Promotion and Disease Prevention* (HLTH 210) will be eliminated as a separate course. The information that is currently taught in this course will be divided between two current courses: *Foundations of Health Assessment in Caring Health Practices* (NURS 204) and *Caring Health Perspectives in Community Nursing* (NURS 421). Credit hours for these two nursing courses will increase to accommodate the additional teaching-learning time. NURS 204 will increase from 4 to 5 semester credits beginning Fall Semester 2011; NURS 421 will increase from 3 to 4 semester credits.

NURS 204 will be scheduled for 4 lecture class hours and 3 lab hours per week. NURS 421 will be scheduled for 4 lecture hours per week. NURS 421 will be offered both Fall and Spring Semesters of each academic year.

On the senior level, Integrated Science (SCIE 430) will be replaced by a new nursing course: *Advanced Concepts in Nursing Dynamics* (NURS 422) is a new 3 semester credit course that will meet for 3 hours each week during the 16 week semester. NURS 422 will be offered both Fall and Spring Semesters of each academic year.

The revisions of the sophomore curriculum will not affect students who have been admitted to the Advanced Placement Program (APP) for the summer of 2011. Students participating in APP 2011 will follow the current program of study.

The course revisions will be noted and included on the Fall 2011 Schedule of Classes. If you have questions about registration, please contact **Karen Greene**, Registrar, or **Maggie Miller-Rea** or **Jan Turner** in the Records and Registration office

Students who will be seniors during the 2011-2012 academic year are advised to request a degree audit between now and October 2011.