



## 64 New Members Inducted into Rho Omicron Chapter At Sigma Theta Tau Induction Ceremony



Congratulations to the newest members of STTI!

### **Sigma Theta Tau International — The Honor Society for Nursing** “Dedicated to improving the health of people worldwide”

In April 2002, Mount Carmel College of Nursing earned the privilege of establishing the Rho Omicron chapter of Sigma Theta Tau International (STTI), an organization committed to fostering excellence, scholarship, and leadership in nursing. STTI promotes the use of nursing research in healthcare delivery and provides resources to communicate the latest knowledge in nursing care.

On November 11, 2010, 64 new members were inducted into MCCN’s Rho Omicron chapter. Those eligible for membership to Rho Omicron Chapter include:

- + Baccalaureate Program seniors in the top 35 percent of their graduating class.
- + Second Degree Accelerated Program students who have completed half of their nursing curriculum and are in the top 35 percent of their class.
- + RN students in the Baccalaureate Program who rank in the upper 35 percent of their graduating class and have 50 percent of the nursing program completed.
- + Students in the Graduate Program who have completed one-fourth of their program.
- + Community leaders demonstrating leadership or achievement in nursing, including achievements in research, publication, administration, consulting, practice, or education.

*continued on next page...*

November 22, 2010

### dates to remember

#### **November 22**

Thanksgiving food drive (last day)  
SNAM meeting  
SNAM Books & Buckeyes Sale

#### **November 24**

Last day to drop a Term 2 course

#### **November 25-26**

Thanksgiving (*holiday*)

#### **December 10**

Fall Semester classes end

#### **December 13-17**

Final exams

#### **December 13-16**

Free finals breakfasts

#### **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

## 64 New Members Inducted... *cont'd*



RN-BSN completion program student inductees



Masters program student inductees



New officers of Rho Omicron: (row 1, l-r) **Rachel Choudhury, Denice Taylor, Sherry Hull;** (row 2, l-r) **Patti McKee, Kathy Walters, Ann Waterman, Juanakee Pearson-Ceol**



Nurse Leader inductee: **Kniaka Bethel**

### Candidates for Induction

#### Senior Students

Joshua Aronovsky  
Hailey Bechtel  
Samantha Bennett  
Cassie Bradford  
Gregory Breeze  
Danielle Browning  
Tracey Buskirk  
Staci D'Amico  
Annette Daniel  
Katherine Daprile\*  
Stacy Dervin\*  
Kaitlyn Eberhard  
Jessica Fannon  
Lindsey Flinta  
Maria Fondriest\*  
Christina Gallawa\*  
Ashley Gentry  
Molly Gotschall\*  
Alyssa Gross  
Jennifer Hartman  
Andria Haynes\*  
Amanda Hershberger  
Gail Himmelstein\*  
Anna Hung-Chan  
Allison Lardner  
Matthew Logue  
Emily Lust  
Sefenesh Mamai  
Nicole McCrackin  
Erin McKernan  
Tiffany Mitchell  
Bethany Myers  
Miranda Neighbarger  
Jennifer Neville  
Shannon Perry  
Karen Posey\*  
Meredith Qualley\*  
Jessie Reynolds  
Angela Rogers\*  
Eileen Rutledge\*  
Clare Severns  
Joy Sickles\*  
Nora Slenk\*  
Amelia Stacker  
Kylene Stanley  
Kristine Stein  
Erin Steiner\*  
Grace Taylor\*  
Ryan Templeton\*  
Jesse Tetirick\*  
Jenalee Thibault\*  
MaLeah Thornton  
Jessica Tiller  
Kelsey Tinkler  
Christina Vajen\*  
Andrea Young\*  
\*Second Degree Accelerated Program student

#### RN/BSN Students

Shelly Brown  
Lisa Fleege  
Ryan Hall  
Robin Machado  
Debra Price  
Heather Pritt  
Julie Roth  
Deetta Shaffer  
Elizabeth Stokes  
Andrea Warren  
Ron Whisner

#### Masters

#### Program Students

Patricia Adkins  
Tina Adkins  
Kim Kinney  
Tawnya Lawson  
Tara Williams

#### Nurse Leaders

Kniaka Bethel, MSN, CNP  
Kathleen Pierce, MSN, RN

#### Acknowledgements

#### Mount Carmel College of Nursing

#### Sigma Theta Tau Rho Omicron

Rachel Choudhury, MSN, RN, OCN, President  
Toni Chops, MS, RN, Past President  
Juanakee Pearson-Ceol, MS, RN, Vice President  
Carla Dowling, BSN, RN, Leadership Succession  
Denice Taylor, MSN, CNP, CWOCN, Governance Chair  
Kathy Walters, MS, RNC, NNP-BC, Governance  
Sherry Hull, MS, RN, Treasurer  
Ann Waterman PhD, RN, Secretary  
Patti McKee, BSN, RN, Publicity Chairperson  
Barbara Potts, MEd, RN, Second Degree Accelerated Program Coordinator

**Special Thanks for Ongoing Support to**  
Dr. Ann E. Schiele  
President and Dean, Mount Carmel College of Nursing

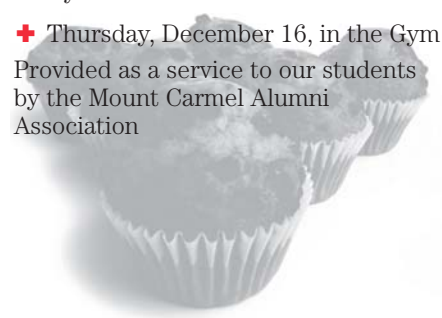
# FREE!

**FREE** finals week breakfasts for students!

**December 13 through December 16, 8 – 11 a.m.**

- + Monday, December 13, in the Lounge
- + Tuesday, December 14, in the Wilson Room
- + Wednesday, December 15, in the Gym
- + Thursday, December 16, in the Gym

Provided as a service to our students by the Mount Carmel Alumni Association



## 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.

## SNAM Updates

SNAM recently elected two new officers:

Treasurer: **Megan Wermuth**, freshman

Breakthrough to Nursing Director: **Shivani Patel**, junior

### SNAM meeting

**TODAY, November 22, at 12 noon in the lounge**

A Mount Carmel oncology nurse will speak.

### Books & Buckeyes Sale

**TODAY, November 22, 8 a.m. - 3 p.m. in the lobby**

There will be books, buckeyes for \$6/dozen, baked goods, and travel coffee mugs for sale.

# CARMELink

## Online Registration

There are students who have not yet registered for Spring Semester classes...  
do not miss this opportunity!

- + Instructions on "How to Register Online" were sent via students' mcn.edu email accounts and posted to CARMELink the week of November 1. This document is also available at the Marian Hall front desk and in the Records and Registration office (Marian Hall, Room 201).
- + The Spring Semester 2011 course schedule is posted on CARMELink. No hard copies of the schedule will be distributed as in the past.
- + **Registration windows for all students are now open and will continue to be open until 5 p.m. on Wednesday, December 29.**
- + **After December 29**, students must contact the Records and Registration Office to inquire about adding or dropping a 2011 Spring Semester course.

### If you are not current a CARMELink user:

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, review the message on the "Welcome" tab for navigation tips. Once logged in, click on the "Student" tab to access your individual information in a secure environment.

- + Your username and temporary password were **sent to your mcn.edu email account** (no other email is valid for MCCN student business).
- + If you have not yet logged in to CARMELink, please check for your previous email message.
- + 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.
- + If you have questions, contact **Tim Tabol** (ttabol@mcn.edu or 614-234-2682) or **Karen Greene** (kgreene@mcn.edu or 614-234-5685).

### Some additional features of CARMELINK:

- + 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!!



**The MCCN Online Bookstore** is open for Spring Semester 2011. Order your books early in order to be ready for the first day of class!

## Avondale Elementary Christmas Project Lots of Santa's Helpers Needed

**Nothing personifies the joy** of the holidays like the smiles of children who have been remembered by Santa. Again this year, everyone at MCCN has the opportunity to help Santa remember deserving students at nearby Avondale Elementary. Particularly during this year's economy, this may be their only holiday gift.

It's easy to be a Santa's helper to an Avondale Elementary student (or students). MCCN Campus Ministry is given the children's secret wishes. The wishes are written on ornaments of hope hanging on a Christmas tree in the elevator lobby. The tree and ornaments will be available by November 15. Just take an ornament and buy the gift that will make a child smile.

Everyone is invited to take an ornament, or more than one if you wish, and purchase the requested gift. **Each ornament will state a few gift options, but please get only ONE gift per child.** Spending is limited to \$15 per child and to appropriate gifts (violent toys not permitted). Be sure to write your name on the printout next to the name of the student whose name you picked.

**Bring wrapped gifts, with the special ornament attached to the gift box/bag, to the College gym by December 16 at 10 a.m.** Please check to be sure the paper ornament is taped securely to the present, so Santa's elves know who the gift is for, also please note on the ornament what the gift is. Look for the sign near the stage that correlates with the child's classroom number indicated on the ornament and place the gift in the appropriate area.

The Avondale Christmas project also needs cash donations to purchase any last-minute gifts or for much needed winter apparel for the children. If you are interested in helping with this effort, please turn in at the front desk to College Chaplain, **Pete McClernon's** mailbox, your **cash donations or checks made payable to MCCN Campus Ministry.**

### Community Service Opportunity

The Avondale Christmas gift project needs several student volunteers to organize and deliver the gifts. The delivery date is Friday, December 17. Helping and/or delivering with the Avondale Christmas Project counts toward community service hours.

**Nicole Cistone** and **Greg Breeze** lead this year's effort on behalf of the children of Avondale School. Students interested in volunteering to help with the project can contact [ncistone@mccn.edu](mailto:ncistone@mccn.edu), to receive more information.

## Interested in Working in an Ohio Hospital After Graduation?

Register at [www.OHHealthJobs.com](http://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 are posted that match your skills and qualification

Register for a FREE account at [www.OHHealthJobs.com](http://www.OHHealthJobs.com)

Follow OHHealthJobs.com on Twitter @ OHHealthJobs. Become a *Facebook* fan at [www.facebook.com/OHHealthJobs](http://www.facebook.com/OHHealthJobs).



Helping Santa are Avondale Elementary Christmas Project volunteers (top l-r) **Greg Breeze** and **Christian Graves**; (bottom) **Nicole Cistone** and **Amanda Mitchell**.

# active shooter training

## What will you do?

- ✓ Sign-up sheets at the Front Desk
- ✓ Mandatory training for new faculty, staff and students
- ✓ Refresher training for current faculty, staff, and students highly encouraged.
- ✓ Pizza lunch/dinner will be provided.

### CLE Lecture Hall

ON THE FOLLOWING  
DATES FROM NOON  
TO 2PM

Monday, November 22  
Monday, November 29  
Monday, December 6

ON THE FOLLOWING  
DATES FROM 6 TO 8PM:

Monday, November 29  
Sunday, November 21  
Monday, November 22  
Wednesday, December 1

  
MOUNT CARMEL  
College of Nursing

# Fall Festival



## Chaplain's CORNER

*Pete McClernon, College Chaplain*



**Kathy Walters and Cheryl Mace** getting ready for a pie in the face.



(l-r): **Jessica Evans, Maggie Huth, and Brooke McCombs**



**Shawn Deats and Melissa Cox** looking at "abuse" t-shirts



**Kathy Walters and Cheryl Mace** wearing some pie.



(l-r) **Alexandria Dulay, Rachael McMillen, Kathy Espy, and Ashley D'Agostino**



**Brooke Waddell, Ashley Williams (winner), and Kelsey Tinkler** during the pie-eating contest



(l-r): **Julie Haley, Eva Crump, Jatia Love, and Gale Kolarik** in the photo booth



**Try this exercise:** wherever you are this very second — reading this — think of all the things you are taking utterly for granted: the chair you are sitting on; the desk you are sitting at; the office you are sitting in; the door you have closed or left open; the light in the room that allows you to read; the paper on which this article is written; the ink (am I that old?) or the imaging process that puts these words on the paper; the litany of people whose work culminated in this newsletter: writers, editors, proofreaders, printers, computer wonks, photographers, people who allowed themselves to be photographed, the teachers because of whom you are able to read anything, the people and machines that made the glasses or contacts you're wearing so that this page is not a blur.

And that is one second in your life. It boggles the mind to think of how many people and processes (gravity to mention only one — and one which is becoming more of a nuisance as I get older) — uphold us every second of every day of our lives. People we never see — much less know — contribute to our wellbeing and safety and enrichment and happiness in ways that are as critical as they are invisible.

Might I suggest taking some time this Thanksgiving to whisper a prayer of gratitude for all of those invisible people and events and situations and God-provided processes that enable us to live and love and dream and become. Then turn to the visible ones — those amazing people in the closest circle of your life — and lavish them with gratitude. Tell them all — in clear and unequivocal and deeply loving terms — how grateful you are for their presence in your life.

Now — go eat some turkey!

*Happy Thanksgiving!*

## Notes from Alyncia

### New Financial Aid Clerk

Please join me in welcoming **Latosha Brown**. Latosha began serving in the role of finance clerk – financial aid on Monday, November 15.

### StudentLoans.gov

This is the official site that you need to visit to complete your master promissory note and entrance counseling. After you log in, you will need to scroll on the screen to complete the master promissory note. You may have to log back on to complete the entrance counseling. Both documents must be completed to receive financial aid. The financial aid office will receive an electronic notification of your completed documents.

### 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 one, you complete the information on the StudentLoans.gov website. Step two, you complete the Exit Counseling form provided by the financial aid office.

### Asking questions and getting the right answer

This edition's statement/question:

*I could not register because I was on hold. What can I do?*

This is a good question.

CARMELink provides real time information about your financial aid and your account. If you have a hold on your account, it will show up in CARMELink. If your registration was rejected, check CARMELink for missing financial aid documentation. If all of your documents are in, check your balance. Has your financial aid been applied? Is your balance over \$1,000? If your aid has not been applied, please follow up with the financial aid office. If your balance is over \$1,000, you need follow up with the business office. Action is required in both instances.

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

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



## College Sports Update

**Women's Basketball:** You are invited to attend the College's women's basketball team's last game on **12-1 at 9:15 p.m., at the McDonald Rec Center.**

**Volleyball:** Mount Carmel College of Nursing's two volleyball teams in the Columbus Rec Competitive league: The Nightingales (Blue) and The MCCN (Orange) each have one more game left to play. You are invited to cheer them on!

**Blue**  
11-29 — 8:10 p.m.

**Orange**  
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](http://www.ohiodominican.edu), type in Griffin Student Center and calendar of events.

## 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*)

Saturdays 11 a.m. – noon      Technique

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

To register, email dance instructor  
**Kristi Kowalski** at [kkowalski@mccn.edu](mailto:kkowalski@mccn.edu).

# DASH Your Way to a Healthy Heart

By Dietetic Intern Takeiciou Ghee

I want to become a dietitian to make a difference in people's lives by helping them become physically, emotionally, and mentally healthy through the knowledge of nutrition science. I want to be an active participant in this field to better help the community and my loved ones.

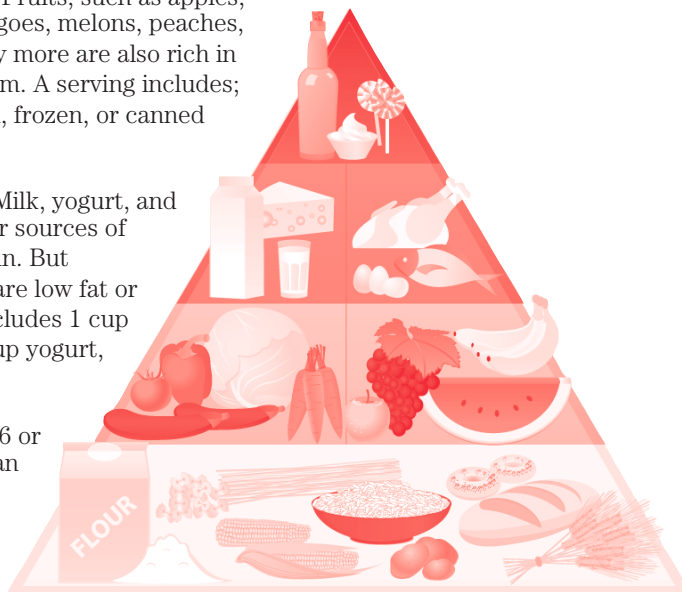
Coming from an African American background, I have seen many of my family members suffer from cardiovascular disease and hypertension. I know that poor nutrition played a role in the two diseases. Due to this, I would like to briefly discuss the DASH (Dietary Approaches to Stop Hypertension) eating plan, which includes eating less salt and sodium.

What you eat can either increase or decrease the risk of developing high blood pressure. By following the DASH diet, high blood pressure can be lowered and even prevented. High blood pressure is a blood pressure higher than 140/90 mmHg. High blood pressure is dangerous because it overworks your heart and hardens the walls of your arteries leading to heart and kidney disease, stroke and blindness.

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds and nuts. It also contains less salt and sodium; sweets, added sugars and sugar-containing beverages; saturated and trans fats, cholesterol; and red meats than the typical diet. It encourages increased consumption of nutrients such as potassium, magnesium, calcium and fiber.

Here's a look at the recommended servings from each food group for the 2,000-calorie-a-day DASH diet (choose more or less servings depending on your recommended caloric intake):

- **(Grains: 6 to 8 servings a day):** Focus on oatmeal, whole grain pasta, rice and bread because they have more fiber. Look for products labeled "100 percent whole grain" or "100 percent whole wheat." One serving of grains includes 1 slice of whole-wheat bread, ½ cup of cooked cereal, and 1 oz. of dry cereal.
- **(Vegetables: 4 to 5 servings a day):** Tomatoes, carrots, broccoli, spinach, squash and other veggies are full of fiber, vitamins, and minerals such as potassium and magnesium. One serving includes 1 cup of raw green leafy vegetables or ½ cup of raw or cooked vegetables.
- **(Fruits: 4 to 5 servings a day):** Fruits, such as apples, apricots, bananas, dates, mangoes, melons, peaches, strawberries, raisins and many more are also rich in potassium fiber and magnesium. A serving includes; 1 medium fruit or ½ cup fresh, frozen, or canned fruit.
- **(Dairy: 2 to 3 servings a day):** Milk, yogurt, and other dairy products are major sources of calcium, vitamin D, and protein. But choosing dairy products that are low fat or fat-free is key. One serving includes 1 cup of skim or 1 percent milk, 1 cup yogurt, or 1 ½ oz. of cheese.
- **(Lean meat, poultry, and fish):** 6 or fewer servings a day): Meat can be a rich source of protein, B-vitamins, iron and zinc. But even lean meat can contain cholesterol and fat, so try to cut back typical meat portions by ½ or ¼ and eat more vegetables instead. One serving includes 1 oz. cooked skinless poultry, seafood or lean meat, 1 egg, or 1 oz. water-packed, no-salt-added can of tuna.



## Apple Salad With Figs and Almonds

### Ingredients:

2 large red apples, cored and diced  
6 dried figs, chopped  
2 ribs of celery, diced  
1/2 cup fat-free lemon yogurt  
2 tablespoons slivered almonds  
2 carrots, peeled and grated

**Directions:** In a small bowl, combine the apples, figs and celery. Add yogurt and mix thoroughly. Serve on separate plates topped with almonds and garnished with grated carrots.

### Nutritional Analysis (per serving):

Calories	95
Cholesterol	0 mg
Protein	2 g
Sodium	35 mg
Carbohydrate	17 g
Fiber	3 g
Total fat	2 g
Potassium	323 mg
Saturated fat	trace
Calcium	73 mg
Monounsaturated fat	1 g

Mayo Clinic. "Dash Diet: Healthy Eating to lower your Blood Pressure." Oct. 26, 2010

<http://www.mayoclinic.com/health/dash-diet/HI00047>

Mayo Clinic. "Healthy Recipes: Apple Salad with Figs and Almonds." Oct. 26, 2010  
<http://www.mayoclinic.com/health/healthy-recipes/NU00360>

U.S Department of Health and Human Services: National Heart, Lung and Blood Institute. "In Brief: Your Guide to Lowering your Blood Pressure with DASH" Dec. 2006. Pub no. 06-5834

# Family, Feasting, and Football

As the holiday dedicated to giving thanks approaches, our roving student reporter, **Lucas Halliday**, a transfer freshman, asked members of the MCCN family about their favorite Thanksgiving memories and traditions. *We wish all of you a blessed and happy Thanksgiving!*



**Lois Stevens**  
MCCN Front Desk Receptionist  
**Favorite Thanksgiving memory:** "Every year I rent a clubhouse where friends and family come together to eat. There are usually about 30 people."  
**Thanksgiving plans/traditions:** "Plain and simple, turkey and dressing."



**Emily Gantz**, sophomore  
**Favorite Thanksgiving memory:** "When I was younger, we had a snowy Thanksgiving so I had my dog pull me on a sled."  
**Thanksgiving plans/traditions:** "My family always goes to my grandma's house."



**Christian Graves**, junior  
**Favorite Thanksgiving memory:** "I was very disappointed when I found out my grandma ordered Honey Baked Ham instead of making it herself."  
**Thanksgiving plans/traditions:** "I always eat sweet potato pie."



**Tim Tabol**  
MCCN System Administrator  
**Favorite Thanksgiving memory:** "When my grandma cooked for 50-60 people."  
**Thanksgiving plans/traditions:** "My mother-in-law always makes the dressing."



**Olivia Sapia**, freshman  
**Favorite Thanksgiving memory:** "We once had around 20 people at my grandma's house. It was loud and fun."  
**Thanksgiving plans/traditions:** "I love my grandma's stuffed mushrooms!"



**Whitney Davidson**, senior  
**Favorite Thanksgiving memory:** "My family always plays cards and watches football."  
**Thanksgiving plans/traditions:** "Everyone comes to my house."



**Lucas Halliday**  
Transfer freshman and our roving reporter

On behalf of *The Carmel Rapper* staff, "Thanks Lucas!"



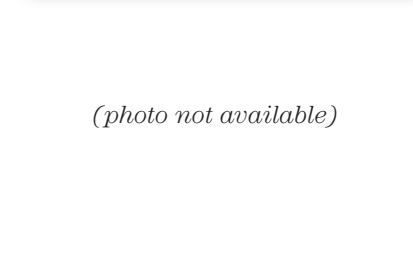
**Symphony Voelkel**, sophomore  
**Favorite Thanksgiving memory:** "One time I was able to go to Arizona."  
**Thanksgiving plans/traditions:** "I just love the turkey."



**Samantha Lehmann**  
Transfer freshman  
**Favorite Thanksgiving memory:** "Three years ago I was able to have Thanksgiving at home."  
**Thanksgiving plans/traditions:** "I always eat turkey and watch football."



**Alexandrea Fistek**  
Transfer freshman  
**Favorite Thanksgiving memory:** "I loved when we had it at my house."  
**Thanksgiving plans/traditions:** "My family always gets our Christmas tree the Friday after Thanksgiving."



**Kaylie Cunningham**  
FMC sophomore  
**Favorite Thanksgiving memory:** "The change of season with falling leaves and it's the only time I get to see my entire family."  
**Thanksgiving plans/traditions:** "My 13-month-old daughter Maddison loves to go pumpkin picking. Maddison is mesmerized by pumpkins!"

*(photo not available)*



## Library News

By Stevo Rokсандic, MBA, MLIS, Director, Mount Carmel Health Sciences Library

**Final exams are approaching.** Need a cozy, quiet place to study? Your library will be open the weekend before your final exams this December. Together with the MCCN Student Government Association (SGA), we will not only provide space, assistance and technology, but we'll also serve snacks, drinks and food. Check the library *Facebook* page and respond if you will visit us during that weekend so we are prepared to provide professional support and warm and healthy nourishment!

**The holiday season is upon us.** Library open hours will change during the Thanksgiving holiday. The library will be closed Thursday through Sunday, November 25-28. Stop by and check our holiday display ... movies, books and other materials for your leisure time and entertainment. New DVD releases coming soon ... stay tuned and follow us on *Facebook* to be the first to grab the newest releases.



## 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.



## 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.

## Together We Lead



Advancing a great institution requires a team mentality and a collective sense of pride in our College. Declare your impact and take part in this year's campaign! It is crucial that we work together, support our envisioned future, and preserve Mount Carmel's place as one of the top Nursing Colleges in Ohio and beyond. As part of the team, your contribution serves as a valuable endorsement of Mount Carmel College of Nursing and its work. Remember, each dollar contributed can make a difference in the educational pursuit of our students. Any questions, contact **Jan Burkey** at 234-3837

# Final Exam Schedule

TIME ROOM FACULTY

## MONDAY, DECEMBER 13

NURS 405	Acute	8 – 10 a.m.	CLE 114	Nibert
NURS 406	Gerontology	8 – 10 a.m.	CLE 206	Maurer Baack
NURS 407	Pediatrics	8 – 10 a.m.	CLE 116	O'Handley
NURS 408	Transitions	8 – 10 a.m.	MH-Clsrm B	Waterman
NURS 307	OB	8 – 10 a.m.	CLE 210	Cooley
NURS 308	Psych-Mental Health	10:30 a.m. – 12:30 p.m.	CLE 114	Bills
NURS 309	Med Surg I	10:30 a.m. – 12:30 p.m.	CLE 206-208	Beyer
PSYC 225	Human Growth & Devlpmt - all sections	9 – 11 a.m.	CLE 310	Skybo
NURS 421	Community Health Nursing	1 – 3 p.m.	CLE 114	Chops/Smith
HUMN 320	Ethics – all sections	1:30 – 3:30 p.m.	CLE 310	Hiltbrunner

## TUESDAY, DECEMBER 14

NURS 204	Foundations/Health Assmt	8 – 10 a.m.	MSB Auditorium	Piquero
SCIE 123	A&P I – all sections	9 – 11 a.m.	CLE 206-208-210	Loscko
SCIE 430	Integrated Science	10:30 a.m. – 12:30 p.m.	MH-Clsrms B & C	Garbellini
SCIE 230	Patho I – all sections	1 – 3 p.m.	CLE 206-208-210	Stinner
PSYC 101	General Psychology – all sections	1:30 – 3:30 p.m.	CLE 310	Hilty
NURS 361	Nursing Research	3 – 5 p.m.	CLE 114	Cooley

## WEDNESDAY, DECEMBER 15

SCIE 103	Organic Biochemistry – all sections	9 – 11 a.m.	CLE 206-208-210	Shen
HUMN 201	Critical Thinking	10 a.m. – 12 noon	CLE 116	Hiltbrunner
SCIE 220	Nutrition – all sections	1 – 3 p.m.	CLE 206-208	Dreifke
HLTH 416	Health Policy	2 – 4 p.m.	CLE 116	Bowen
HLTH 320	Statistics – all sections	3:30 – 5:30 p.m.	CLE 310	Reed

## THURSDAY, DECEMBER 16

HUMN 110	Individual & Religion	10 a.m. – 12 noon	MH-Clsrm A	McClermon
HUMN 202	Expressions of Spiritualities	10 a.m. – 12 noon	MH-Clsrm A	McClermon
HLTH 210	Health Promotion – Section M01	2 – 4 p.m.	CLE 114	Badowski
HLTH 210	Health Promotion – Section M02	2 – 4 p.m.	CLE 206	Huff
HLTH 210	Health Promotion – Section M03	2 – 4 p.m.	MH-Clsrm B	Maurer Baack

### NOTES:

1. Faculty will schedule Seminar and RN-BSN final exams as needed.
2. All final grades will be accessible by students without record holds via CARMELink. Please Note: We do not mail grade reports; students must contact Records & Registration (Marian Hall-Room 201) for an official printed copy.

## Rho Omicron Annual Hospice Christmas Tree Decorating

Come help decorate a tree for Hospice! Have fun and get credit for community activity. All decorations are provided. Please join us **Monday, November 22, from 8 a.m. until 2 p.m., in the lounge.**



## She's a Gem: Clinical Student Receives GEM Note from Patient

**Junior Sarah Roethle** was working on 7T at Mount Carmel West, when she noticed a patient who seemed anxious and worried. "She needed someone to talk with about her current and past medical problems. I provided a listening ear and encouragement on the progress she had made while in the hospital and encouraged her to remain positive and look to the future," said Roethle.

Roethle was surprised when the patient later presented her with a GEM note. "She actually gave it to me in front of my clinical instructor, which was very nice. I feel very honored to have this recognition from her."

GEM notes can be given to any of the staff in the Mount Carmel System, as a way to recognize excellent care and support provided to patients, families and each other—going that extra mile. The GEM note given to Roethle read, "You are a fantastic nursing student. You're very caring and concerning about your patients. You are going to make a wonderful nurse. Great job!"

"The patient who presented my student this GEM award was very pleased with the care and support the student gave her and her husband during her stay on 7Tower and wanted to recognize her for it in front of me," said **Barbara Reindi, RNC, MS**, Clinical Educator MCW.

"As instructors, we often are told how wonderful our students are, but GEM notes are very special and students are not often recognized so formally for their excellent, compassionate care," said Assistant Professor, **Brenda Beyer, MSN, RN**. "Excellence is always appreciated. Our students make us proud and, as instructors, we love, love, love to share their accomplishments with others."



Sarah Roethle

## Campus Ministry

### AVONDALE CHRISTMAS PROJECT

The College family provides a Christmas gift to each student at Avondale Elementary School. Coordinators: **Nicole Cistone** and **Greg Breeze**

## Bethlehem on Broad Street

### Attention Students — there is still time to volunteer and receive a monetary stipend

*This project has been part of the Christmas Season in Columbus for many years. Mount Carmel students are invited to participate with the Downtowners Campus Ministry. Please note that Mount Carmel students cannot use this as part of their community service requirement, since there is a monetary stipend given at the end of the project. Read the directions carefully for dates, places and details.*

— College Chaplain **Pete McClernon**

Mount Carmel Students: You are invited to take part in celebrating the true meaning of Christmas. Be with homeless, residential and working poor families. Join volunteers from churches around the city and the Downtowners Campus Ministry at Broad Street Methodist Church, 501 East Broad Street, located at Washington and Broad Streets — five minutes east of Mount Carmel. Spend time with parents and children listening to their stories, singing Christmas Carols, taking pictures with Santa, distributing food boxes.

**The planning meeting is Saturday morning, November 20, 10 – 11:30 a.m. The event takes place on Saturday, December 18, 9 a.m. – 3:30 p.m. Both the meeting and the event take place at Broad Street Methodist Church.**

The reward is the gift of giving to others and receiving a generous stipend to help with your books and supplies, provided by grants to the Downtowners Campus Ministry, a ministry that serves students of all faiths.

For more information, visit [www.downtownersministry.org](http://www.downtownersministry.org) or contact Dr. Ellen O'Shaughnessy, Campus Minister, at 614-224-1155 or [eoshp@mac.com](mailto:eoshp@mac.com).

## Congratulations to...



The newest PhD member of the college community, **Barbara Barta, PhD, RN**, Assistant Dean, Undergraduate Program!



**Kathy Espy**, Director of Diversity and Community Initiatives, who has recently been honored with the YWCA Lifetime Award! Espy was honored previously as one of the YWCA Women of Achievement; but for this latest honor she will become one of three women who have received the Lifetime Award.

## Health NEWS

### Mount Carmel College of Nursing Student Health Office

**Flu shots available at no cost in the Student Health office.** Any students who missed the planned flu shot clinics in October can come to my office and get a flu shot for free!

**Automated external defibrillators (AEDs)** have been purchased and are now installed in the two apartment buildings. Training sessions on how to use the AEDs are being planned for students living in the apartments.

**HelpNet — MCCN's Confidential Counseling Service** — is available to help students. MCCN students are entitled to 10 free visits with a counselor/therapist to deal with the multiple issues that college students face on a daily basis—depression, marital concerns, emotional concerns, financial issues, etc. The student in crisis can be anyone—yourself or a friend (see the article in the December issue of *Student Health 101* about how to help a friend in crisis). Please remember that you can refer friends to me or to Director of Student Life **Colleen Cipriani**. We will connect any interested students with HelpNet.

**Be sure to check these articles in the December issue of Student Health 101!**

**Finals Survival Guide:** Dealing with the stress and how to get the most out of last-minute prep, including information about dealing with anxiety.

**Making the Grade When It Comes to Personal Finance:** A guide to budgeting, banking, credit reports, and more, including a sidebar on fraud protection.

**Face the Facts about Facebook: The Pros and Cons:** Getting the most out of social networking while protecting yourself from pranks, identity theft, cyber-bullying, and more, including a side-bar on online regrets.

**Your Guide to Indoor and In-room Workouts:** How to get the most out of indoor exercise sessions, including sidebars on yoga and alternative workouts, such as ballroom dance, fencing, etc.

**How to Help a Friend in Crisis:** How to react when friends have issues whether or not they recognize those issues, including a sidebar on bystander interventions.

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Kathy Walters

# With Finals Week fast approaching: Ten Tips for Surviving Final Exams

## 1. Don't panic (make too much of the final).

The first thing you should do is to check what the final is worth in each course. Remember, it is only one component of your final grade. If it is worth 20% or less, you probably won't be able to bring your final grade up or down by more than one grade level (e.g., B to B+), unless you perform extremely better or worse than you have on other exams and assignments during the semester.

## 2. Don't be too relaxed (make too little of the final).

On the other hand, you should try to do as well on the final as you possibly can. Furthermore, sometimes the final is a big part of your final grade (30% or more), in which case it is more likely to make a significant difference in your final average. It is better not to go into the final with the idea, "I just need to get x number of points to keep my B (or whatever it is) average." It may not be possible to calculate this accurately anyway, since teachers sometimes compute things like participation grades at the very end.

## 3. Make time for "renewing" activities.

This is NOT the time to stop exercising or doing other things that you find enjoyable. Pace yourself! You will study more effectively if you spread things out and take breaks. But watch the proportions here. Beware of doing 15 minutes of studying followed by a two-hour break to play a video game!

## 4. Use an effective study method.

The key to effective retention is repetition, and not overloading your brain (it can only absorb so much in an hour). Whatever you do, don't do it all in one long cramming session. Which brings us to:

## 5. Get enough sleep.

Don't pull an "all nighter." You will do better if you are rested, and cramming often leads to a superficial and confused knowledge of the material you have studied.

There is a reason why sleep deprivation is used as torture. Failure to follow # 4 and 5 can lead to writing nonsense on exams. Teachers often fall off their chairs laughing at some of the silly statements that appear on finals.

## 6. Resist the urge to party on "off" days.

Instead, if you have a break in your exam schedule, use it to get a head start on the exams coming up. This can be a time to catch up on missed reading, or to complete Step 1 of "Immediate Preparation" in my study method. REMEMBER: if you party, you will need to recover! And research has shown that people who engage in high-risk drinking deaden their cognitive skills (ability to recall and organize information, etc.)

## 7. Arrive on time for the exam.

Be especially careful about setting your alarm the night before. Save yourself the anxiety and embarrassment of arriving late. Needless to say, you may also need every minute of the exam period to finish the exam.

## 8. Here are some tips for completing essay questions.

**Step One:** At least three days before the exam, take about an hour (no more!) simply to read over your notes from the class sessions. At this point, do not try to study "intensely" (e.g., by trying to memorize things); JUST READ THEM THROUGH. Then do a read-through of the notes you have taken on your readings or of the sections you have highlighted. If you find yourself very confused, consult with your professor--that's what office hours are for!

**Step Two:** At least two full days before the exam, go back over your lecture notes. This time, go through them slowly, taking a few hours if necessary. Use a highlighter to mark important points (definitions, key events, etc.) and use a separate sheet of paper to jot down (1) central themes/ideas; and (2) areas where you are weak and will need extra "drilling." Then go over the summaries (or highlighted sections) of your readings again, marking central themes and weak points on that separate sheet, which has become your "master outline."

If your professor has given you specific study questions or the exact exam questions, focus your review on these questions, and end the session by writing an outline of answers you'd give to them.

**Step Three:** On the night before the exam (or the morning of, if the exam isn't too early in the day and you have a block of time available), review the "master outline" sheet with central ideas and weak points. Spend extra time on the weak areas if you need to.

## 9. Don't worry about others finishing earlier than you.

This could mean ANYTHING. It often means these students have written a mediocre or poor exam. Take the time YOU need.

## 10. When the exam is over, let it go!

Forget it! Move on to the next one, or go enjoy the break! If you do have major concerns, make an appointment to see your professor at a mutually convenient time.

From **Colleen Cipriani**, Director of Student Life



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