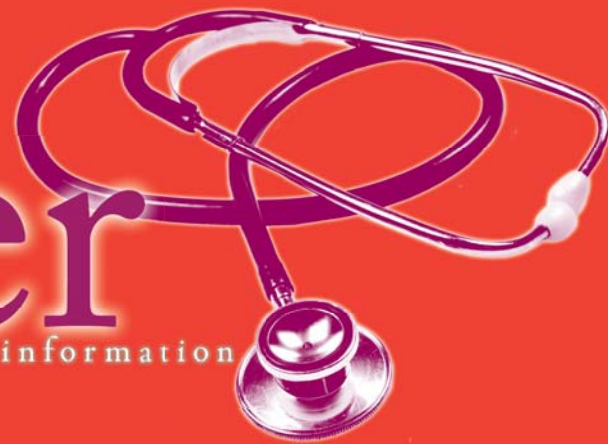


# the carmel rapper

news and information



## SOPHOMORE YEAR: Focus on Labs and Clinicals



Clinicals: the heart and soul of sophomore year.  
Sophomores **Courtney Blair** and **Amy Burke** confer during a clinical.

“The sophomores are an energetic group,” says Sophomore Coordinator **Stephanie Rae Piquero, RN, MSN, CPNP**. “They are eager to start learning nursing content and what they need to do to care for others. They have started on the clinical unit and are excited to see how much their clients are impacted by their care. Giving a client a bath goes a long way in making someone’s day.”

“The MCCN-FMC sophomores are so eager to learn, accountable, and professional. Their passion to be nurses is evident in many ways,” says MCCN-FMC Sophomore Coordinator **Missy Mohler, MS, RN**.

### Advice for Sophomores

Study for understanding! Don’t just memorize; make sense of the material. This will help you to remember the material long term and to build on that material in future classes. Building on concepts stays with you. Memorized material is easily forgotten.

— Piquero



continued on page 2...

February 21, 2011

### dates to remember

- February 25**  
Term 1 courses end
- February 28**  
Term 1 nursing clinical final exams
- March 1-6**  
*Spring break*
- March 7**  
Term 2 begins
- March 14**  
Graduation Planning Luncheon
- March 28**  
SNAM meeting  
Rho Omicron membership luncheon
- March 31**  
Deadline for ordering graduation cap & gown
- April 11**  
Talent Show
- April 20**  
STTI Spring Scholarship Evening
- April 22**  
*Good Friday (holiday)*
- April 25**  
SNAM meeting
- May 2-6**  
Final exams
- May 6**  
Pinning and Recognition Ceremony
- May 7**  
Commencement 2011

## Sophomore Year: Focus on Labs and Clinicals *cont'd*

Students need to constantly remind themselves why they chose the nursing profession. Study hard, correlate theory with clinical, perfect their critical thinking skills, and have fun! It will be over before you know it!

— Mohler

### Sophomore Life: The Students' Perspective

**Ben Moore** felt nervous on the first day of clinicals, hoping he would not forget something or make a mistake. "I was also very excited to start putting everything that I have learned and will be learning into practice, to develop and grow in my education, skills, and personality that will be needed for the nursing profession. And I was excited to work with an actual patient in a real setting versus a partner in lab."

Moore decided to become a nurse at a young age, because he knew that the medical field was where he needed to be. "You could say it was a calling from God. I have always been one to help and care for people. It is part of my nature," Moore said.

Moore now feels very comfortable in both lab and clinical. "I am able to see the areas where I am strong and those where I need to improve, which is all part of this experience. It is what you make it, and I find it to be not only a learning experience, but humbling, enjoyable and fun at the same time."

MCCN-FMC sophomore **Shannon Francis** found the first day of clinical to be really intense. "Almost every one of us was nervous about what kind of experience we would have, if anything had actually been retained or if we would forget anything."

Then as the day progressed, feelings changed. "As soon as we walked into the patient's room, all the nerves went away. It was time to focus on patient care and do the best job we could, for the patient. Everything we had learned just sort of flew out of us, like it was automatic," she recalled.

Francis believes that first day of clinicals gave her the confidence to get excited about each and every clinical experience. "It's so great to learn something new each and every day and to overcome obstacles that you weren't sure you could hurdle."

Also a student at MCCN-FMC, **Jennifer Hatfield** chose nursing after observing the ICU nurses caring for her grandmother right before she died. "I could tell they genuinely cared and wanted to make my grandmother as comfortable as possible, as well as me and my family. When I get discouraged or it gets tough, I think of how proud my grandmother would be of me and how one day I want to make an impression on someone's life as those nurses did on me."

Hatfield chose MCCN because of the great reputation.

"Everyone had great things to say about MCCN, from the curriculum to how great the staff and instructors were. I can definitely say this is true. The instructors I have had go to great lengths to make sure we have all of the tools for success and nursing school is a memorable experience."

The pinning ceremony meant more to Hatfield than she thought it would. "It was very motivating to have the support of family, friends and the College to encourage us that we can make it!"



Ben Moore and  
Samantha Kotlarek



Helen Shimm and  
Jennifer O'Hara



Clockwise: Nichole Rogiers,  
Allison Hagans, and  
Amy Cramblett



Lindsey Levy and  
Jena Verbance



Sarah Wright and  
Lindsey Humphrey



photo courtesy of Missy Mohler

Sara Windland

## Graduation Planning Luncheon

**Graduating Students!** Graduation Planning Luncheon on **Monday, March 14, 12 - 2 p.m.**, in the College gym.

- + Details about the Pinning & Recognition Ceremony on May 6
- + Details about Commencement on May 7
- + Information about tickets to these events
- + Information about graduation photos
- + Graduating Student Exit Survey and Interview procedure
- + Application to take the National Council Licensure Examination for Registered Nurses (NCLEX-RN)
- + Information about MCCN's Master of Science program
- + Ample time for Q&A

**Please arrive by 12 noon** — don't miss this valuable information as you prepare to celebrate the completion of your degree!

**RSVP:** sign up at the Front Desk by **Wednesday, March 9**, to ensure enough food is ordered

Questions? Contact **Colleen Cipriani** at [ccipriani@mccn.edu](mailto:ccipriani@mccn.edu) or 234-5828.

## Graduates: Cap & Gown Ordering Information

Each graduate attending Commencement on May 7 is responsible for ordering and paying for his/her own cap/gown no later than **March 31, 2011**. Orders are placed online at [www.jostens.com](http://www.jostens.com).

- + Follow the prompts for college-level graduation caps and gowns
- + Search for *Mount Carmel College of Nursing*
- + Place your order for either the bachelor's or master's product (they are different!)

**Remember: the order deadline is March 31.** Contact Records and Registration if you have questions (614-234-3870). A Jostens representative will be in the main lobby following the March 14 graduation luncheon to answer any questions you may have.

# Tammy Snyder Weidner '81, 1960-2011

## Alumna and Former Instructor

### MCSA VP of Patient Care Services and CNO

#### The Mount Carmel family

mourns the recent loss of a beloved co-worker and friend, **Tammy Snyder Weidner, RN, MBA**. Weidner died on February 6, 2011, after a prolonged illness.

Weidner began her healthcare career as a registered nurse following her graduation from Mount Carmel School of Nursing. She enthusiastically served Mount Carmel Health System for 32 years, holding a wide variety of positions. Her most recent role was Vice President for Patient Care Services and Chief Nursing Officer at Mount Carmel St. Ann's (MCSA). Weidner taught a graduate course in Policy and Finance at the College.

"Tammy's service to Mount Carmel as mentor, encourager and teacher helped to inspire countless associates who now have the honor to carry forward her relentless passion for excellence," said **Janet Meeks**, President and Chief Operating Officer, MCSA.

"Tammy's husband, Phil, and daughters, Shannon and Nikki, are deeply grateful for the many expressions of love that have been extended during Tammy's illness as well as in her passing to a higher calling," added Meeks. Weidner's family is encouraging donations to Mount Carmel College of Nursing for a special scholarship fund created in her memory.

A memorial service at Mount Carmel will be held on a date to be determined following the funeral. Weidner's family will attend that special celebration.

"In the meantime, let us continue to uplift Tammy and her family through our prayers of blessing and support. Let us give thanks for Tammy's positive influence on the Mount Carmel Health System community," concluded Meeks. "In the midst of our grief, Tammy would encourage us to remain focused as we provide extraordinary care and caring to our patients."

*Friends may contribute in Tammy's memory to Mount Carmel College of Nursing — The Tammy Weidner Scholarship, 127 S. Davis Avenue, Columbus, OH 43222.*



**Tammy Snyder Weidner**

## Summer Session 2011

The summer course schedule will be finalized in early March. A limited number of summer courses will be offered. *Note: Summer enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and not open to the general student population.*

Students will be notified of the start date and instructions for summer registration.

## Affiliated Course Schedules

Any student taking Fall, Winter or Spring Quarter classes at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01) after registering for CSCC or OSU classes.

All students must submit their CSCC or OSU course schedules to MCCN every term they take classes. This is necessary in order to insure accuracy of MCCN student records. In addition, delinquent students may find themselves at less than full-time hours for enrollment or financial aid calculation.

## Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact **Janet Turner** (614-234-3870) to schedule an appointment.

RN-BSN Completion and Master's students should contact **Kip Sexton**, Program Coordinator, at 614-234-5169 with questions about degree audits.

# Spring Break!

The plans are coming together; anticipation is high; spring break for MCCN is just about a week away. Our roving reporter, **Lucas Halliday**, spoke to members of the MCCN family about what they're looking forward to over spring break.



Completing my community service with Fairfield Christian Academy, assisting the school nurse with vision and hearing tests

**Tiffany Craig,**  
MCCN-FMC  
sophomore



Going back home to North Carolina

**Betsy Cassidy,**  
sophomore



Going along with Betsy to North Carolina

**Rachel Fox,**  
sophomore



Beginning my spring cleaning. I'll make sure the Harley motorcycles start and then possibly clean the garage.

**Cheryl Mace,**  
faculty



Planning a trip with my father to Florida

**Isaac Smith,**  
freshman



Might be traveling to North Carolina to visit a friend

**Stephanie Piquero,**  
faculty



Going to the Hocking Hills for a week with my family

**Erica Blackburn,**  
sophomore



Going with my mother to Fort Myers, Florida, where I will be clocking beach time every day

**Allie Barnhart,**  
MCCN-FMC  
junior

**Attention:**  
All Sophomores!

## MANDATORY

### Sophomore Class Meeting

**Wednesday, April 6, 2011**

**12 noon - 1:30 p.m., in the Gym**

**A salad bar lunch will be provided.**

The course coordinators for junior level classes will be there to talk to you about your junior level classes and answer any questions. This is the only day that all the junior faculty members are available.

Sophomores who have clinical on Wednesdays are excused from attendance. Please get the information from a classmate who can attend.

Please enter this important mandatory meeting into your planners NOW, so you can tell work, etc. that you have a meeting that day.

Please don't hesitate to contact me if you have questions.

**Kathy Walters, MS, RNC, NNP-BC**

614-234-5408

kwalters@mchs.com

kwalters@mccn.edu

## Mount Carmel's Got Talent!

**1ST PRIZE**  
\$100 gift card

**2ND PRIZE**  
\$75 gift card

**3RD PRIZE**  
\$50 gift card



**When:** Monday, April 11, 2011, 7 p.m.

**Where:** Gym

**Who:** MCCN Students

**What:** Singing, Dancing, Musicians, Comedy Routines, etc.

Contact **Colleen Cipriani** at [ccipriani@mccn.edu](mailto:ccipriani@mccn.edu) by Monday, April 4, to register your act

## Call for Posters 2011 Spring Scholarship Evening

**Event Date: Wednesday, April 20, 2011**  
**Abstract Submission Deadline: March 20, 2011**



The Central Ohio Consortium of Sigma Theta Tau International will host a Spring Scholarship Evening on April 20, 2011, 5 — 8 p.m. at Mount Carmel College of Nursing. This event will celebrate global health nursing. During this celebration of nursing scholarship, Lisa Braun will share her experience as a Medical Assistance Team member and Principal Investigator in Afghanistan working toward the achievement of Afghanistan national Millennium Goals.

Nursing faculty, students, and nurses from the community are invited to present posters of this event. Membership in Sigma Theta Tau International is **not required** for participation.

**Expectation of poster presenters:**

- Presenters will register to attend the Spring Scholarship Evening. Registration fees: \$20 for students and \$35 for non-students. Mount Carmel College of Nursing students are admitted **FREE** with completed registration.
- Presenters will arrive at 4:30 p.m. to set up poster display on provided easels.
- Presenters will accompany their posters during the poster reception, 5 - 6 p.m.
- All posters should be capable of standing independently on provided easels.
- Any audio-visual equipment or extension cords needed with a poster presentation must be supplied by the participant.
- An abstract or handout describing the poster should be available for poster viewers.
- All poster presenters must send a poster abstract to address below by **March 20, 2011**.

**Please direct any questions to Dr. Elizabeth Barker at: [barker.203@osu.edu](mailto:barker.203@osu.edu)**

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**APPLICATION INFORMATION**

Send or email a poster abstract to Elizabeth Barker by March 20, 2011:

**Mail address:** The Ohio State University  
 College of Nursing  
 1585 Neil Avenue  
 396 Newton hall  
 Columbus, OH 43210  
 ATTN: Dr. Elizabeth Barker  
**Email address:** [barker.203@osu.edu](mailto:barker.203@osu.edu)

**Poster abstracts must include:**

- Presenter name(s) with a designated contact person
- Telephone and email contact information of contact person
- Poster title
- Abstract describing the poster's topic (not to exceed 150 words)

**Epsilon**  
The Ohio State University

**Kappa Lambda**  
Otterbein College

**Rho Omicron**  
Mount Carmel College of Nursing

**Theta Theta**  
Capital University

## Employment Opportunities: RNs, Med Surg and ICU Needed

Permanent staff RN opportunities in both Medical Surgical and Critical Care available at a hospital in the Harrisburg, Pennsylvania, area. Both 12-hour night shifts and 8-hour evenings available. Must have one year experience in Med Surg, Critical Care or Step Down/PCU. Rates are commensurate with experience, \$25 to \$35 per hour. If you or someone you know may be interested in this opportunity, please contact me.

Dade Royer  
 The Bridge Group  
[Dade@BridgeGroup.net](mailto:Dade@BridgeGroup.net)  
 1-888-770-9558 or 717-749-3600 direct to my desk

## Rho Omicron Membership Luncheon

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

## Looking for Student Ambassadors for 2011-12

### Application Deadline is March 14

Student Ambassadors are a select group of current MCCN students chosen to assist the College of Nursing with the recruitment process. Student Ambassadors serve as leaders — links 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 (i.e. Trustees Dinner, Pinning, Convocation, Commencement, etc.) and assist in set up, registering guests, and passing out programs. This is a paid position.

Expectations of each Student Ambassador:

- + Maintenance of good academic standing
- + Active involvement in extra-curricular activities
- + Eagerness to promote MCCN to prospective students, especially during school breaks
- + Staying up-to-date on the latest news about Mount Carmel College of Nursing

**Applications for 2011-12 Student Ambassador positions now available at the front desk, *Charlie's Java Jolt*, and the Office of Admissions. Deadline to apply is March 14.**

Questions? Please see **Kim Campbell** or **Jonathan Francis** in the Admissions Office.

By **Kayla Munk**

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

## NSNA/Nursing Spectrum/ Nurse Week Essay Contest

**Deadline:** March 11, 2011

Entrants are asked to answer the following question:

"If you could propose any change to healthcare, what would you change and how would the change impact the nursing profession?"

For more information and for an application, email **Kayla Munk** at [kmunk@mccn.edu](mailto:kmunk@mccn.edu).

## 2011-2012 SNAM Elections at the March 28 Meeting

Positions available: President, Vice President, Secretary, Treasurer, BTN Director, Membership Director, and Community Health Director.

Nominations will take place at the meeting and voting will occur by ballot in the lobby following the meeting. Please contact **Kayla Munk** at [kmunk@mccn.edu](mailto:kmunk@mccn.edu) if interested in a 2011-2012 officer position.

## MCCN to host the 4th Annual Ohio Nursing Students' Association (ONSA) Leadership Conference!

On March 26, 2011, Mount Carmel College of Nursing will host the 2011 Ohio Nursing Students' Association Leadership Conference. This day-long event is sponsored by The U.S. Navy and the Ohio Nurses' Association.

The Ohio Nursing Students' Association (ONSA) is the only organization in our state representing the interests of Ohio nursing students. With more than 1,500 members, ONSA is currently one of the largest chapters of the National Student Nurses' Association. The ONSA has so much to offer to students, and the annual conference is a great opportunity to get involved with various aspects of the ONSA, to meet other nursing students from across the state, and listen to various leadership speakers.

There is much in store at this year's leadership conference, such as learning ways increase membership in your school's student nurses' association, and a treasurer's workshop. There will also be an opportunity to meet with the Board of Directors to gain insight on projects your student nurses' association may be working on, such as breakthrough to nursing, community health, and legislative projects.

All Ohio nursing students are invited to attend the conference, even if they are not members of the ONSA. For more information and schedule of events, visit the ONSA website at [www.choosenursingoh.com](http://www.choosenursingoh.com). Registration is \$17 online on the ONSA website, and \$20 at the door.

## Interested in learning how blood is processed?

A tour of the American Red Cross facility at 995 E. Broad Street is set up for Monday, March 7, at 1 p.m. Interested MCCN students, please contact **Stephanie Binkley**, SNAM Membership Director, at [sbinkley@mccn.edu](mailto:sbinkley@mccn.edu).

By **Shivani Patel**, Breakthrough to Nursing Director,  
Student Nurses' Association of Mount Carmel

"Nursing has to represent all people, all creeds, all races, all ethnicities and gender. Nurses have to be culturally aware when they care for people," said **Dr. Regina Williams** about diversity in nursing. Dr. Williams graduated from Mount Carmel School of Nursing in 1952, among the first four African American students to graduate from Mount Carmel.

According to Dr. Williams, nursing has changed with the development of evidence-based practice and advances in science. She explained, "When I was in nursing school, there were mostly diploma schools and very few BSN schools."

Now, master's and PhD programs are growing rapidly, as well. Dr. Williams added that the advances in medicine bring a greater need for nurses with advanced degrees. Another change is the increasing number of men in the profession. "More men are recognizing that nursing is not a feminine profession; this is a good sign."

Since Dr. Williams was one of the first four African American students to graduate from Mount Carmel, at a time when most nursing schools didn't accept African American students, I was curious to learn about her experiences as a student.

Dr. Williams felt that the school "changed as the country changed." She felt warmth and acceptance here at Mount Carmel.

Dr. Williams believes that every nurse needs to be an ambassador for nursing, to talk about the advantages of the profession and the variety of opportunities that nursing has to offer.

"If you decide to move to the other side of the country you would find a job. Everywhere you go there is going to be a need for nurses. Nurses should take on the responsibility of sharing about the many opportunities in nursing by going to high schools and career days, with a group of professional nurses representing different specialties and encompassing all ethnicities."

All nurses need to demonstrate what nursing really is. "Nursing is both the science and the art of caring," Dr. Williams concluded.



# Spring 2011 Term Final Exam Schedule

MONDAY, FEBRUARY 28		TIME	ROOM	FACULTY
NURS 307	OB	8 – 10 a.m.	CLE 206	Cooley
NURS 308	Psych-Mental Health	8 – 10 a.m.	CLE 210	Bills
NURS 405	Acute	10:30 a.m. – 12:30 p.m.	CLE 114	Nibert
NURS 406	Gerontology	10:30 a.m. – 12:30 p.m.	CLE 210	Maurer Baack
NURS 407	Pediatrics	10:30 a.m. – 12:30 p.m.	CLE 206	O’Handley
NURS 408	Transitions	10:30 a.m. – 12:30 p.m.	CLE 208	Waterman

## Rho Omicron’s Community Program for Twin Valley Behavioral Healthcare



Photo courtesy of Patti McKee

Collecting items for Twin Valley Behavioral Healthcare are (l-r) **Kathy Walters, Deloris Bills,** and **Sherry Hull.**

### You Can Help

*Puzzles, books, games, comic books, DVDs, and CDs are needed at the Twin Valley facility, when the inpatients have visiting time with their children/families.*

Your donation of these new and/or gently used items will be appreciated. Please bring your donation to the

**Twin Valley Project Collection**  
At

**The Rho Omicron Membership Luncheon**

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

**MCCN Gymnasium**

**PLEASE NO VIOLENT OR SEXUAL MATERIAL**

**Questions? See Kathy Walters**

**Deloris Bills** is a member of Rho Omicron, whose Psych Nursing (Nursing 308) students are currently on clinical units at Twin Valley. Bills will deliver the items collected to Twin Valley. Rho Omicron Board members, **Sherry Hull** and **Kathy Walters**, are assisting in this outreach.

## 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.



## Congratulations to...

MCCN faculty member **Deloris Bills**, who was honored recently at The Ohio State University (OSU). OSU honored all current women’s teams and all former women’s basketball players. Bills played on the 1969-72 OSU women’s basketball team.

“It was quite a sight to see the court filled with women athletes...we’ve come a long way.

Congratulations Deloris!”

— **Angie Phillips-Lowe EdD, RN**

# New Guidelines for Food Allergies

by **Shalana Daley**, *Dietetic Intern*

**Food allergies are a** growing public health concern affecting adults and children. It is estimated that approximately 12 million Americans suffer from a food allergy. A food allergy is defined as an adverse food reaction arising from a specific immune response that occurs reproducibly on exposure to a given food.

Allergic reactions to foods can sometimes cause serious health consequences and even death. Despite the risks, there is currently no treatment for those suffering - other than the avoidance of the food and treatment of symptoms.

Until recently no set guidelines had been established for diagnosing a food allergy, which led health professionals to err on the side of caution by eliminating any suspected foods from the diet. This led to many people being misdiagnosed as having a food allergy when in fact a person may have been experiencing a non-allergic food reaction, such as food intolerance. Multiple studies showed that 50% to 90% of presumed food allergies are not allergies.

Due to the growing concern, the first ever *U.S. Guidelines for the Diagnosis and Management of Food Allergy* was published in December 2010 to provide consistency among health professionals. The “best practice” clinical guidelines (which have been in the works for over two years) were established by the efforts of over 30 professional organizations, federal agencies, and patient advocacy groups.

The American Dietetic Association accepted the invitation to be a part of the Coordinating Committee. A summary of the guidelines can be found in the January 2011 issue of the *ADA Journal*.

The guidelines suggest that an allergy should be considered if someone has an adverse reaction within minutes or hours of eating a certain food. Then a combination of steps should be considered before validating the suspicion.

The physician should then take a detailed medical history (which experts say is the most important key) focused on the evaluation of a food allergy; conduct a physical exam which can provide signs consistent with an allergic reaction; and then confirm the allergy with a skin prick test in which the suspected allergen is pricked into the skin to see if red wheals form.

According to the National Institute of Allergy and Infectious Diseases (NIAID), in some cases an oral food challenge may be administered. If an oral food challenge is performed, it is recommended that the “double-blind placebo controlled challenge” be used. During this oral food challenge, neither the patient nor the professional administering the test knows which food item is the suspected allergen (Beck).

Experts say that for a correct diagnosis it takes a combination of tests and no single test is definitive by itself. By following the recommended guidelines, it is suspected that fewer people will be diagnosed with having a food allergy. To view the full report including recommendations against current methods used for the diagnosis, treatment, and management of food allergies, visit the National Institute of Allergy and Infectious Diseases’ website at [www.niaid.nih.gov](http://www.niaid.nih.gov).

## References

Beck, Melinda. “New Rules for Food Allergies”. *The Wall Street Journal*. Health. 7, December 2010.

“Guidelines for the Diagnosis and Management of Food Allergies.” *Journal of The American Dietetic Association* Vol-111 No.2 Jan 2011 p.193-224

Mahan K, Escott-Stump S. “Krause’s Food and Nutrition Therapy” 12th Ed, p.739. Saunders Elsevier, St. Louis, MO 63146

## Freshman Class Mandatory Meeting

**Monday, March 21**  
**Noon - 1 p.m.**  
**In the Gym**

### Agenda

Preparing for Sophomore Year

**Lunch will be provided!**

**RSVP:** sign up at the Front Desk by **Wednesday, March 16**, to ensure enough food is ordered

Questions? Contact **Colleen Cipriani** at [ccipriani@mccn.edu](mailto:ccipriani@mccn.edu) or 234-5828

## Attention Students! Scholarship Information

### Change in Application Process

Please note this change in the scholarship application process. All information about scholarships will now be sent to you through CARMELink. In the past, students received informational flyers in student mailboxes. The information about scholarships will begin soon, so please monitor CARMELink to access the information and submit your applications on time.

CARMELink will carry the link for students to print the informational flyer and the actual scholarship application to complete. The actual scholarship application will need to be submitted as a hard copy. No applications will be accepted online. Each scholarship will have its own link with complete instructions regarding which students are eligible and all pertinent information for submission. Any questions – contact **Kathy Espy** – 234-5276 or [kespy@mchs.com](mailto:kespy@mchs.com).



Attention Students!

# 2011 Work Study Program

at Nationwide Children's Hospital



## The Work Study Program for RN nursing students

- + 13-week program that provides temporary full-time employment
- + 21 hours of pediatric specific classes with varying topics to augment knowledge base and stimulate an interest in pediatrics
- + An assigned, unit-specific RN mentor, who will assist and collaborate with participants throughout the Work Study Program
- + Nurse educators, who coordinate clinical and classroom experiences
- + Opportunity for future career development

In order to meet the employment needs of all nursing students, there will be two separate Work Study groups:

- + **Group 1 Orientation:** May 16 – 25 Program Ends: August 13
- + **Group 2 Orientation:** June 20 – June 29 Program Ends: September 17

## To be eligible:

Applicants must be actively enrolled in an approved College/School of Nursing and provide evidence of successful completion of a fundamentals of nursing course with some clinical experience. Clinical references and a copy of your most recent transcript will be required when you are contacted for an interview.

## Positions are limited

If you are interested in a position, please visit our website at [www.NationwideChildrens.org](http://www.NationwideChildrens.org), click on *careers, find a job*. Type in keyword *Work Study* and click on *Search Jobs*. Applications will be accepted starting February 14 and continue until positions are filled. Please indicate anticipated graduation date on your application. Preference will be given to BSN students entering their junior year.

Questions regarding the program should be directed to the Nurse Educators at [ClinicalNurseEducators@NationwideChildrens.org](mailto:ClinicalNurseEducators@NationwideChildrens.org)  
Contact Sharon Kimchi at (614) 355-4145 with questions regarding the application process.



# MCCN Celebrates Black History Month with an “Eye-Opening” Film

The PBS Frontline television special “Brown Eyes, Blue Eyes: A Class Divided” called a strong message about race relations and the effect on personal accomplishment.

Some who attended were shocked; some surprised; some felt enlightened; others said they would look at their approach to race relations in a different light. These are just a few of the reactions to this year’s Black History Month screening at MCCN of “A Class Divided.” More than 55 people attended the event.

“Some attendees commented on how these elementary students reflected the reaction of adults at that time and now,” said Director of Diversity and Community Initiatives **Kathy**

**Espy**, who planned the event. “Participants also said that the film illustrated that if you think well of yourself you function and produce at a higher level.”



## About “A Class Divided”

On the day after Martin Luther King’s assassination in April 1968, Jane Elliott, a third grade teacher in a small, all-white town in Iowa, divided the students in her class into blue-eyed and brown-eyed groups. The movie is the story of that lesson and its lasting impact.

Elliott began by asking what the students knew about blacks. The children responded with various racial stereotypes, such as Negroes were unintelligent or could not hold jobs. She then asked if the students would like to try an exercise to discover what it was like to be treated the way a Negro child is treated. The class agreed.

Elliott designated the brown-eyed children as the superior group, giving them privileges — extra helpings at lunch, access to the new jungle gym, and five minutes more recess. Blue-eyed and brown-eyed children could not drink from the same water fountain. The brown-eyed children sat in the front of the room; the blue-eyed children were sent to the back. The brown-eyed children were encouraged to play only with each other and to ignore their blue-eyed friends.

At first, there was resistance to the idea that brown-eyed children were better than blue-eyed children. Elliott gave an explanation that the melanin responsible for making brown-eyed children was linked to intelligence and ability.

The initial resistance gradually fell away. Those deemed “superior” became arrogant, bossy, and unpleasant to their “inferior” classmates. Their grades also improved. The “inferior” classmates also transformed — into timid and subservient children, including those who had previously been dominant in the class. These children’s academic performance suffered, even with tasks that had been simple before.

The following day, Elliott reversed the exercise, making the blue-eyed children superior. While the blue-eyed children did taunt the brown-eyed, Elliott reports it was much less intense. When Elliott ended the exercise at the end of the day, the children cried and hugged one another. Elliott then had the children write about the experience.

As for Elliott, what she witnessed influenced how she regarded race relations and teaching. Although Elliott had told her pupils only that they were different, they treated each other differently and developed the characteristic responses of discrimination.

“A Class Divided,” first shown in 1985, is one of the most requested programs in FRONTLINE’s 20-year history, by educators, organizations, corporations and diversity trainers throughout the United States. The program also has been televised in many countries: Australia, Japan, Canada, England, France, Germany, Sweden, Russia, Trinidad, Barbados, Norway, Denmark, Belgium and the former Yugoslavia.

Jane Elliott was asked to appear on several television shows, was interviewed by newspapers and magazines, and a book about her became a bestseller. However, many in her hometown were not enthusiastic. Some resented the attention she received; others complained that blacks might be attracted to the town; and Jane Elliott’s children were taunted by other children.

## Scholarship Opportunity for Seniors

Deadline: March 7, 2011

The American Association of Critical Care Nurses — Central Ohio Chapter (AACN-COC) is proud to offer a senior nursing student with the desire to become a critical care or progressive care nurse a \$500 scholarship to use at your discretion.

The eligibility criteria:

- + Senior nursing student who has or will graduate in 2011 and has not yet passed the state board exam
- + An interest in critical or progressive care
- + One written professional reference and contact information for two other personal or professional references
- + Short essay about 1.) Why you chose to become a nurse and 2.) Who and/or what experience inspired your desire to become a critical care or progressive care nurse

The AACN-COC was established in 1975. Meetings are held on the third Wednesday of the month, September through May. Benefits of belonging to the organization include networking, educational offerings with contact hours and dinner, professionalism, opportunities to serve and develop leadership skills, and most of all a place to have fun!

AACN-COC board members request that the student who is awarded the scholarship attend the meeting on May 18, 2011, for a presentation of the monies.

For more information, contact us at [aacncoc@yahoo.com](mailto:aacncoc@yahoo.com) or call

President	<b>Vickie Gloeckner</b>	234-7793
Secretary	<b>Cheryl Williams</b>	234-6195
Treasurer	<b>Raejeanne Powers</b>	234-6060

Please submit your essay and references by March 7, 2011 to:

AACNCOC  
PO Box 485  
Columbus, Ohio 43216

We look forward to you joining the exciting fields of critical care and progressive care nursing and hope we are a part of your journey.

Respectfully,

**Vickie Gloeckner, Cheryl Williams, Raejeanne Powers, Barbi Potts, Michele Lindner-Nash, Dorina Harper, K. Ashworth, Barb Powell, and Matthew Steele**

AACN-COC Officers and Board Members

## Provided as a service to MCCN students

Get writing support from Grammarly@edu, compliments of the College!

Follow the instructions below to create an account and submit your papers for review. Feel free to contact **Tim Tabol**, Systems Administrator, at [ttabol@mchs.com](mailto:ttabol@mchs.com) or 614-234-2682 if you have any issues or questions.

Grammarly@edu is an automated grammar tutor and revision tool for academic writing. A web-based application, Grammarly@edu works one-on-one with a student to develop sentence-level writing skills, prevent plagiarism, and reinforce proper revision habits. Upload drafts of your writing assignments to Grammarly@edu to receive immediate instructional feedback on over **100 points of grammar** and double-check if all sources are properly cited!

**Automated grammar tutor:** Patent-pending technology identifies problem areas in student writing, and delivers instant instructional feedback on over 300 points of grammar.

**Revision tool:** Engaging user-interface transforms the revision of text into a learning session that is both structured and connected to students' immediate writing challenges.

**Citation audit:** Originality detection technology allows students to check their own work for improper citation or potential plagiarism by comparing it against a database of 10+ billion documents.

Grammarly@edu is free for students and faculty.

To access the program, go to [www.grammarly.com/edu](http://www.grammarly.com/edu) and register using your school email address or a license code if you do not have an institutional email address. Once you have registered, you will receive an email confirming your registration. Click on the link in the confirmation email and you will have full access to Grammarly@edu at no charge.

Please note that this service is available to ALL MCCN students, faculty, and staff!

## Third Thursdays

Presentations provided as a service to the College  
by the Mount Carmel Alumni Association



**Kellie Seelig Garrison**, class of 2004, spoke to students about her experience in the Peace Corps following her graduation.

# MONEY matters

## Notes from Alyncia

### March graduates

Congratulations on reaching this momentous milestone. In order to finalize your undergraduate academic experience, you will need to complete the Exit Counseling for Federal Student Aid. This may be accomplished by going to **StudentLoans.gov**, click on Exit Counseling and complete. Please reference [NSLDS.ed.gov](http://NSLDS.ed.gov) to determine the amount of Stafford Loans you have secured while enrolled. Please contact **LaTosha** at 234-1842 if you have questions.

### FAFSA renewal

It is time to begin preparing for the 2011-2012 academic year. If you are planning on taking Summer 2011 classes, you will need to complete your 2011-2012 FAFSA by April 18, 2011. If you are returning in the Fall, you will need to complete your FAFSA by July 1, 2011. Please note that many scholarship donors require students to complete a FAFSA in order to apply for a scholarship.

This year you will have the option of importing your 2010 tax return to your FAFSA. This is a good opportunity and may reduce the opportunity for your FAFSA to be selected for verification. You and your parent/spouse must submit a 2010 tax return to the IRS in order to utilize this option.

Timely submission of your FAFSA impacts your eligibility to receive, if you are eligible, federal and state grants. Please work hard to complete your FAFSA.

If you would like assistance with completing the FAFSA please contact **LaTosha** at 234-1842 to schedule an appointment.

### Asking questions and getting the right answer

This edition's statement/question: **CARMELink does not show my financial aid. What do I do?**

This is a good question.

If you have applied for financial aid and do not see it on your account, check to make certain you have completed all of the required documentation. If all documents have been received by financial aid, please contact our office and we will look into why your aid has not been disbursed. Processing financial aid is a continual process and does not occur at one time of the semester. It occurs throughout 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](mailto:abowen@mchs.com)



# Health NEWS

## Mount Carmel College of Nursing Student Health Office

**Students:** Watch for these featured articles in the March issue of Student Health 101, which will be in your email box March 1-2.

### 7 Days of Healthy, Budget-Minded Recipes

Helping students eat better with a step-by-step approach to meal planning and preparation.

### Got Self-Esteem?

What it means, how to improve yours, and how too much can cause trouble in your relationships. Also, how to be confident about the positive health decisions you make even under pressure to do otherwise.

### The Perfect Paper

The tips and secrets students need to know before they start their next paper.

### Spirituality on Campus

A look at how spirituality among students develops and how those who need some spiritual renewal in their lives can find sources for that on campus.

### Students Striving for A's Can Start by Catching Some Zzz's

Helping students understand the connection between their sleep habits and academic performance.

### Students in Action:

Feeding the Hungry @ Johns Hopkins University Health Brief: Strive to Stride

### Kathy Walters MS, RNC, NNP-BC

Assistant Professor/Student Health Nurse  
614-234-5408  
kwalters@mchs.com  
kwalters@mccn.edu



Kathy Walters

# Graduation



# Countdown

**This is the next** installment in a series of expanding details highlighting key information graduating students need to know before May Commencement. Check this update for important deadlines and suggestions to keep your path to graduation on track.

- + Complete your Community Service Program requirement and submit documentation to **Mary Nibert**.
- + Make sure you are on track to complete all degree requirements by requesting a degree audit. Pre-licensure students contact Records and Registration; RN-BSN and Master's students contact **Kip Sexton**, Program Coordinator.
- + Resolve any holds on your student record (business office balance, library materials, financial aid exit counseling) that will prevent you from receiving your diploma and obtaining a transcript.
- + Attend the graduation planning luncheon on **March 14 in the College Gym** (12 -2 p.m.) where details about Commencement, Pinning & Recognition, graduation photos, the NCLEX-RN application, and other items will be discussed. In addition, there will be a time for questions and answers.
- + Visit the Jostens representative who will be on campus **March 14** to display various graduation items and answer questions. Stop by the Marian Hall lobby after the luncheon to see the Jostens display.
- + Order your cap/gown and optional announcements. Order online at [www.jostens.com](http://www.jostens.com). **The order deadline is March 31.**
  - Follow the prompts for college-level graduation caps and gowns
  - Search for *Mount Carmel College of Nursing*
  - Place your order for either the bachelor's or master's product (they are different!)
- + Prepare for the National Council Licensure Examination for Registered Nurses (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession.
- + Prepare for graduation events:
  - Pinning & Recognition Ceremony will be Friday, May 6, at 7 p.m.
  - Commencement will be Saturday, May 7, at 1 p.m.
  - Both events will be held at the First Church of God, 3480 Refugee Road



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Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell at 614-234-1372 or [rhutchinson-bell@mchs.com](mailto:rhutchinson-bell@mchs.com).