



December 6, 2010

Residents
Deck the Halls
for the Holidays



Front row (l-r): **Sarah Hanson, Pam Stricklin, Annie Hahn, and Devon Baldwin.**
Second row: **Brianna Firsich, Annie Larrick, Emily Brown, Rachel McMillan, and Kayla Munk.**
Third row: **Rachel Ruppensburg, Olivia Sapia, Brittany Unthank, and Renee Dicke.**
Fourth row: **Marissa Gerdes, Leeann Junk, and Ebonee Caldwell.**

Holy Cross and Angela Halls are enjoying a festive atmosphere these days, as on the third floor of Holy Cross Hall pictured above. The result of student effort and ingenuity, the holiday decorating may help ease students through final exam week. Good luck to everyone this week and happy holiday break to all!

dates to remember

December 10

Fall Semester classes end

December 13-17

Final exam week

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

Gifts Due Next Week for Avondale Elementary Christmas Project

Avondale Elementary students are looking forward to the arrival of Santa's helpers on December 17. If you have committed to purchasing a gift for an Avondale student, please bring that **wrapped gift, 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.

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.

Another Way to Help

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** are coordinating the project. Students interested in volunteering to help can contact ncistone@mccn.edu, to receive more information.

GEM Note Compliments Clinical Student

Another GEM note has come to a MCCN student. Junior **Ashley Weaver** is the latest to be complimented on her patient care during clinicals at Mount Carmel West (MCW).

"Weaver's GEM note came from the 5Tower Unit Director (UD) after one of Weaver's patients gave the UD a list of wonderful compliments about her care. The note thanked her for doing an awesome job," said **Leigh Anne Meyer, BSN, RN**, Assistant Instructor.

Weaver took extra time to talk with the patient, to get to know her as a person, not just as a patient in the hospital. Weaver and her patient built a trusting relationship and the patient opened up to her. "As a nurse, I think this is very important because you learn a lot about your patient, which can lead you in so many directions for your nursing care, from patient education to clinical resources the patient may need."

With earning a master's and becoming a nurse practitioner as her long-range goals, Weaver enjoys the excitement and variety of the Emergency Department and plans to pursue a career as an ER nurse.

Weaver was thrilled and surprised to receive the GEM note.

"This really shows how much of a difference you can make as a nursing student. I'm very happy I made a difference in my patient's stay at Mount Carmel and I hope I'm able to keep making differences as I further my education."

Our congratulations to **Ashley Weaver!**



Junior student **Ashley Weaver**

Fall Semester Final Grades

Students **without "holds"** on their accounts can view and print their final grades by accessing the Student Portal via CARMELink at <http://carmelink.edu/ics/>. Please allow a few days after the final exams for required processing to take place. Check CARMELink **starting the week of December 20.**

Printed grades are not mailed to students but are available by request from the Records & Registration Office (Marian Hall, Room 201).

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

Faculty/Staff Campaign Raising \$\$

The MCCN Faculty/Staff Annual Campaign is well underway and making strides. Thanks to your generosity, we've raised \$16,414 to support academic excellence and to prepare the next generation of nurses, as well as the faculty to educate them. If you have already made a gift — thank you for helping us achieve a 40% participation rate. If you haven't made a donation, please consider a gift today. Our students will be forever grateful in these times of need.

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).



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!

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.

MCCN-FMC Faculty Dedicated to Students

Mount Carmel College of Nursing at Fairfield Medical Center (MCCN-FMC) is the College's satellite nursing education program in Lancaster, Ohio.

Established in fall 2008, MCCN-FMC is a four-year baccalaureate program based on the FMC campus, affording students in the area the opportunity to obtain a Mount Carmel nursing education close to home.

Led by MCCN-FMC Satellite Program Coordinator Cheryl Mace MSN, MALM, RN, are nine faculty members: **Greg Avellana, RD, LD, CDE; Lee Ann Bowers, MS, RN, FNP; Teresa Fuller, MSN, RN; Olivia Hickey, MA; Beth Medaugh, BSN, RN; Missy Mohler, MS, RN; Amy Smith, MS, RN; Margaret Stinner, MS, RN; and Vickie Warschauer, MS, RN.**

"MCCN is so fortunate to have such dedicated faculty at FMC. We look forward to a highly successful academic year," says Mace.

The MCCN-FMC Faculty

Greg Avellana, RD, LD, CDE, teaches nutrition. "It is a great opportunity to share my passion for nutrition with future nurses, and communicate how nutrition is integrated into their profession. I hope they will in turn share this knowledge with their future clients and patients."

Avellana notes that the location of MCCN-FMC offers students the opportunity to learn in and provide care to an Ohio community in a smaller city, Lancaster, where the patients cared for sometimes come from even smaller or rural settings.

"Raised in a small town in Ohio, I can personally relate to many of the patients at FMC. Their stories are often very familiar. Teaching students in this setting is rewarding in itself, but helping them to understand and possibly prepare for a career servicing such a community is also very gratifying," says Avellana.

Missy Mohler, MS, RN, and **Teresa Fuller, MSN, RN**, teach N204 and N 205. "Missy is the course coordinator. Missy and Teresa are a 'dynamic duo' and are both MCCN grads," says Mace.

Missy Mohler MS, RN, Associate Professor, feels blessed to be one of the first nursing faculty at MCCN-FMC. "The students are the reason I am at MCCN-FMC. They inspire and challenge us, and appreciate everything we do for them. The personal reward for me is my sophomore students attentively listening to what I am teaching, soaking up the information like a sponge and then applying it in lab and/or clinical. It is especially nice to have such a small class; we've become family with professional boundaries."

MCCN-FMC is planning a mission trip as an annual tradition for the students in the summer. "The students and I feel that missionary work will allow us to grow as professionals and foster holistic nursing care in our everyday lives. The students will receive college credit for the trip. It is really exciting to be in the midst of building new traditions and setting high standards for the students at MCCN-FMC!" concludes Mohler.

Instructor **Teresa Fuller, MSN, RN**, loves to point out the similarities she and Missy Mohler share. "We are both graduates of MCCN, class of 1997. We were born exactly one month apart: Teresa on 11-11-74 and Missy on 12-11-74. We are both married to nurses; we each drive a Chevy Equinox; and we also both work for Hocking College."

Fuller adds that she and Mohler love working together and even think alot alike. "We complement each other as well: what she doesn't think of I do and vice versa."

Fuller believes that MCCN -FMC is a great place for learning. "We have a small town atmosphere at a modern clinical facility. We offer a personal touch, just like main campus; and we have alot of fun too! With a leader like Cheryl, who would expect anything less," says Fuller.



Gregg Avellana, RD, LD, CDE



Missy Mohler, MS, RN



Teresa Fuller, MSN, RN

Go Bucks!



RA **Amanda Mitchell** and **Amelia Stacker** and **Ebonee Caldwell** tailgated recently at an OSU game. Amanda coordinated the event for residence hall students. She cooked them breakfast and then drove them to the skull session.

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.

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

cont'd on page 7...

MCCN Anticipates the Holiday Break



Chaplain's CORNER

Pete McClernon, College Chaplain

In the midst of the season of many holidays, our roving student reporter, **Lucas Halliday**, took to the halls of MCCN to discover how faculty, staff, and students plan to spend the holidays and semester break.

Whatever holiday you celebrate this time of year — Christmas, Kwanzaa, Hanukkah, New Year's, Eid, Winter Solstice, Las Posadas, St. Lucia Day, St. Nicholas Day, Boxing Day, etc. — may you and yours be blessed.

Every family has their Christmas traditions and rituals. When to put up the outside lights (and who does it) — when to trim the tree — exactly what to leave for Santa Claus (is he really a vegetarian or not?). In our family, THE tradition is a sound: the title — track of a 1980s vintage CD (remember them?) called "Evening in December" by an obscure singing group called "First Call." My daughter Kelly is the designated "bringer of Christmas" to our house. It happens on the day when we decorate the Christmas tree — a day that changes from year to year depending on — well I'll admit it — the level of laziness around the house. All the ornaments are hauled out, and nothing starts until the strains of "Evening in December" are heard. Then — and only then — it's Christmas.

Who's the "bringer of Christmas" in your life? Literally — and figuratively. Who is the person — or who are the people — who fill your life with magic, wonder, amazement? You know them! They are the very rare folks who — no matter the state of your being — warm the chill, brighten the dim, turn on the blinking lights of your life whenever you are in their presence. They are the people who — when you think of them — make you become that wide-eyed five year old who stretches out his (or her) arms and runs shouting "Grandmaaaaaa!!!!"

Or maybe — maybe you're the "bringer of Christmas" in someone's life!

Here's to many wondrous evenings in December!



"The best part of the holidays is being around the kids. I get to be with my eight-year-old twin grandsons."

Colleen Cipriani,
Director of
Student Life

"I will be working at the hospital and visiting relatives in Dayton and Cleveland, Ohio."

Doug Maier,
Nutrition
Instructor



"I will be working and hopefully get the chance to go snowboarding. Also, make a snow angel if possible."

Leanna St. Armand,
transfer freshman

"I will be catching up on sleep. I have to work, but I also look forward to being with friends and family."

Marie Ellerbrock,
transfer freshman



"I won't have to worry about school and I'll get to go to the Columbus Zoo lights."

Margot Lutz,
freshman

"I plan to spend time with family and friends. I also look forward to all the good holiday food."

Sara Kemerley,
junior



"I will be working. My birthday is on December 31, so I will be celebrating that and New Year's with my family."

Kristine Adams,
junior

"I am looking forward to relaxing and spending time with family and friends who are coming back from college."

Lucas Halliday,
roving student
reporter



Notes from Alyncia

Limited Staff in Financial Aid

I was out of the office November 29 - December 6, attending the Federal Student Aid Conference with the Department of Education. Due to the limited assistance available in the financial aid office during that time, you may have left me a voicemail message or an email message. You will receive a response when I return to the office today. Whenever you have immediate concerns and cannot reach financial aid staff, please feel free to talk with **Kathy Smith** in the Business Office.

December and January Graduates

Please complete your Exit Counseling by December 15.

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.

Book Grant Application

If you would like to apply for a book grant for the Spring Semester, please submit your application before December 15. Application for the grant is not an automatic approval. You will be notified by email of your status.

Asking questions and getting the right answer

This edition's statement/question:

Why were there delays in the processing of financial aid for the Fall Semester, and will this be the case in the Spring Semester?

This is a good question.

In March 2010, all schools receiving federal aid (Stafford Loans, Pell Grants, etc) were required to enroll as a Direct Loan school. This meant that every student eligible to receive federal aid was required to complete a new Entrance Counseling session and a new Master Promissory Note. Both had to be completed prior to the disbursement of funds. Many of you completed one of the two requirements. This resulted in a delay of funds being made available. If you have received your Fall Semester disbursement, then you should have no problems with the Spring Semester disbursements. All aid will be processed within the first three weeks of the semester.

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

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



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 are 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.

SGA Officers and Representatives



SGA Officers (l-r): **Ashley Winebrenner, Kelsey Tinkler, Joe Derr, Kayla Munk, Brooke Waddell, and Stephanie Binkley.**



SGA Representatives front (l-r): **Symphony Voelkel, Melissa Bally, Ashli Temple, Emily Berry, Ebonee Caldwell, and Devon Baldwin.**
Back: **Molly Wake, Stephanie Rienschild, Annie Hahn, Stephanie Harris, Benjamin Moore, Jena Verbance, Brett Teiga, Brittany Richards, and Dani Smith.**

MCCN-FMC Faculty Dedicated to Students *cont'd*



**Amy Smith,
MSN, RN**

“The newest faculty member, **Amy Smith, MSN, RN**, Assistant Professor, teaches N309, both clinicals and didactic. MCCN/FMC is fortunate to have Amy because she has a great deal of teaching experience,” says Mace.

Smith moved to the Columbus area in August from Milan, Ohio, and began teaching for MCCN-FMC at the start of the fall semester. “My favorite part of teaching is my interaction with students! I love seeing the growth that occurs in their skills as well as their critical thinking ability as they develop into young professionals.”

Smith agrees that FMC is a great program. “Because of its small size, the students truly get a lot of direct interaction with faculty, and Fairfield Medical Center staff has been supportive and encouraging to students in the clinical units. I am excited to be part of this growing new program,” Smith says.

“Along with **Amy Smith, Lee Ann Bowers** and **Beth Medaugh** are clinical instructors for N309, and the students are progressing well because of their excellent instructors, who are also strong clinicians,” says Mace.

Beth Medaugh, BSN, RN, Assistant Instructor, has been teaching for MCCN since August 2010. Prior to teaching, Medaugh held a nurse manager position at FMC for nine years and spent most of her nursing career in various roles at FMC.

“My favorite part of teaching is watching the students grow professionally. They are so eager, and scared, and excited—all at the same time. Over the course of the semester, I’ve witnessed them become more comfortable in the clinical setting and begin to develop critical thinking skills,” says Medaugh.

“Mount Carmel College of Nursing is very respected in the nursing community. The program at FMC is growing. When I tell family and friends about my career change, they are so excited that MCCN has a satellite program in Lancaster,” Medaugh concludes.



**Beth Medaugh,
BSN, RN**



**Lee Ann Bowers,
MS, RN, FNP**



**Vickie Warschauer,
MS, RN**

“**Vickie Warschauer** is the course coordinator for N309, and she is working between campuses,” says Mace.

Vickie Warschauer, MS, RN, Instructor, began her teaching career at Mount Carmel right out of graduate school. She went on to get experience in BSN programs and then returned, working here for 14 years total.

“I enjoy working here because of the low student-faculty ratio, and I get a chance to know students. I love working with the students at MCCN-FMC. They are excited about learning and that is a joy for me,” says Warschauer, who has taught in many different nursing programs, but most enjoys that Mount Carmel maintains a family atmosphere.

“Mount Carmel’s core concepts of caring, respect, and spiritual traditions make this program unique. Mount Carmel produces a nurse excellent not only in the science of nursing, but also in the art of nursing. Students are not numbers in this program, they are unique individuals known and respected by faculty,” Warschauer says.

“Vickie and **Margaret Stinner** travel between the two MCCN locations to teach at both. Kudos to these two for all that they do and the many miles that they travel,” says Mace.

Assistant Professor **Margaret Stinner, MS, RN**, has been an associate of Mount Carmel for 35 years, first at Mount Carmel School and then College of Nursing. This is her second year teaching pathophysiology at MCCN-FMC.

“I enjoy the small class size. You can establish eye contact with each student which, I believe, helps engage them in the learning process,” says Stinner.

“MCCN-FMC is unique in that we have a strong and personal relationship with the Fairfield Medical Center. I hope our students feel the commitment that Fairfield has made to their education. I hope they feel the staff support,” adds Stinner.

“We are fortunate to be able to bring Mount Carmel College of Nursing to Lancaster and we are fortunate to partner with Fairfield Medical Center.”

“**Olivia Hickey, MA**, is doing an excellent job teaching Psych 225, Growth and Development at MCCN-FMC,” says Mace.



**Margaret Stinner,
MS, RN**



Olivia Hickey, MA

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.**

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

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

**Stephanie Rienschild
Kayla Rupp
Maggie Williams**



Volleyball

Mount Carmel College of Nursing's two volleyball teams in the Columbus Rec Competitive league: The Nightingales (Blue) and The MCCN (Orange) have completed their season.

Volleyball Team Rosters

Nightingales (Blue)

1. Katelyn Reed (captain)
2. Brittany Hendershot
3. Alison Wenning
4. Maggie Tucker
5. Andrea Ratermann
6. Katelynn Baker
7. Lauren Dortmund
- 8.

MCCN (Orange)

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



MCCN Nightingales Soccer Team

The College soccer team has played six games so far this season, with a record (at this printing) of two wins, two losses and one tie. There are still three opportunities left to come out and cheer on the team at Soccer First in Dublin: **December 12 at 10:48 p.m., January 2 at 11:45 a.m., and January 9 at 2:18 p.m.**

Student Activity Opportunities

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.



Library News

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

Final exams and the Holiday Season are here!

Yes, it's time to 'cram for your exam'! Your library will be open Sunday, December 12, 12 noon – 8 p.m. MCCN SGA will provide pizza, snacks and drinks to add to the comfort of your quiet study environment. For more information, check the Mount Carmel Health Sciences Library Facebook page!

Over the holiday break, beginning Monday, December 20, the library will be open 8 a.m. – 5 p.m. Regular hours will resume Monday, January 3, 2011.

Your library staff wishes you good luck with your exams and happy holidays!

YOUR LIBRARY IS HOSTING 1ST ANNUAL HOLIDAY OPEN HOUSE

Jingle Bells & Books

Sponsored by Mount Carmel Foundation

ENTER RAFFLE!
Win an iPod touch!

Learn about the latest library news and services!
Join us to savor chocolate goodies!

Help bring Holiday cheer to the children in need at Franklinton Avondale Elementary School!

Find us on Facebook

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.

Residence Hall Thanksgiving Dinner



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-Clstrm 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

		TIME	ROOM	FACULTY
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-Clstrms 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-Clstrm A	McClernon
HUMN 202	Expressions of Spiritualities	10 a.m. – 12 noon	MH-Clstrm A	McClernon
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-Clstrm 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.

New Lobby Coming!

Renovation Begins This Week

A beautiful, updated lobby for the College is in the works and will include a new receptionist area, furniture, lighting, and mailboxes. The flooring won't be replaced, but will be cleaned up to look like new. The renovation begins this week. Starting on Tuesday, 12-7, a temporary wall will be built on the south end of the lounge for the reception area — probably a two-day project.

Once the receptionist moves into that area, everyone will enter the College through the first set of double doors off of the patio. The badge reader at the front doors cannot be used at this time, so anyone who needs to enter Marian Hall on the weekend will need to enter through the CLE.

Mailboxes will temporarily move to the gym. Since the mailboxes will be located in the gym and unattended, they will be locked at all times so remember to have your key with you. Please see **Robin Shockley**, Coordinator, Administrative and Support Services, if you don't have a key.

It's anticipated the renovation will take four-six weeks, but there will probably be access to the lobby at the start of spring semester. There will be some inconvenience over the next couple of weeks. We ask for your patience — remember that the end result will be a beautiful updated lobby area. *Thank you.*

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 event takes place on Saturday, December 18, 9 a.m. – 3:30 p.m. 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 or contact Dr. Ellen O'Shaughnessy, Campus Minister, at 614-224-1155 or eoshp@mac.com.

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.

Kathy Walters MS, RNC, NNP-BC
Assistant Professor/Student Health Nurse
614-234-5408
kwalters@mchs.com
kwalters@mccn.edu



Kathy Walters

Finals Week is Here: 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



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

Managing Editor:

Robin Hutchinson Bell

Editor:

Elaine Kehoe

Photographer:

Chris Steel

Layout:

Carol Stokes

Deadline for information is every
other Monday at noon.

For information or
to comment, contact
Robin Hutchinson Bell:

614-234-1372

or

rhutchinson-bell@mchs.com.