



# PULSE PULSE

JANUARY 2014

## Resolve to Get Involved!

Whether you're a new student or an "upperclassmen," this semester is a great time to get involved in the student organizations and activities available at Aultman College. "Joining a student organization is a superb way to develop relationships with fellow classmates," said recent graduate Chris Jurovcik, who now works at Aultman Hospital. "It also provides an opportunity to tap into and find your personal leadership skills and develop them. Some student organizations, like NSNA, offer scholarship opportunities too. Take advantage of your student organizations. Simply being a member is a great way to build a super résumé!"



"Involvement in campus organizations shows that you are a team player and you have a positive attitude, and those are critically important attributes to a nursing unit manager," Rene shared. "Organizations believe that if you have participated in service activities at a college level, you will continue to do so as an employee."

The current state of the economy means that hiring in many health care organizations has become more selective. But nurse recruiter Rene Tausch says that demonstrating active participation in college activities can set one qualified candidate apart from another.

### HERE ARE JUST A FEW WAYS YOU CAN GET INVOLVED AT AULTMAN COLLEGE:

#### *Join the Student Nurse Association!*

The Aultman College Student Nurse Association (ACSNA) is a chapter of the Ohio Nursing Students' Associations (OSNA) and the overarching National Student Nurses' Association (NSNA). Your membership in these organizations unites you with students and professionals locally and nationally who share your vision and are shaping the future of nursing. In addition, you can take advantage of



*Welcome back in 2014!!*

We're Glad You're Here!

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programs, scholarships and leadership opportunities, along with discounts on nursing student products and services that are available to all members of the NSNA.

The president of ACSNA is sixth-semester student Thomas Piper. The organization meets monthly and co-sponsors many student life activities. This past fall, several members were sponsored by the college and the Alumni Association to travel to Cincinnati for the ONSA convention. All of these benefits

are available for a membership cost of \$30 per year. Learn more and join by visiting [www.nсна.org](http://www.nсна.org).

### ***Become part of the Student Mentoring Program***

Fresh faces are gracing the halls of Aultman College as 90 students begin their nursing education this semester. The Student Mentor Program connects new students with upperclassmen to build lasting relationships. New students: Don't go it alone! Get the benefit of advice and support from someone who has been there! Upperclassmen: Reach out! Share your experiences and strategies for success. Mentoring is easy and flexible and can be done via email, phone, text or Facebook. To sign up to be a mentor or to get a mentor, email Jen Penso at [studentlife@aultmancollege.edu](mailto:studentlife@aultmancollege.edu) or sign up outside the Student Life office.

### ***Make your voice heard through Student Senate!***

Student Senate is a student-led, student-run organization that plays an important

role in the college's administrative structure. The organization's mission is to encourage students to become engaged in social, professional and service activities within the college – and to facilitate communication among students, faculty, staff and administration. Student Senate meets regularly to discuss activities and college-related issues that are important to students. In addition, Student Senate hosts town-hall-type meetings to give all Aultman College students an open forum for discussion. Senators will be elected to represent the new class that just joined the college. If interested, be sure to submit your application to the Student Life office by Jan. 10!

### ***Start Your Own Club!***

ACNHS is a young college. You can be part of growing the activities within student life by getting together with classmates who share a common interest and starting your own club. For more information, check out the Start Your Own Club guide on the student portal!

## **Upcoming Student Life Events:**

### **Student Senate Elections**

Student Senate elections will be held the week of Jan. 13. Applications are available at the Welcome Week table, or you may stop by the Student Life office and pick up an application. Applications are due by Friday, Jan. 10.

### **Relay for Life Sign-ups**

This year's Relay for Life of Massillon will begin Friday, June 20 at 6 p.m. and continue until Saturday, June 21 at 12 p.m. at Massillon Washington High School. This is an excellent opportunity to gain hours for your graduation service learning requirements. In addition, your family and friends are welcome to join you and your team. Please register for the Aultman College team on the American Cancer Society's Relay for Life website at <http://main.acsevents.org/goto/AultmanCollege2014>. Student Life Coordinator Jen Penso will be available if you have any questions.

### **Healthy Recipe Swap**

Turn in your healthy recipes to the Student Life office by Jan. 27. Recipes will be copied and available for distribution on "Swap Day" Jan. 30.

# News You Can Use!

## HEALTH INSURANCE REMINDER

You should have received a brochure regarding the AultCare Student Health Insurance Plan for Spring 2014. Please remember that all degree-seeking students will automatically be enrolled in the AultCare Student Health Insurance Plan each semester unless students waive coverage due to having coverage under another health care plan. The updated online waiver form is available to complete.

Upon completing the waiver form and clicking the "Submit" button, a confirmation email will be sent to each individual validating that the waiver was received. Please maintain a copy of this confirmation as proof.

Failure to complete the enrollment waiver process by the specified deadline date each semester will result in automatic enrollment in the AultCare Student Insurance Plan and billing for the premiums. If you are billed for the premiums and are unable to provide the waiver confirmation email, payment of the fee will be your responsibility.

## I WILL CHECK THE WISELINE.

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I WILL CHECK THE WISELINE.

Checking the *WiseLine* student portal on a daily basis is one of your important responsibilities as a student at Aultman College. The portal is the first place current news or information about the college is posted and includes up-to-date messages about registration, scholarships and student life events. The portal also allows you to check assignment grades, messages and updates from your instructor as soon as they are posted. Regular review of the portal allows you to be knowledgeable about your status and is a critical part of being an informed Aultman College student.



## CPR FOR STUDENTS

Aultman College Community Education (ACCE) offers the following CPR options for students:

### BLS New Provider

- Jan. 7: 4:30-8:30 p.m.
- Jan. 23: 5-9 p.m.
- Feb. 5: 4-8 p.m.
- Feb. 17: 4:30-8:30 p.m.
- March 4: 5-9 p.m.
- March 17: 4-8 p.m.
- March 26: 4:30-8:30 p.m.

### BLS Renewal

- Jan. 13: 4-7 p.m.
- Feb. 4: 5-8 p.m.
- Feb. 27: 4:30-7:30 p.m.
- March 18: 5-8 p.m.

### Online CPR Option with Skills Check-off

If you are unable to attend one of our regular CPR courses, check out the convenience of taking your CPR for Healthcare Providers course online through the American Heart Association – and then stop by the college for a 15-minute skills check-off.

Price: \$22 for the online course and \$15 for the skills check.

To register for any of these courses, please visit [www.aultmancollege.edu/acce](http://www.aultmancollege.edu/acce).

# To Drink or Not to Drink, That is the Question



by Jo Ann Donnenwirth

Energy drinks are beverages used by consumers to provide an extra boost in energy, promote wakefulness, maintain alertness, and provide cognitive and mood enhancement. In the United States, energy drink consumption increased by 240 percent between 2004 and 2008. The U.S. energy drink industry reached \$19.7 billion in profits by 2010, almost triple the profits of 2008. The primary targets of the energy drink industry are adolescents and young adults aged 18-34. Energy drinks may seem like a new fad. However, cola soft drinks have historically been available in their current caffeine-containing form since 1904 and in their original coca leaf (from which cocaine is derived) and kola nut (from which the caffeine is derived) form since 1886. The average cola soft drink contains approximately 34 mg of caffeine per 12 ounces. Red Bull, currently the most popular energy drink, was introduced in the U.S. in 1997. Energy drinks are beverages that contain large doses of caffeine

and other legal stimulants such as taurine, 1-carnitine, carbohydrates, glucuronolactone, vitamins and other herbal supplements like ginseng and guarana. Additives such as yerba mate, cocoa and kola nut may increase the caffeine content of the energy drink unbeknownst to the consumer. In reality, the amount of individual herbs is less than those required to have a harmful reaction, however, the amount of sugar and caffeine is extreme. Many of these energy drinks have high caffeine content, ranging from a modest 50 mg to an alarming 505 mg per can/bottle. The manufacturers of these products are not required to include the caffeine content of these herbal supplements in the nutritional information, therefore, few people “know” the ingredients in the energy drinks. There is a need for more stringent labeling of energy drinks so that the consumer knows the exact quantity of each ingredient.

## Top-selling energy drinks and contents

Contents Per Serving	RED BULL	MONSTER	ROCKSTAR	FULL THROTTLE	SOBE NO FEAR
Caffeine	80 mg	80 mg	80 mg	141 mg	32 mg
Taurine	ND	1,000 mg	1,000 mg	ND	ND
Guarana	ND	ND	25 mg	ND	ND
Sugar	27 g	27 g	31 g	57 g	27 g
Sodium	200 mg	180 mg	40 mg	160 mg	15 mg
Vitamin B6	5 mg	2 mg	2 mg	4 mg	ND

ND = not disclosed

These contents are per the nutritional labels on the energy drink containers and [www.dietfacts.com](http://www.dietfacts.com).

## College Students

Energy drinks may be consumed at various times of the day, whether it is in the morning, middle of the day or at night. They may be consumed alone, during a meal or mixed with alcohol. Current research indicates that college students consume energy drinks to: compensate for insufficient sleep, increase energy while studying or playing sports, get a boost while driving for long periods of time or when consuming alcohol. Energy drinks have been found to improve attention and/or reaction time and indices of alertness in some studies; the combination of sugar and caffeine can restore deficits in cognitive performance and subjective fatigue during extended periods of cognitive demand. However, several ingredients in energy drinks, such as sucrose and caffeine, may have unwanted health consequences.

Between 24-40 percent of college students reported consuming energy drinks with alcohol during the past month; a combination that can be deadly. One study found that in social drinking situations, 49 percent of energy drink users reported consuming three or more energy drinks with alcohol. The literature supports the consumption of alcohol and energy drinks together increase problem behaviors exhibited in the domains of sexually risky behaviors, marijuana use, fighting, failure to use a seat belt and driving under the influence. There is a widespread belief that energy drinks enhance the negative impact of alcohol consumption. Several studies have shown that mixing energy drinks with alcohol may be dangerous, given the stimulant nature of energy drinks and depressant characteristics of the alcohol. The stimulant effect can mask how intoxicated a person is and prevent individuals from realizing how much they drink. The stimulated person seems alert and even companions cannot recognize “whether the person had enough alcohol;” the blood alcohol concentration would be the same as in others. The combination of alcohol and energy drinks is very dehydrating and hinders the body’s ability to metabolize alcohol, which further increases the toxicity of the alcohol. As the stimulant effect wears off, the depressant effects of alcohol will become prominent. The morbidity and mortality associated with alcohol and energy drinks is a growing public health concern.

## Caffeine

The Food and Drug Administration (FDA) has included caffeine in the list of substances that is generally recognized as safe and has set the maximum concentration of caffeine in cola beverages at 32.4 mg of caffeine per 6-ounce bottle or 65 mg of caffeine per 12 ounces. Caffeine consumption

is associated with common symptoms including jitteriness, anxiety, increased heart rate and dehydration. In addition, the person may experience chest discomfort, heart rhythm irregularities, increased blood pressure and electrolyte disturbances – resulting in nausea and vomiting. High-dose caffeine has been linked to such things as caffeine intoxication, caffeine dependence, insomnia, palpitations and arrhythmias, seizures and stroke. Energy drink consumption has been linked to cases of liver damage, kidney failure, heart failure and death.

## What is Being Done?

The FDA and Federal Trade Commission (FTC) have issued warning letters to four producers of pre-mixed energy drink and alcohol beverages. The FDA cited safety and health concerns related to the addition of caffeine to alcoholic beverages. The FTC highlighted the deceptive practices that are associated with the marketing of alcoholic energy drinks. Even though government agencies have discouraged the production of pre-mixed alcoholic energy drinks, college students are still able to mix energy drinks and alcohol on their own or purchase these popular mixed drinks at bars and restaurants.

## Sports Drinks

It is important to distinguish sports drinks from energy drinks. A sports drink is any drink consumed in association with sport or exercise, either in preparation for exercise, during exercise itself or as a recovery drink after exercise. The main role of the sports beverage is to stimulate rapid fluid absorption, supply carbohydrate as substrate for use during exercise, speed rehydration and promote overall recovery after exercise. Sports drinks usually contain a source of carbohydrates, various salts to provide electrolytes and water. Secondary components of sports beverages include vitamins, minerals, choline and carbonation. Most sports drinks tend to be moderately isotonic, meaning their concentrations of salts and carbohydrates are similar to those found in the human body.

In 1965, a team of researchers led by Dr. Robert Cade, developed the first scientifically formulated beverage designed to replace fluids and salts lost through sweat during intense exercise, known as Gatorades Thirst Quencher. Since then the sports beverage industry has evolved from a single, locally distributed electrolyte drink into a multibillion-dollar category within the larger sports supplement and functional foods market. This growth has not been without sound scientific principles that back the formulations. Research has shown that drinking a properly formulated beverage during

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exercise provides better performance than drinking water alone.

In the Joint Position Statement on Nutrition and Athletic Performance, published by the American College of Sports Medicine and the American Dietetic Association, it is stated that consumption of sports drinks containing carbohydrates and electrolytes during exercise will provide fuel for the muscles, help maintain blood glucose and the thirst mechanism, and decrease the risk of dehydration or hypernatremia.

### What is a Health Care Provider to Do?

In the past century, there has been remarkable progress made in the health status of the U.S. population. Tremendous advances in medical technology, surgical techniques and pharmaceuticals have been made. The significant missing ingredient in the recipe for improved health status of people is self-care: empowering individuals to assume more responsibility for their own health. Most individuals view their primary care physician as their primary sources of health care information. However, nurses are the largest segment of professional caregivers. We should approach patient education with the attitude of fostering healthy lifestyle behaviors. Patient education should not only include over-the-counter medications, herbs and vitamins – but should also include discussion of energy drinks.

Let's not just teach healthy lifestyle behaviors, let's practice them! This week, take some time for personal reflection. Are you tired, do you get enough sleep? Have you lost your

luster? If so, you have a choice to make. Do you choose an energy drink or a healthier lifestyle, which includes eight hours of sleep a night, a rainbow diet, exercise and plenty of water? I choose the latter. Grab a water bottle, and join me on the journey of a lifetime.

### Energy Drinks: What Every Health Care Provider Should Know

1. Understand the size and scope of the energy drink market, and recognize common energy drink brands.
2. Know that teens and young adults are high consumers of energy drinks.
3. Know the contents of energy drinks and their adverse effects and safety concerns.
4. Know that energy drinks can be a cause of tachycardia, hypertension, obesity and other medical problems.
5. Know the dangers of mixing energy drinks with alcohol.
6. Understand the importance of screening patients for energy drink use.

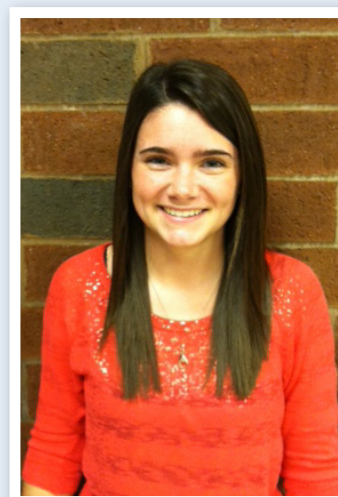
#### References:

Arrila & Cakir, 2011; Galaz, 2005; Ishak, et al., 2012; Lohsoonthorn, et al., 2013; Velazquez, et al., 2012

## Student Organization Spotlight Radiography Club

The Radiography Club meets regularly to discuss fundraising goals and activity opportunities for students in the ASR program. Radiography Club members help with Student Life activities, represent Aultman College at the Ohio Society of Radiologic Technologists (OSRT) conference and conduct group community service projects. Officers of the Radiography Club are:

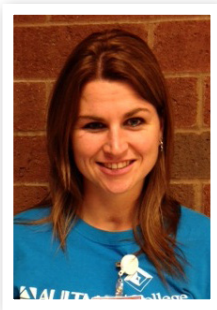
- President: Nikki Van Sickle**
- Vice President: Samantha Baxter**
- Secretary: Sarah Weaver**
- Treasurer: Linda Cantrell**
- Freshman Rep: Jordyn Koch**



Nikki Van Sickle, Rad Club President

# Golden Owl

## Student of the Month January



Ashley Hanood



At Aultman College, our goal is to “live our values” every day! The Golden Owl Student of the Month program recognizes students who have gone above and beyond in displaying the values that are the foundation for our institution. Students may be nominated by faculty, staff, hospital employees, patients or other students. The Golden Owl Student of the Month is acknowledged in The Pulse newsletter, on the *WiseLine* and by posters in the hallway kiosks. One of the perks of the award is a reserved, front-row parking space in the Aultman Education Center parking lot. Nomination forms are available on the *WiseLine* or outside the Student Life Office.

Ashley has been nominated by a college staff member for demonstrating the values of Integrity and Caring. Ashley has matured and grown monumentally over the last couple of years. She always tries her best and wants to do the best job possible. She has dedication and enthusiasm. She is caring in her home, work and school setting. I admire her willingness to never give up and to always try her best.

### Q & A

#### Learn More About Ashley!

##### *What led to your decision to pursue your degree?*

I had tried other options like business and construction. But there was not enough job security for me to be sure about my future with my family if something were to happen with my family.

##### *Why did you select Aultman College for your education?*

Close to home and small class sizes!

##### *You were nominated based on your demonstration of the Aultman College values of Quality, Integrity, Caring and Knowledge. Why do you feel these characteristics are important for a health sciences student?*

These qualities combined in a person show they take pride in what they do, will do their best in everything that they do, will not give up until they have reached the point that they feel is their best and demonstrated their knowledge for the topic at hand. When caring for people, you want them to be able to trust you and know that you have their best interest at hand.

##### *Is there any personal information you would like to share in this article?*

I love spending time with my family, hunting, playing basketball and running. Although nursing school takes away from a lot of this, I still try to make time for these things.

**Favorite Food:** used to be pizza but now I really like kibby and hummus

**Favorite TV Show:** “Modern Family” and “Buying Alaska”

**Favorite Song:** anything by Brantley Gilbert

**Favorite Book:** The “50 Shades of Grey” series

**Favorite Class (so far):** Clinical! I have a hands-on learning style and love the experiences that I have had so far.

**Best Advice For First-semester Students:** Stay on top of your reading, and keep up with studying! It is amazing how fast you can get behind with just missing one or two days.

# Diversity Digest



It is our goal at Aultman College to promote and encourage a culturally diverse and inclusive environment. We strive to be a facility where differences are recognized, accepted, appreciated and celebrated. Each month, the Diversity Digest section of the Pulse will share multicultural concepts and information, understanding that a diverse student body has far-ranging and significant benefits for all students, as well as the community at large.



## Jan. 20, 2014 Martin Luther King Jr. Day

Dr. Martin Luther King Jr. was a vital figure of the modern era. His lectures and dialogues stirred the concern and sparked the conscience of a generation. The movements and marches he led brought significant changes in the fabric of American life through his courage and selfless devotion. This devotion gave direction to 13 years of civil rights activities. His charismatic leadership inspired men and women, young and old, in this nation and around the world. Dr. King's concept of "somebodiness," which symbolized the celebration of human worth and the conquest of subjugation, gave black and poor people hope and a sense of dignity. His philosophy of nonviolent direct action, and his strategies for rational and non-destructive social change, galvanized the conscience of this nation and reordered his priorities. His wisdom, words, actions, commitment and dream for a new way of life are intertwined with the American experience.

Source: [www.mlkday.gov](http://www.mlkday.gov)

## Minority Scholarship Resources

Did you know there are scholarship resources for minority students on the Aultman College website?

Go to [www.aultmancollege.edu](http://www.aultmancollege.edu), under the Financial Aid tab and then select Scholarship Tools. There are several websites listed for resources.

## Third Annual Nutrition Poster Contest



Posters on principles of nutrition and nutrition management and adaptation to various cultures created last semester by students in NRS 101 Foundations I course will be displayed outside the Bettie Sponseller Skills Lab the week of Jan. 27. Specific diet topics and how they are related to various cultures will be featured each day:

Monday – Clear, full and soft and the Asian culture.

Tuesday – Diabetic and sodium restricted and the Native Americans and the low-income, geriatric cultures.

Wednesday – Low cholesterol and gluten-free and African-American and European-American cultures.

Students, faculty and staff can vote each day on a winning poster for each category grouping. The category grouping winners will be displayed on Thursday and Friday with voting for a grand-prize winner. Winners will be announced Monday, Feb. 3. Prizes will be awarded to the creators of the winning poster.



## Featured Faculty: Christine Barcus



This time of year is always busy. Many are Christmas shopping, trimming the tree, baking cookies and wrapping gifts in preparation for friends and family gatherings. Well, I am doing the same except I am also packing my bags and heading for vacation. Yeah! This Christmas we have decided to spend our time off in Arizona. Many ask, “Why Arizona?” I’ve never been to Arizona, and the climate this

time of year is warm and in the 70s. I love the sun and will enjoy this, instead of snow! I have several excursions planned for us to experience on this trip. Hoping for a fun and relaxing trip.

Professionally, I have just completed a research article – and I am patiently waiting for it to be published. Stay tuned, the college will announce when it gets published. We are wrapping up this semester and working hard to get ready for next semester. For spring semester, students will see me in classrooms teaching NRS 102 and 103 and also on the clinical units.

### **1. What led to your decision to pursue the degree (s) you chose?**

My family was my main influence. I have several family members in the medical profession. Growing up and hearing stories at family gatherings persuaded my decision for this career. In my heart, though, I always knew that I wanted to be a nurse.

### **2. Where do you come from?**

I was born and raised in Carrollton, Ohio. After graduation from Carrollton High School and the Ohio Valley Hospital School of Nursing, I moved to Roanoke, Va. I worked there for 15 years in an emergency department in Roanoke. I loved emergency nursing! I am a homebody, and all my family was here in Ohio. So, we moved home. I started working at Aultman Hospital in the ED. In 2008, I experienced an unexpected hearing loss. I realized that when one door closes, another door opens. Shortly after my hearing loss, I transferred to the college full-time. I fell in love with teaching. The joy of nursing is that there are so many fields to choose from. I worked for 25 years as an emergency room nurse and several years as a Sexual Assault Nurse Examiner (SANE). My experience as an emergency room nurse is still very much a part of who I am. Working as nursing faculty has been amazing for me. The faculty, staff and administration here at Aultman College are a great bunch to work with. I am very proud to be part of this team.

### **3. What is your favorite book?**

My favorite author is Karen Kingsbury, and my favorite books are the 911 series she wrote. She is a fantastic Christian inspirational author. I have read all of her books.

### **4. What is your favorite movie?**

My favorite movie is “Dirty Dancing” with Patrick Swayze. I thought he was amazing in this film. This is my standby movie to watch when I have down time. I cried when he passed away.

### **5. What is your favorite quote?**

“Enjoy the little things in life ... for one day you’ll look back and realize they were the big things.” By: Robert Brault. Many hear me say the beginning of this quote frequently. It’s just the little things ...

### **6. If you could share advice with Aultman College students, what would it be?**

My one word of advice is to be genuine. To be genuine means to be honest, real, truthful and sincere. Be honest ... in what you are saying. Be truthful ... with your words. Be sincere ... that what you are saying is heartfelt. I know these words sound simple, but look deep inside of yourself and make sure that you are genuine. As nursing students (future nurses), you will use this value in your personal and professional lives.

### **7. Personal Information:**

Students who have had me in the classroom, laboratory or clinical know my favorite candy is pink Starbursts. My pockets and the cup on my desk are always full and ready to enjoy. I try to exercise at least three times a week, and I love to read romance books. My family is all about football. We eat, drink and sleep football. I follow the New Philadelphia Quakers and the Carrollton Warriors on Friday nights. The Ohio State Buckeyes are my favorite college team on Saturday, and the Pittsburgh Steelers are my absolute favorite team on Sundays. I love to go to the games and enjoy tailgating with friends and family. GO STEELERS!!! I know my Steelers have not had a very good season, but I still love them.

I have been blessed in my personal and professional life. My family is wonderful and very supportive for me. Professionally, I love my job and hope it shows through my teaching and my students.

Happy New Year everyone!

Thank you for this opportunity to share!!!

~Christine

## LRC Highlight: The Best-kept Secret in the LRC

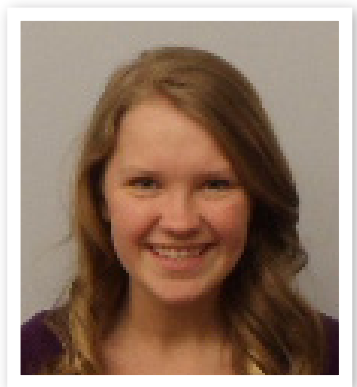
*Read the story of Emily Livengood's journey to success, and discover the best-kept secret in the LRC.*

One of the academic tools of support that Learning Resource Center Coordinator Michelle Speedy offers to assist students is an "Academic Success Plan." In the spring of 2012, Mrs. Speedy helped Emily Livengood put together a plan for success. The Academic Success Plan mirrors a nursing care plan by asking the student the following questions:

- What are the contributing factors that are impeding your success?
- What resources have you utilized on your journey to success?
- What interventions do you need to make to facilitate success?
- What are your expected outcomes?

To prepare for these questions, Emily completed a VARK Learning Style Assessment. The VARK Learning Style Assessment alerts students to the variety of different approaches to learning. VARK provides Academic Helpsheets to aid the student in understanding how they take in information, use information for effective learning and communicate more effectively. As Emily answered each question on the success plan, she was able to see how knowing her specific learning style would aid her in taking notes in class, studying for tests and equip her with test-taking strategies to communicate the knowledge she had acquired. Emily continued to use the recommendations from the VARK Academic Helpsheets throughout the semester. In addition to this learning style assessment tool, Emily utilized 90 percent of the other resources available in the LRC as interventions to facilitate her success.

Emily, now a fourth-semester nursing student, admitted she did not seek out the resources in the LRC right away. She tried to make her situation better on her own by using some of the available resources, but something was still missing. For Emily, the missing link was the VARK Learning Style Assessment! As Emily closes in on her ultimate goal, graduation from Aultman College, she wants to share with her classmates the best-kept secret in the LRC: the VARK Learning Style Assessment! "Don't wait," Emily said. "Complete the VARK and an academic success plan in your first semester."



# College Goal!

## Save the date!

College Goal Sunday is Sunday, Feb. 9. Get free, on-site professional assistance completing the Free Application for Federal Student Aid (FAFSA). Student registration for the event is now open! Students and families are encouraged to register at [www.ohiocollegegoalsunday.org](http://www.ohiocollegegoalsunday.org). Click on the Student Registration tab to select a location near you!



# Visitor Policy Reminder

**Policy:**

- A. Visitors who are taking part in organized, scheduled activities or who are enrolled in specific classes are welcome and encouraged to utilize the Aultman College campus.
- B. Visitors who are unsupervised or considered disruptive will be asked to leave the campus immediately. If the visitor is a minor, a parent/guardian will be contacted by college personnel and appropriate measures will be taken.

**II. Purpose:**

- A. It is the goal of Aultman College to provide a safe and effective learning environment for all students. Aultman College has the responsibility to provide a place of instruction that is conducive to learning and free from distractions. For reasons that include safety, the Health Insurance Portability and Accountability Act (HIPAA), and the assurance of professional, efficient performance of academic pursuits, operations and services, the college cannot routinely accommodate visitors in campus workplaces, classrooms, laboratories, recreation areas, the library and other student study spaces.

**III. Definitions:**

- A. A visitor is defined as someone who is on campus and is not an employee or a student.
- B. For the purpose of the guidelines listed below, a visitor is someone who is NOT taking part in an organized, scheduled college event.

**IV. Procedure:**

**A. EMPLOYEE GUIDELINES**

(The following guidelines apply to bringing visitors of any age to the workplace.)

- 1. Employees are encouraged to obtain supervisor approval before bringing visitors into the workplace for employee convenience or due to a family emergency.
- 2. Children are not to be brought to work in lieu of childcare.
- 3. A parent or guardian must provide supervision at all times.
- 4. Visitors should not be left unattended or with other employees unless they are taking part in an organized, scheduled activity. (Prior approval from supervisor needed.)
- 5. Visitor should not interfere with workplace activity.

- 6. Employees with a sick child (ages 4 to 12) can work with the Pediatric Interim Care (PIC) program through Aultman Hospital Human Resources. (See the Aultman Hospital Employee Handbook.)

**B. STUDENT GUIDELINES**

(The following guidelines apply to visitors accompanying students on campus.)

- 1. A visitor should not be left unattended while the student is attending class or conducting any other business or attending a social function in campus workplaces, classrooms, laboratories, recreation areas, the library and other student study spaces. Exception: For a short occasional visitation, such as to discuss current coursework in an instructor's office, the student may be accompanied by a visitor, with the approval of the instructor. Prior approval must be obtained or student must reschedule appointment.
- 2. At no time is a visitor permitted in any clinical area.
- 3. At no time can a visitor be present while a student is obtaining patient information through Cerner.
- 4. At no time can a visitor attend a class session without completion of the formal registration process.

**C. STUDENT LIFE GUIDELINES**

- 1. Student Life welcomes family members and friends to all college student events/activities.
- 2. Family members and friends must be accompanied at all times by an enrolled Aultman College student.

**D. CONSEQUENCES**

- 1. Employee Violation  
Supervisor is notified and appropriate action will be taken based on supervisor's discretion.
- 2. Student Violation  
Vice President of Administrative and Student Affairs is notified of the student conduct violation and will take appropriate action.

**V. Approvals:**

- External Editor Review 2/19/13
- Student Affairs Council 2/25/13
- Administrative Council 3/18/13

# Learning Express Library

Anxious over algebra? Sweating over science? Troubled over test-taking? Why not turn to the Learning Express Library and try one of the many useful resources designed to help you succeed in college or work.

Learning Express Library has a wide selection of practice tests, skill-building courses and electronic books that can be downloaded on campus or at home. Resources are organized by topics such as “Occupation Practice Tests” or “Workplace Skills Improvement.” Helpful resources include:

- NCLEX-RN Practice Exams.
- Radiography Practice Exams.
- Math and Reasoning Skills Practice.
- Spanish/English Terms for Nurses.
- Computer Software Tutorials.
- Résumé and Cover Letter Resources.

To access Learning Express Library, log on to OhioLINK at [www.ohiolink.edu](http://www.ohiolink.edu) and click on Databases by Name or Title on the left-hand side. Once you locate Library Express, create a new user account by hitting the “register” button. You can then download practice tests and resources into your personal folder. Need help? Contact Academic Librarian Theresa Kline at [tkline@aultman.com](mailto:tkline@aultman.com) or 330-363-3471.



## FERPA REMINDERS

### Paperwork Guidelines

1. When a student hands paperwork in outside of class time, he/she should
  - a. Hand the paperwork directly to the instructor OR
  - b. Turn the paperwork in to the drop box (with time/date stamp AND faculty name)
2. Instructors returning paperwork to students – please
  - a. Return paperwork to students in person OR
  - b. Leave individual assignments in a sealed envelope at the front desk (clearly labeled with student name).  
Do not (for any reason) leave assignments for pickup in mailboxes!

### Hallway Reminders

1. See a person wandering about? Please offer to help and ensure a secure atmosphere! If you encounter any difficulty, please notify Security Services at ext. 36268 from any hospital phone.
2. With a growing pool of employees, please remember that it is part of our dress code to wear our badge at all times on campus. Wearing your badge appropriately identifying you as an employee or student is also a requirement of The Joint Commission. Not all of us know each other, and we need to clearly identify ourselves!

# Campus Happenings

## December 2013 Graduation and Pinning

The Aultman College Pinning Ceremony was held Thursday, Dec. 12 at 5 p.m. in the Morrow House Auditorium. A total of 21 students were pinned, signifying their accomplishments. The December 2013 graduation ceremony was held at R.G. Drage on Friday, Dec. 13 at 6 p.m. Students from the August and December 2013 classes were presented their diplomas and officially welcomed into the Aultman College Alumni Association.



# Campus Happenings

## Kick Stress Week

Finals are a very stressful time for any student; this is why it is important to find ways to relax. Student Life Coordinator Jen Penso put on a week's worth of activities for the students to help them kick stress. Monday was popcorn day, where a snack was provided for anyone who was here studying hard. Tuesday, free coffee and tea were provided in the main hallway. Wednesday, our favorite Happy Tails dog Harley graced us with his presence in the main hallway. On Friday, Lyn Sabino provided massages during the morning for students, faculty and staff. Throughout the week, students and staff were able to send Christmas cards to troops serving our country.



Alyssa Mauser, Student Senate President

## Town-hall Sessions

During the week of Nov. 18, three town-hall sessions were held for students to come and voice their opinions during an open forum as well as hear announcements about upcoming events at the college. A total of 14 students attended and provided us with their opinions about how things are going at the college. Jen Penso will follow up with the appropriate faculty and staff members to ensure students' concerns are addressed. The town halls were also the last event for Student Senate for the fall semester. We want to thank Jen Gillis for her role as president and welcome Alyssa Mauser as the new Student Senate president.

## Adopt-a-Family

Aultman College students, faculty and staff donated 168 gifts for the two families selected for this year's Adopt-a-Family. The program is run through Aultman Hospital each year to help families who are going through hardships provide presents and food for their Christmas celebration. Student Life Coordinator Jen Penso selected two families. Each family had five members each, ranging from 1-46 years old. The Aultman College family should be proud of its good deeds knowing that these families will not have to go without this year. "We are very fortunate to have a great team that is able to provide for these families who would otherwise go without," Jen said. "I am very proud of our accomplishment!"

# Campus Happenings

## Preparing the Next Generation of College Students

On Dec. 9, Aultman College hosted an event for potential students entitled “Get Connected.” A total of 16 R.G. Drage and 35 Timken High School students interested in health care careers learned about the importance of networking and then practiced their networking skills as they rotated through three different stations set up throughout the college. Activities at the stations included one-on-one discussions with United Way Women’s Leadership Council, health care and business professionals on topics such as education goals and overcoming obstacles, hands-on health sciences activities in the Simulation Lab and looking at X-rays with Radiography faculty member Naomi Stiffler. As the event concluded, the students had a chance to ask Aultman College Nursing and Radiography students about the college and the programs. This was the third year Aultman College has held the event. The event is co-sponsored by the United Way Women’s Leadership Council.



## Past and Present Luncheon

Nov. 19 was a special day on our campus for the alumni from the classes of 1946-1956. They were invited to meet present students to share lunch and stories about their nursing school experiences. Among the laughter, alumni reminisced about their dorm rules, silly roommates and the nursing procedures that seem so archaic to the nursing practices of today. Alumni discovered that students today carry different responsibilities. When alumni attended school, they were young, single girls living in a dorm focused solely on their studies; whereas today’s student must juggle studying with their family and work obligations. Students realized that although life as a student nurse may have been extremely different in the ’40s and ’50s, one thing remains the same – it’s a special career that requires compassion and a lifetime of caring for others.



# Campus Happenings

## Med Tech Day

Do you know that the biggest recruiters for Aultman College are the students? When you share your experiences with your friends and family, they are gaining first-hand knowledge from someone they trust. In December, several of our Aultman College students put their recruiting skills to the test. They teamed up with students from Washington High School's health tech programs to experience life on our campus at the annual Med Tech Day. Our nursing and radiography students were eager to answer questions as they led their groups to various stations to view radiography films, experience the Simulation Lab, dig deep into the anatomy of the brain and tour the campus. If you would like to be involved in upcoming recruiting activities, contact Service Learning Coordinator/ Recruiter Sheri Storlie at 330-363-1178.



## Aultman College Rocks THE SPIRIT OF INQUIRY

Aultman Health Foundation hosted an annual research conference entitled "Spirit of Inquiry: a Decade of Discovery." As Aultman College's own Jo Ann Donnenthirth said, "The college rocked the house this year!"

Congratulations to Aultman College participants including:

- Dr. Theresa Benzel – invited speaker and poster presenter in the research category.
- Dr. Deb Hyde – invited speaker and poster presenter in the research category.
- Ms. Jo Ann Donnenthirth – invited speaker, poster mentor.
- Dr. Kris Skalsky – poster mentor.
- Ms. Renee Adams – poster presenter in the clinical practice category.
- Mrs. Dianne Gibbs – committee member, poster mentor, poster presenter in the research category and WINNER of best research poster!
- Mrs. Sue Shepherd – poster judge.
- Mrs. Vi Leggett – poster judge.

Thank you to all who participated! Way to make Aultman College proud!

