

Welcome Class of 2014!



They're on their way to becoming nursing professionals. . .

Freshmen Find Their Way

With a few surprises, a brief period of adjustment, support from each other, faculty and staff, and lots of enthusiasm, the class of 2014 has settled in at MCCN. At 150 strong, with 132 on the Columbus campus and 18 at MCCN-FMC (Mount Carmel College of Nursing at Fairfield Medical Center), the freshmen bring a variety of backgrounds to their MCCN experience.

Jessie Campbell never thought she would choose a career in healthcare. "My whole family works in the healthcare field. My parents administer an adult group home; three of my aunts are nurses; and three of my uncles and my grandfather are doctors," said Campbell. "I grew up thinking I'd do something different. But here I am and I love it!"

Yet, MCCN is different in one way from what Campbell grew up with: this is city living and Campbell is from the country, outside of Lancaster, Ohio. "I like my roommates and I'm having fun. The work is even more than expected, but it's all good," said Campbell, whose long-range goals include a master's and maybe one day directing a group home like her parents.

Lucas Halliday comes to MCCN after a year at OSU and appreciates that a professor already helped him with class schedule adjustments to better accommodate his work schedule. "When I walk down the hall and hear people, including faculty, say, 'Hey Lucas!' I realize I'm not just a number here. And the student apartments are great! My friends from OSU think they're heaven."

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September 13, 2010

dates to remember

September 13

Dogs on the Patio
Campus Ministry meeting

September 17

Deadline for background check

September 20

Constitution Day Event

September 22

FA-10 affiliated classes begin at CSCC
and OSU

September 27

SNAM Jam

September 27 or 29

Avondale tutoring orientation

September 29

Campus Ministry sponsored free lunch

October 12-17

Fall break (students only)

October 25

SNAM meeting

November 11

Rho Omicron Induction Ceremony

November 25-26

Thanksgiving (holiday)

December 13-17

Final exams

Welcome Class of 2014! *cont'd*

From Howard, Ohio, just outside of Mount Vernon, Halliday's long-range career goal is to be a CRNA, a field he discovered when he shadowed an anesthesiologist during high school. "What surprised me most about the College is the kindness here; everyone is so happy and helpful and willing to work with you."

Annie Hahn discovered MCCN in her online research of hospital-based nursing programs in Ohio. "I fell in love with MCCN then. What I didn't expect was how extraordinary every instructor was — how enthusiastic and caring — how much they really wanted us to learn."

Hahn came to nursing after volunteering in the ER at Firelands Regional Medical Center near her hometown of Huron, Ohio. "I admired the nurses and really wanted to be like them. I cannot wait to start my career. I wish I was working as a nurse now," said Hahn, who thinks the ER or OB departments may be her calling — areas where "you never know what will happen or who will walk through the door."

Tyler Wilson heard the nurses in his family talk about how much they enjoyed their job. When his high school anatomy and physiology class fascinated him, Wilson decided to look into the medical field and participated in Camp Mount Carmel at MCCN the summer before senior year.

"During my shadowing experience at the camp, I saw what nurses did and that solidified my choice," said Wilson, who comes to the College from Canfield, Ohio. "I have been happily surprised at how in touch the professors are in class and how they connect with the students."

Watch for a future article focusing on the members of the class of 2014 who are building the foundation of their nursing education at MCCN-FMC.

To the Class of 2014 from their Class Advisor

Freshman year is such an exciting time! I encourage students to establish goals in both their academics and co-curricular activities. A common question I hear is, "How do I get involved at MCCN?"

There is no one answer to this question, because we have so many different activities in our community. But a few suggestions I have for new students would be to consider joining the Student Government Association (SGA), the Student Nurses' Association (SNAM), Campus Ministry, or club sports. Each of these organizations and activities offer different experiences to students that will help them develop into well-rounded individuals.

Also, login often to CARMELink and of course read the *Rapper* to find out what is happening around campus. My best advice is to keep an open mind and explore all of the possibilities MCCN has to offer.

As exciting as your first year is, it can also become overwhelming. Please call or stop by my office, not only to share the exciting things happening in your life, but also if you ever feel overwhelmed. It is amazing how much better you will feel after talking through your feelings and formulating a plan to get back on track.

I love when students stop by, so please do not hesitate to come in and introduce yourself! I will be here to answer questions, help problem solve, or just enjoy chatting with you.

Cheers to a good freshman year!

Colleen Cipriani

Freshman Class Advisor and
Director of Student Life

Required Background Criminal Check

Every sophomore, junior, senior, RN/BSN, MS, and Dietetic Intern student is required to undergo an annual criminal background check.

If you neglected to be fingerprinted when the representative was on campus, you are responsible for scheduling an individual appointment with National Background Check (NBC) and completing this requirement **prior to September 17, 2010.**

Each student must present a valid Ohio driver's license or state-issued ID in order to complete the application form. The cost incurred for scheduling individually is not discounted and is due the day of fingerprinting (payable directly to NBC).

Any student who fails to complete the required criminal record check by September 17 will risk being dropped from fall semester classes.

Affiliated Course Schedule

Any student taking a fall quarter class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01). **The deadline was Friday, August 20.**

All students must submit their CSCC or OSU course schedules to MCCN Records and Registration every quarter they take classes. Students who neglect to submit by the August 20 deadline will find that their credit hours at CSCC or OSU will not count toward calculation of total credit hour load for fall semester.

Financial aid awards will be based on total registered credit hours as of August 20, 2010. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

IF YOU ARE TAKING AN AFFILIATED COURSE AND HAVE NOT ALREADY SUBMITTED YOUR SCHEDULE, DO SO IMMEDIATELY!

Class of 2014

continued on next page...

Orientation Day for the Class of 2014



Kymbor Bocook and her parents at Orientation

Tyler Wilson and his father shop



Ardiel Marshall and her sister Albane and mother Tamar

Sarah Brown and her husband and daughter Ella



Cheryl Mace, MCCN-FMC Program Coordinator, and Mount Carmel alumna **Jill Rill**

Dr. Ann Schiele, President/Dean



Janelle Smith and **Lauren Darlington** look at t-shirts

“Fashion show” narrated by **Barb Barta,** Assistant Dean



Isaac Smith shops

Scavenger hunt



Marissa Gerdes and **Megan Wermuth**

Logan Rieman and **Andrew Maag**



What's Up Supper or 'sup?

Why eat alone when you can eat with 50 of your closest friends?

Join the Campus Ministry Team for a **FREE** lunch catered by Hoggy's at noon on Wednesday, September 29, in the College Lounge. Please RSVP to ccipriani@mccn.edu or 234-5828 to ensure we order enough food!



The exciting topic of conversation will be “the stress of college life.”

raiseyourvote.com

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

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

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

Colleen S. Cipriani
Director of Student Life

Application for Graduation

Graduation applications will soon be distributed and must be on file in order to begin the graduation process. If you expect to complete degree requirements during the 2010-2011 academic year, please watch for and submit this paperwork by the posted deadline. The graduation fee will be charged to your student account in the semester you graduate.

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

Nutrition Integration at MCCN Wins National Award Program Called Innovative and Unique



From l-r: **Doug Maier, Kathy Blanchard, Colleen Dreifke** and **Pat McKnight**.
(**Greg Avellana**, also a member of the team, was unavailable for the photo.)

The American Dietetic Association Nutrition Educators of Health Professionals (NEHP) Dietetic Practice Group recently chose MCCN as the recipient of the 2010 NEHP Excellence in Nutrition Education of Health Professionals Award.

Five registered dietitians serve as faculty for MCCN's award-winning nutrition integration program: **Pat McKnight, MS,RD,LD,FADA; Kathy Blanchard, MS,RD,LD; Colleen Dreifke, MS,RD,LD; Doug Maier, MS,RD,LD;** and **Greg Avellana, RD,LD,CDE** (for FMC students)! Maier will accept the award on behalf of the team and MCCN in November at the American Dietetic Association Annual Conference in Boston.

"Your program for BSN students is innovative. I hope the students realize how fortunate they are!" wrote the award chairman for this American Dietetic Association practice group.

"The nutrition integration program here at MCCN is unique," said McKnight. "The clinical integration has been ongoing here for more than 40 years, and the classroom integration began before that. We frequently added innovations during that time."

A look at MCCN's course list shows that the term "nutrition" regularly appears throughout course titles and descriptions. A few examples are human nutrition, nutrition assessment, nutrition screening, meeting client's nutrition needs, drug-nutrient interactions, nutrition in pregnancy, for newborns, for adolescents, children, and the older adult; nutrition and diabetes, cancer, heart disease, celiac disease, etc.

Congratulations to the team on this national recognition!

Dance classes
Lyrical, Jazz and
Technique
No experience needed!

Schedule:

Tuesdays 5 – 6 p.m. Lyrical
Tuesdays 6 – 7 p.m. Technique
(yoga, stretching, & core training)

Thursdays 5 – 6 p.m. Technique

Thursdays 6 – 7 p.m. Jazz

Saturdays
11 a.m. – noon Technique
(if enough interest)

\$2 per class for students

\$5 per class for faculty/staff

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

Campus Ministry Begins a New Year

Mount Carmel College of Nursing's Campus Ministry will hold its initial meeting this evening, September 13, at 6 p.m. in the College lounge.

Campus Ministry activities benefit many in the College and beyond it. Our efforts during autumn quarter are directed toward two major Christmas projects:

- 1) Operation Christmas Child — shoe boxes are filled to be shipped overseas
- 2) Avondale Christmas Project — the MCCN family provides a Christmas gift for each of the students of Avondale Elementary School

All are welcome. Plan to attend today, September 13 at 6 p.m. in the College lounge.

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

MCCN Student Ambassadors

Student Ambassadors 2010-11

Jenna Arnold
Stephanie Binkley
Erica Blackburn
Betsy Cassidy
Lori Distelhorst
Rachel Fox
Jenna Johnston
Emily Korn
Lyndsay Melvin
Amanda Mitchell
Bethany Moore
Kayla Munk
Mandy Osa-Attah
Shivani Patel
Erika Robertson
Maggie Ryan

Student ambassadors are a select group of MCCN students chosen to assist the College with the recruitment process. Student ambassadors serve as a link between the Office of Admissions and Recruitment, the current student body, and prospective students.

The main function of the student ambassador is to conduct campus tours for prospective students and their families. In addition, student ambassadors are present at major College functions (Trustees Dinner, Pinning, Convocation, Commencement, etc.) and assist in set up, registering guests and passing out programs. Several student ambassadors will assist at the Excellence in Nursing event on September 15.

Certain expectations are expected of the student ambassadors, including good academic standing; active involvement in extra-curricular activities; enthusiasm in promoting MCCN to prospective students; and staying informed about the latest news about Mount Carmel College of Nursing.



Chaplain's CORNER

*Pete McClernon
College Chaplain*

“The Spirituality of Diminishment” is the title I have given to one of the topics in my Spirituality class. The idea is to explore how spirituality affects — and is affected by — the inevitable losses one encounters in life. This class has become a chance to look at “aging and spirituality” — God and Geritol. My secretary at church detests this title — Spirituality of Diminishment. In spite of her detestation of this title, Janet (my church secretary) has alluded to it, even accepted it, as she often found herself in pain and sometimes able to do fewer things easily.

Then she discovered Physical Therapy! At her doctor's prescription, Janet is now doing exercises designed to give her strength and balance and agility. And she does them religiously. And she feels better — her pain is being alleviated. She remonstrated with me (once again) for my “spirituality of diminishment” title. “I let it suck me in — I accepted too easily that I was — I gave in.” Diminishment had become her “given.”

No more, my friends! No more pity parties for Janet! She's taken a new lease on life and what's diminishing is her pain. What's increasing is her zest and joie de vivre.

The moral of the story? For me it's the premise of Physical Therapy — it's something you do! It's something that demands that you exert the effort — do the exercises — get into the pool — get on the treadmill — move those arms and legs. More of our happiness is in our hands than we think. We just need to take that first step.

Onward and upward!

dream it

MASTER'S PROGRAM INFO SESSIONS

Realize the dream on a higher level.
Mount Carmel now offers a Master's Program with multiple tracks:

- ✓ NEW Family Nurse Practitioner (NP) Program
- ✓ Adult Health – leading to Clinical Nurse Specialist (CNS)
- ✓ Nursing Administration
- ✓ Nursing Education

Call 234-5717 for more information
or visit our website www.mccn.edu

Mount Carmel East:
September 14, 12:00 pm
Cafeteria Room B

Mount Carmel New Albany:
September 16, 12:00 pm
Board Room

Mount Carmel College of Nursing:
September 16, 6:00 pm - Lounge

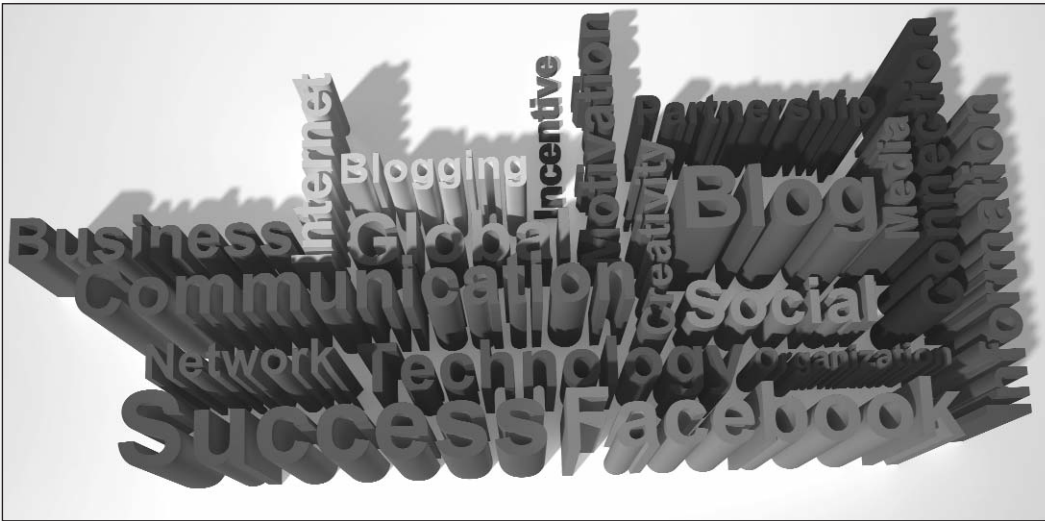
Mount Carmel St. Ann's:
September 20, 12:00 pm
West Wing Board Room

**VISIT US
AND SEE
YOUR FUTURE!**

MOUNT CARMEL
College of Nursing

Online Discretion and Social Media: Avoiding “TMI”

by Laura Spurlock, Instructor in the Writing Center



Let's face facts: we live in a connected, online world — connected by our computers, cell phones, and mobile devices. We post “statuses” that range from what we are doing (“doing my homework”), or how we feel about it (“I hate this homework assignment, this class, and consequently, the professor who assigned it!”), to deep, philosophical thoughts that occur to us at 1 a.m. while doing the aforementioned homework (“How is this assignment going to affect my life in twenty years, and what is the meaning of the educational system in this country, anyway?!”).

The latest and greatest feature: we can even “check-in” at various locations so anyone can find us. But what if you “check-in” at the local bar, are underage, and your boss, the Dean, or a faculty member finds out about it? What if you post questionable photos of yourself on *Facebook* that reflect poorly on you, and also the institution where you work or go to school? What if you “tweet” your true feelings about your boss or another difficult person in order to vent your frustration? How can these actions seriously impact your life now and later?

Have others really been fired, dismissed from school, or prevented from getting a professional license based on their online activity? **The answer is a loud, resounding YES!** Employers scour the internet for information about you when you apply for a job. This can include “googling” you and looking through any open information on blogs, websites, or social media profiles. You can easily find reports of this new hiring practice on blogs and news sites online. For more information, check out the links at the end of this article.

For example, all applicants for city government jobs in Bozeman City, Montana, were required to list not only any personal or professional websites on their applications, but were also asked to submit their login information, including usernames and passwords for their social media accounts! In Kentucky, a nursing student was dismissed from the University of Louisville due to posts on her *MySpace* profile. Likewise, an education student at Millersville State University was denied a teaching certificate based on an online photo that showed her drinking alcohol, captioned by the phrase “Drunken pirate.” So here is a moment for reflection — do you want similar photos or phrases to come to mind when someone hears your name or sees you walking down the hall? If your answer is no, and I would guess that it is, keep reading.

In terms of patient care, many nurses and nursing students have assumed that it is “no big deal” to post patient information online, as long as they don’t include names or other identifying information. **This is NOT the case.** Any information you post about a patient can be considered identifying information, because it is always possible that someone, somewhere, could use that information to identify the patient.

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Comedian Lewis Black at Ohio Wesleyan University

Grammy award-winning comedian, author, playwright, and actor Lewis Black will appear in his “In God We Rust” tour at 7 p.m., October 6, at Ohio Wesleyan University’s Gordon Field House, 105 S. Sandusky St. Doors will open at 6 p.m. This comedic performance is rated PG-13 for language.

General-admission, reserved-seat tickets for \$45, \$35, and \$25 may be purchased online at <http://news.owu.edu/2010/20100823-lewisBlack.html>.

Black is known for his rants about the absurdities of life and contemporary politics. He says his work is influenced by legendary comedians George Carlin, Lenny Bruce, Richard Pryor, Lily Tomlin, Bob Newhart, and Shelley Berman.

Black has taped four specials for the “Comedy Central Presents” series and was named Best Male Stand-Up at the American Comedy Awards in 2001. He has recorded seven comedy albums and in 2007 won the Grammy for Best Comedy Album for “The Carnegie Hall Performance.”

Black is a frequent guest on “The Daily Show with Jon Stewart” and has been seen on “Larry King Live,” “Late Night with Conan O’Brian,” and “The Late Show with David Letterman.” He also has written more than 40 plays and two bestselling books, including 2008’s “Me of Little Faith.”

To learn more about Black, watch video clips, and hear audio clips of his performances, visit his Web site at www.lewisblack.com.

All Students Welcome to Join SNAM

Come to the SNAM Jam

Monday
September 27
at noon
The College Lounge
Pizza for Everyone



Online Discretion and Social Media: Avoiding “TMI”

(cont'd from page 6)

In some cases, nurses have posted strange or unbelievable cases they have encountered on the job. In other cases, nurses have gone so far as to post actual photos of injuries that were out of the ordinary. In fact, five California nurses were disciplined or dismissed based on their decision to post photos of an elderly man's injuries to *Facebook*. The man had been severely cut and stabbed, nearly to the point of decapitation, and rather than taking immediate medical action to care for him, these nurses took a photo and posted it online.

In less serious cases, nurses and students have used *Facebook* to complain about their bosses or co-workers, which in the worst-case scenario can lead to termination, especially if you are employed by an organization that maintains a zero-tolerance policy. At best, it can diminish your professional credibility. If your online activity leads to co-workers, teachers, and supervisors not taking you seriously, you can be passed up for promotions or other opportunities.

Finally, it is not only important to consider what you post on your own blogs and profile pages. You should also be keenly aware of what others are posting ABOUT YOU. Are your friends posting photos of you in their online albums that you would not approve? Are you putting yourself in compromising situations that can lead to other people having these kinds of photos in the first place? What are others saying about you in their status updates, notes, and photo captions? You need to know this information. It's also a good idea to limit photos and other items on your profile so that they are only accessible to people that you trust.

- + The most obvious way to protect your information is to post responsibly in the first place. Whatever you “put online” stays there, potentially forever.
- + Only “friend” trustworthy people you already know and create limited profile lists for others. This doesn't give you a license to post indiscriminately, but it does help to protect your personal photographs and information.
- + Lastly, be wary of “liking” pages or joining groups. Once you like a page, become a fan, or join a group, these sites have access to your information.

If you need examples of what others can find out about you from unprotected and unregulated profile information, particularly in the case of *Facebook*, try searching *Openbook.com* [<http://www.openbook.com>], or simply google your name. For further information, you can access the reference list used to write this article.

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Library

Hours

MONDAY -

THURSDAY

8 a.m. – 9 p.m.

FRIDAY

8 a.m. – 5 p.m.

SATURDAY

8 a.m. – 12 noon

SUNDAY

Closed

Professional reference staff is available Monday - Friday, 8 a. m. - 5 p.m. If you need professional help or assistance during late evening and Saturday opening hours, librarians will be available upon your request, primarily through scheduling time using Signing for Instruction form on the library website at least 48 hours in advance, or by contacting a librarian in person.



NURS 408 Clinical Preferences

Students have the opportunity to indicate preferences for clinical site (the type of unit) for NURS 408. A letter explaining the process and a form to print and complete will be posted on CARMELink Resources near the middle of the term PRIOR to the term you will take NURS 408. **Watch CARMELink Resources DAILY for this posting.**

After carefully reading the letter and completing the form, take the form to the Marian Hall front desk promptly. Request that it be date/time stamped and placed in Ann Waterman's faculty mailbox. Your clinical faculty will contact you regarding placement near the end of the term.

Although the preferred clinical days are M-T-W day shift, the student is expected to be flexible and work the preceptor's schedule for an average of 21 hours per week. Weekends and shifts other than day shift are to be expected.

Questions? Email **Ann Waterman** with N408 in the subject line: awaterman@mchs.com.



MONEY matters



Notes from Alyncia

Refund Checks

In order to receive your refund in a timely manner, please make certain you have completed the online entrance counseling and the new e-master promissory note. No refunds will be generated if these two documents are not received.

Before you stop in the office to check on your refund check, check CARMELink. You have the option of viewing your award letter and your billing statement.

Fast Refunds

You can sign up through CARMELink to receive your refunds via direct deposit to your checking or savings account. Go to the Business Office tab on CARMELink and sign up today.

Scholarships

There are many external sources for scholarships. Here are some websites that you should save as a “fav”:

- + FastWeb.com
- + Collegeboard.gov

Freshman “30”

All students entering the College for the first time have to wait 30 days in order to receive Federal Aid. We are almost there. The 30 day mark is the week of September 13th. Please check CARMELink for posted aid.

How Much Money do I Owe the Government?

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

Asking Questions and Getting the Right Answer?

Do you have questions that you would like to ask but sometimes have a hard time putting your words together? In order to get the desired answer to your question, you must ask the right question and dealing with money can be challenging. First, write down on paper what you are having trouble understanding.

For example, you may ask, “Where is my money?” The response may be, “I don’t know.” You were hoping to find out when you would receive your refund check from your financial aid. The financial aid or business office staff will not know that you want to know when your refund check is available, and therefore will not provide you with the response that you desire. A better question would be, “When should I expect to receive my refund check? I am a freshman.” This question, along with your class designation, provides us with all of the information we need to address your question.

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

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

Introducing the 2010-11 Class of Dietetic Interns



2010-2011 MCCN Dietetic Interns (l-r): **Abbey Maurer, Rachel Webb, Jennifer Oldfather, Andrew Arra, Megan Andrews, Takeiciou Ghee, Shalana Daley, and Ying Wen.**

by *Rachel Webb, Dietetic Intern*

Eight new dietetic interns recently started their rotations through Mount Carmel College of Nursing. During the next two semesters, the interns will be completing rotations throughout the Mount Carmel campuses, applying their nutrition degrees to hands-on experiences in management, clinical, and community dietetics. The interns will also spend a few weeks at the Mount Carmel College of Nursing campus in order to deepen their understanding of research, nutrition education, and policy procedures.

Six of the interns graduated from The Ohio State University (**Rachel, Abbey, Shalana, Takeiciou, Ying, and Andrew**). **Megan** is from the University of Pittsburgh, and **Jenny** graduated from Miami University (Ohio).

Fun facts about the Dietetic Interns:

- **Andrew** and **Abbey** both enjoy playing volleyball.
- **Megan** used to work in a herbarium in Pittsburgh.
- **Ying** has eaten camel hump.
- **Shalana** has a seven-year-old daughter and they love to go skating together.
- **Takeiciou** enjoys dancing every chance she gets.
- **Jenny** went hiking in Colorado last summer while attending the American Dietetic Association (ADA) annual conference.
- **Rachel** used to be a drummer in an all-girls' heavy metal band.

The interns are looking forward to starting their rotation and beginning a year of great experiences!



Attention Students!

Student Activities

SPORTS!

Students interested in joining one of the following club sports teams, please see **Colleen Cipriani** in the Student Life Office, Marian Hall 404.

Teams are organizing now and are scheduled to begin in September or October.

Soccer:

women — Monday or Tuesday
men — Tuesday or Wednesday
co-ed — Sunday

Basketball:

women — Wednesday
men — Monday, Saturday, Sunday

Volleyball:

women — Monday or Thursday
men — TBD; co-ed — TBD

Softball:

women — Monday or Thursday
co-ed — Monday–Friday, Sunday

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.



Campus Dress Code FAQs

There has been some confusion about the what and why of the campus dress code. Please see below for answers.

Why is there a student dress code at MCCN?

The student dress code has the goal of helping all students achieve a high standard in professional self presentation, which benefits them now as students and as future healthcare professionals. MCCN students are representatives of the College and the profession of nursing. Appearance and self presentation must be commensurate with professional expectations.

What is the appropriate student attire for areas of the College/Hospital campus?

It is beneficial to students to present a positive, businesslike, and professional image through their dress and actions. In classrooms, main lounge, first floor of the College, the pedestrian mall, cafeteria, and library, students are expected to wear clothing that is neat, clean, and appropriate for the setting; not too revealing and including proper undergarments (not visible). Short shorts, mini-skirts, tank tops, house slippers, and pajamas are not permitted. Exposure of abdomen, cleavage and/or buttocks, and bare feet are not permitted. Sunbathing is not permitted on the hospital and/or College campus.

What is the dress code for clinical settings?

The official **student uniform** must be worn with the College insignia attached to the upper left sleeve. The uniform should fit appropriately and be clean and pressed. Appropriate undergarments are to be worn and not visible.

Shoes must be white leather (or leather-like) with heels and toes enclosed, polished, and in good repair. No mesh or partially mesh shoes are permitted. White hosiery must be worn with the student dress uniform. White socks or hose which cover the student's ankles are required with the pant uniform.

For warmth and/or modesty, a plain white, light-weight, collarless or turtleneck, long or short sleeved, fine gauge knit shirt may be worn under the uniform top. If long sleeves are worn, they must be capable of being pulled to the elbow and remain stationary. In some settings, students may wish to wear a **white** scrub jacket or lab coat over the student uniform. The lab coats or scrub jackets must display the Mount Carmel insignia patch on the upper left sleeve. Faculty approval is necessary before wearing either of these in the clinical setting.

Jewelry must be kept to a minimum, limited to engagement and/or wedding rings, one small set of post earrings in the earlobes, and medical alert tags. A watch with a second hand is **required**. Necklaces, visible body piercings, tongue piercings, and other jewelry are not permitted.

White long sleeved turtlenecks must be worn under student uniform top if tattoos are present on arms and/or neck.

No **artificial nails** are permitted. Nails must be short (not visible from the palm side of the hand), clean, and neat. Only clear nail polish which is not chipped and without additional designs or ornamentation is permitted.

Hair must be neat, conservative, and of a natural hair color. Long hair must be secured off the face so as not to risk contamination of the field of care. Hair ornaments must be simple and functional. **Facial hair** (beards and mustaches) is to be neatly trimmed and groomed.

Make-up must be conservative. Avoid odors that are offensive, overpowering, and/or could adversely impact others. Any colognes, perfumes, or aftershaves should be lightly scented. Odors related to food, smoking, and lack of deodorant must be avoided.

No **chewing gum** permitted when in the clinical area.

Pregnant students are to wear a properly fitting white uniform with the College insignia on the left sleeve. All other student uniform policies are applicable as stated.

What is the dress code for non-uniform clinical sites?

Students must be professionally dressed, consistent with standards and requirements of the clinical environment and expectations of the faculty and preceptors. College identification badges must be clearly displayed.

What is the student lab coat policy?

The clean, pressed lab coat **full (knee) length** with the College insignia on the upper left sleeve must be worn over street clothes when students enter the clinical area to study clients' charts, check assignments, or visit clients. The lab coat is to be worn over professional and neat clothing. The length of dresses or skirts is at least to the top of the knees. No hats, jeans, shorts, Capri pants, sweats, sandals, or flip-flops are permitted. The College ID badge must be evident at chest level on the lab coat.

What if a student does not follow the dress code?

Failure to comply with the dress code may result in disciplinary actions including, but not limited to, dismissal from the classroom or clinical site. Any adaptations to this policy due to cultural or health reasons are to be negotiated with the Assistant Dean.

Volunteer Opportunities

Community Service Opportunity at Avondale Elementary

Helping Children with Reading

Avondale Orientation Meeting
Monday, September 27
Noon -1 p.m. OR
Wednesday, September 29
Noon - 1 p.m.
The Recreation Room
(Basement of Marian Hall)
Refreshments provided!

Questions? Call **Kerry Dawley**, MCCN liaison for the Avondale Elementary Tutoring Program, at 234-1388.

Volunteer with MCHS

Cancer Event

Sunday, October 17, 9 a.m. - 3 p.m.
MCE Siegel Center
Need 4 - 5 volunteers to greet, register guests, pass out goodie bags, etc.

For more information, please contact **Diana Coomer**, Marketing Coordinator, at 546-4111 or dcoomer@mchs.com.

Volunteer at Gladden Community House

Volunteer for the food pantry or for a variety of programs and services by contacting Tricia Jones, MSW Volunteer & Development Coordinator, Gladden Community House, at (614) 227-1619 or jones.gladden@gmail.com.

Volunteer at Night of Chocolate 2010

Premier Fundraiser for the Wellness Community — Central Ohio

September 24, 2010,
7:30 - 11:00 p.m.
Grange Corporate Headquarters, 671 South High Street, Columbus

The Wellness Community-Central Ohio Mission: To ensure that anyone affected by cancer is empowered by knowledge, strengthened by action, and sustained by community.
wellnesscolumbus.org

Contact Megan Sanders, Director of Development and Communications, at 614-791-9510.

ATTENTION Students!

News You Can Use: Co-curricular Activity Summary

1. What is a Co-curricular Activity Summary (CCAS)?

The CCAS is a program for recording awards, scholarships, community service, educational workshops, leadership activities, student government and organization. By recording activities outside of the classroom, the CCAS is used to complement the academic transcript. Such involvement requires active participation and must be verified by a faculty or administrator of the college.

2. What does it do?

Student involvement in campus activities helps strengthen the student spiritually, emotionally, mentally, physically, socially, culturally, and complements the academic experience. The CCAS is verifiable documentation that details a student's accomplishments and their holistic development throughout their years attending MCCN.

3. Why should I want one?

Through involvement in co-curricular activities and experiences you gain transferable skills that can be applied to many areas outside of the college setting. As a verifiable college document, the CCAS can be used to support your search for employment after graduation. Creating your CCAS should be an on-going process during your tenure at MCCN. If you begin your CCAS during your first semester, it will provide a more complete record of your involvement and development as a college student.

4. How do I get started?

Each semester, access the Co-curricular Activity Summary Entry and Validation Form from CARMELink. Complete one form for each of your out-of-classroom activities and ask the appropriate faculty or staff advisor to verify your active participation by signing the form. Submit the form to the Office of Student Life for documentation.

5. What qualifies as co-curricular activities?

All college approved events and activities. Please do not use abbreviations or acronyms. Those not associated with the college may not be familiar with acronyms like SGA or SNAM.

Health NEWS

Mount Carmel College of Nursing Student Health Office

Coming up in the October issue of
Student Health 101

Dealing with Depression

What depression is — the signs that you may be developing depression, and what to do about it.



Kathy Walters

The Effects of Alcohol on the Student Body — A look at the bio-chemical aspects of alcohol consumption including calories, impact on organs, and an understanding of blood alcohol levels.

How to Catch Up When You're Falling Behind in Your Studies — Warning signs for students who may be getting behind in their class work, and steps to take to get back on track to academic success.

Discover the Fitness Routine That's Right for You — How personality plays a role in helping you figure out the key element in embracing a fitness routine.

Communication: Parents, Teachers, Friends — Potential obstacles students may have with teachers, parents, friends and others, and how to solve these problems through the fine art of communication.

Attention Seniors! Nationwide Children's Hospital has made it mandatory for all nursing students to have received their seasonal flu vaccine prior to participating in their clinicals at all Nationwide Children's Health Care facilities. Make sure to keep tuned to CARMELink, as well as your mccn.edu email account, regarding when those vaccines will be available for FREE from the Student Health Office here at MCCN.

Kathy Walters MS, RNC, NNP-BC
Student Health Nurse

Who Let the Dogs Out?



Dogs on the Patio!
TODAY, September 13
noon - 2 p.m.
Free food!

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

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

- + Via *Insight*, enter internet address <http://mccnalert.mchs.com> and simply follow the prompts.
- + Be sure to do the self-test that is part of the self-register process to confirm that the registration has taken place.
- + The alert system messages are TEXT ONLY and can be sent to cell phones, pagers, personal computers or other electronic message devices. There are no limits to the number of devices that can be listed.
- + You must register in order to be contacted and check the box to agree to assume any charges for alert system messages. Once registered you must update any changes to listed devices, such as new phone numbers.

If you have questions about the new system or need help signing up, please contact one of the following individuals who will help you with the process:

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

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

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



Safety on Campus: What You Can Do

- + Self-register for the MCCN Crisis Alert System, by clicking on <https://mccnalert.mchs.com:9443/CrisisAlert> and following the prompts.
- + Wear your ID badge at all times on campus and at Mount Carmel Health locations, and report those not wearing a badge to Safety and Security.
- + Be aware of your environment and report anything suspicious to Safety and Security.
- + Walk in groups whenever possible, especially after dark.
- + Call for a Safety and Security escort, 614-234-5283, if walking alone at night.
- + Take note of the location of the blue emergency call boxes.
- + Enter the Safety and Security emergency number, 614-234-5333, into the speed-dial on your cell phone.



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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.



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