



PULSE PULSE

SEPTEMBER 2012

Welcome to

Fall Semester 2012!

We're Glad You're Here!

INSIDE THIS ISSUE!



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STUDENT OF
THE MONTH

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JULY



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Engagement = Success

Studies show that being engaged in college activities can translate to success in the classroom. Aultman College offers a number of ways for you to get involved, including joining student organizations, taking part in service projects, or participating in extracurricular activities. To stay updated on scheduled events, log on to the WiseLine daily, read the This Week in Student Life e-mail on Sunday, or check the This Week poster (located across from the second floor elevators.)

Thinking about becoming part of a student organization? Here's a rundown to help you decide the best fit for you:

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 between students, faculty, staff and administration. Student Senate meets regularly to discuss activities and College-related issues that are important to students. Membership consists of at least ten elected students, representing each class. New senators are nominated and elected during Constitution Week Sept. 17-21.

Student Activities Society (SAS)

The purpose of SAS is to plan and execute social events for Aultman College students. Members of SAS work with the Student

Life coordinator to develop ideas, and plan and promote events. SAS meets twice a month during Fall and Spring semesters and several times in the summer in preparation for the upcoming academic year.

Student Mentoring Program

The Student Mentor Program connects new students with upperclassmen to build lasting relationships. New students get the benefit of advice and support from someone who has been there! Upperclassmen get the satisfaction of sharing their experiences and strategies for success. Mentoring is easy and flexible and can be done via email, phone, text or Facebook.

Aultman College Veterans Association

Membership in the Aultman College Veterans Association is open to all students who have served or are serving in any branch of the military, including the National Guard. The purpose of the organization is to provide fellowship and networking opportunities for veterans and provide members with important benefit updates.

Nurses Christian Fellowship

Nurses Christian Fellowship (NCF) is an intervarsity, national organization. The mission of NCF, which is open to all Aultman College students, is to engage students with the good news of Jesus Christ to bring God's love and healing to nursing and healthcare. For more information, contact Mrs. Allen at betty.allen@aultmancollege.edu.

CONTINUED FROM PAGE 1

Aultman College Student Nurse Association (ACSNA)

ACSNA is the Aultman College chapter of the Ohio Nursing Students' Association (ONSA) and the National Student Nurses' Association (NSNA). The organization meets monthly and co-sponsors many Student Life activities. Members have also attended the annual ONSA convention. Membership cost of \$35/year. To learn more, visit www.nсна.org.

Men In Nursing Association

The Men in Nursing Association was established in 2007 by several male student nurses attending Aultman College. The Association was developed to provide mentorship opportunities for male student nurses and establish relationships with male Aultman alumni who currently hold careers in nursing. For more information about meetings and events, visit the Student Life Office.

Radiography Club

The Aultman College 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 OSRT (Ohio Society of Radiologic Technologists) conference, and conduct group community service projects.

Nursing As A Second Career

"Like" this group on Facebook to learn more about their activities and events.

Start Your Own Club!

Aultman College 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 *WiseLine!* To learn more about any organization, see Student Life coordinator Courtney Coleman.

Aultman College Honor Societies

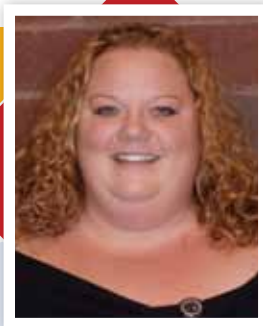
Involvement in honor societies is a great way to boost your service and leadership skills as well as your resume. Take a few moments to learn more about Aultman College honor society opportunities....

Phi Theta Kappa

Phi Theta Kappa is the largest two-year honor society in the world. The Aultman chapter, founded in 2010, is named Beta Sigma Theta. PTK offers students leadership and honors activities, as well as scholarships and career networking. To be eligible to join the Beta Sigma Theta chapter of Phi Theta Kappa, students must have a cumulative GPA of 3.60 and have completed at least 12 credit hours. For more information on joining PTK, visit their website at www.ptk.org.

Lambda Nu

Lambda Nu is a national honor society for radiologic and imaging services. Aultman College founded the Ohio Gamma chapter in 2012. Lambda Nu's objectives are to foster academic scholarship at the highest academic levels, promote research and investigation in the radiologic and imaging sciences, and recognize exemplary scholarship. To be eligible to join the Ohio Gamma chapter of Lambda Nu, students must have a cumulative GPA of 3.50 and have completed at least 5 credit hours in the Associate of Science in Radiography program at Aultman College. For more information on Lambda Nu, visit their website at www.lambdanu.org.



Meet Your Student Senate President

*Sara Mallady
President
Student Senate*

Hello from Aultman College Senate. I wanted to take a moment to introduce myself to all of the new and returning students of Aultman College. My name is Sara Mallady, and I have had the honor of being elected Student Senate President for the next year. I wanted to be on Student Senate because it is the organization that is the voice for the students. When students identify an issue, Senate looks into it and works with Aultman College faculty and administration to find a solution. We are here to help and lead the student body. If you need something, stop one of us, (our pictures are up by the elevators) and talk with us about your concerns. We have a very busy upcoming semester. We are planning college-wide town halls for students to share their thoughts and ideas. We have fundraisers coming up, such as the Aultman College bracelet sale, and we would love your support. We have a fantastic kick off week planned for Constitution Week that includes a cookout, and a breakfast social. We are also looking for future leaders to join Student Senate. Nominate yourself or someone you think would be good in this role during Constitution Week. It's good for your resume and a great way to learn more about governance of the college. I would love to meet as many students as possible this year, so feel free to stop me in the halls, introduce yourself, and let's chat! Hope everyone has a great fall semester!

News You Can Use!

Important AultCare Student Health Insurance Changes

You asked and we delivered. ACT survey responses indicated that students wanted an option to enroll or waive AultCare health insurance more frequently based on personal life changes. Consequently, effective Fall 2012, the plan will feature semester premium rates rather than annual rates, and **re-enrollment will now occur every semester** rather than each August.

All degree-seeking students will automatically be enrolled in the AultCare Student Health Insurance Plan each semester unless you waive coverage because you are covered under another healthcare plan. Failure to complete the opt-out 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.

The deadline date to waive coverage for the Fall 2012 semester is September 4, 2012. There are five easy steps to waive the student health insurance coverage:

1. Visit the Aultman College website (www.aultmancollege.edu), click on the AultCare Student Insurance Coverage link located under Recent News.
2. Select "AultCare Student Insurance Coverage."
3. Select "Enrollment Waiver."
4. Complete waiver form, then select "Submit."
5. Print a copy of your summary page and waiver confirmation for your records each semester.

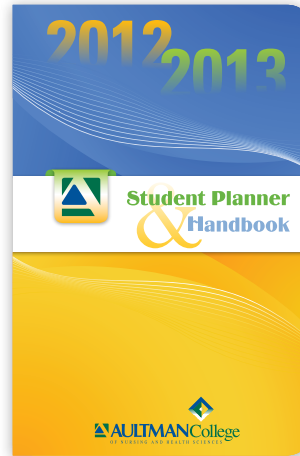
If you have questions or concerns regarding the student health insurance plan, contact the Admissions Office at 330-363-5075 or 330-363-6773.

Fall 2012 Graduation Application Deadline: October 15

Fall 2012 graduation candidates: Graduation applications are due by October 15, but why wait? Check this important task off your list right now! Graduation application forms are available in the college office or under the Registrar Forms tab in the Academics section of the college website.

LRC Open House – Sept 4 10 a.m. – 2 p.m.

Stop in to learn about LRC services! Meet the staff, tutors, and student workers! You can also sign up for workshops and appointments with LRC advisors to discuss your plan for academic success. There will be snacks and drawings for prizes, so don't miss out!



New Student Handbook

You should have received your 2012-2013 Student Handbook at the Aully's Welcome Week tables. Please make time to read the handbook so that you are familiar with college and program policies. Remember, the Student Handbook is your go-to guide to learn about policies, services, and procedures, such as how to appeal a grade or conduct violation.

Here's a heads-up on some new additions to the Student Handbook:

New Printing/Copying Policy (page 17)

To promote cost-effective and environmentally responsible use of resources, the college is implementing a printing and copying policy this semester. Printing and copying is coordinated through the Equitrac system. You are given an allowance of 300 black and white pages (known as clicks) of output each semester. (Please note the handbook says 250 clicks, but the actual amount is 300.) Additional clicks may be purchased at the college front desk in \$2 increments, which is equal to 40 clicks. For student convenience during non-business hours, the system will allow a negative balance up to \$2. Unpaid balances will be added to your bill. At the end of each semester, unused clicks are forfeited and the money in student accounts will be donated to Student Life. Copying and printing services are available in the LRC, the Health Sciences library, computer lab, and Classroom 8.

Maximum Attempts per Course (page 24)

Please note that this policy only applies to students who begin at the college in Fall 2012 and beyond.

Other policies to check out:

- Sexual Assault Policy (page 47) NEW!
- Technology Resources Acceptable and Fair Use Policy (page 36) REVISED!
- NCLEX Review Graduation Requirements for ASN students (page 81) REVISED!
- Administrative Withdrawal Policy (page 27) NEW!
- Jury Duty (page 19) NEW!
- Student Activity/Event Travel Policy (page 43) NEW!
- On/Off Campus Student Activity Alcohol and Drug Policy (page 42) NEW

News You Can Use!

Course Changes

Effective beginning in Summer 2012:

- The course name for ENG 205 has been changed from English Composition II to Critical Analysis, Argumentation, and Research
- A withdrawal from NRS 102 automatically results in a withdrawal from NRS 103
- NRS 101 has been added as a pre-requisite to NRS 104

Effective beginning in Spring 2013:

PSY 111 has been added as a pre-requisite to PSY 211

New Hybrid Format for Specific Courses

This fall, Aultman College will begin offering a hybrid course format for select courses. Hybrid courses combine online learning experiences and activities with traditional classroom meetings. Hybrid courses

meet part of their scheduled time in the classroom and part of the time online. The course requirements are met through both online and in-class assignments and activities. Online consumption of information and student discussion occurs asynchronously, meaning that students can access course materials and lectures 24 hours a day, seven days a week from their home or chosen work station. A hybrid course meets the credit requirements of the traditional classroom course. This fall, a section of HSC 120 (Language of Medicine) and a section of PSY 111 (Introduction to Psychology) will be offered in hybrid format. Amvonet is the learning management system (LMS) platform used by Aultman College for providing distance learning to students. Students registered for hybrid courses can find the link to the LMS system and a Student User Guide under the Academic tab of the college website.

Stay In The Know By Using Your Official College Email Address

Your Aultman College email address is your lifeline to official communication with the college. Assignments, registration dates, academic calendar deadlines, registrar updates, and other critical information is all communicated via your aultmancollege.edu email. Assistance is available if you don't remember how to activate your account or forgot your password. You can also create settings that allow your aultmancollege.edu email to automatically forward to another email account, eliminating the need to check two email addresses. (See sidebar). Remember, it is college policy that you must read your aultmancollege.edu email. Don't miss out on important information. Figure out a regular time to check your email today and stick with it!

If you need assistance in accessing your email account, email aultmancollegeit@aultman.com or call:

- Adam Mann (330) 363-1126
- Jacqui Schmotzer (330) 363-1283

To forward your aultmancollege.edu email to another email address, complete the following steps:

1. Log into Live Mail.
2. Go to your Inbox.
3. Select the Options tab, then select More Options from the dropdown box.
4. Select More Options.
5. Click on the *Forward email to another email account*.
6. Enter the alternative email address.
7. Select *Keep a copy of forwarded messages in your Windows Live Hotmail Inbox*.
8. Click Done.

This Week in Student Life

Check your email Sunday afternoons to get the scoop on Student Life activities for the coming week!



Upcoming Student Life Activities

Check your email for details about these Student Life activities:

Constitution Week September 17-21

Help Aultman College celebrate the birth of the American government system by participating in these upcoming activities:

Constitution Day Cookout

September 17 • 11:00 a.m. – 1:00 p.m.
College Parking Lot

Student Senate Nominations

September 17-18

Student Senate Elections and Breakfast Social

September 20 • 9:00 a.m. – 11:00 a.m.

American Heart Association Stark/Wayne HeartWalk

September 15

Kent State Stark

Registration 8:30 a.m.

Walk 10:00 a.m.

Earn service hours!

See Courtney Coleman to sign up to be part of the Aultman College team!

2012 Summer Walking Challenge Results



Aultman College faculty/staff and Students went head to head this summer for the first ever Aultman College Walking Challenge. Students had a strong start but fell back mid-way through. Faculty/staff stuck it out the whole way through and **BEAT THE STUDENTS!**

Faculty/Staff

9.1 million steps

Students

7.9 million steps

Top 2 Walkers for Faculty/Staff

Chris Gemma with 1,277,555 steps logged
Kristine Skalsky with 1,034,522 steps logged

Top 2 Walkers for Students

Carol Willcock with 1,701,970 steps logged
Brittany Tatman with 921,183 steps logged

Congratulations to all the participants!

From the Academic Librarian New! Annual Academic Copyright License



Theresa Kline
Academic Librarian

At Aultman College, we take copyright seriously. Copyright protects the owner of any “fixed” material. Fixed material includes anything written, recorded, or taped. When sharing material in an academic setting (or any setting), you are responsible for knowing how you can use copyrighted material.

In order to help out our students, faculty, and staff, Aultman College has recently purchased an Annual Academic Copyright License from Copyright Clearance Center. The license provides copyright coverage to the College for the reuse of a wide variety of text-based material such as journal articles and academic books.

What does this mean for you? If a resource is covered by the license, you will be able to freely share the item with fellow students and instructors via copying, e-mailing, or posting the content in a protected online environment.

To check to see if a resource is covered, follow these simple steps:

1. Go to Copyright Clearance Center at www.copyright.com
2. Search for a resource by title or ISBN number. If searching for an article in a journal, enter in the name of the journal title.
3. Verify coverage by looking for the symbol next to “Academic License”.
 - ✔ means it is covered.
 - ⊘ means it is NOT covered

If the word “Terms” appears under the symbol, scroll over the word to view restrictions.

If you have any questions about the Annual Academic Copyright License, contact the Librarians at Aultman Health Sciences Library:

Theresa Kline, MLIS
Academic Librarian
330-363-3471
tkline@aultman.com

Krystal Slivka, MLS
Chief Medical Librarian
330-363-3833
kslivka@aultman.com

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.

Learn More About Sikhism



On Aug. 5, a gunman opened fire at a Sikh temple in Oak Creek, Wisconsin, killing six people and wounding four others. At Aultman College, we believe that education is key to understanding and appreciating diversity in the world around us. In honor of the victims of the Sikh tragedy, please take a few moments to learn about the Sikh religion.

Barely five hundred years old, Sikhism is the youngest of the world religions and has a following of more than 20 million people worldwide. Sikhism was founded in India by Guru Nanak, who was born in 1469. Guru Nanak infused his own consciousness into a disciple, who then became Guru, subsequently passing the light on to the next, and so on. (The word “Guru” is derived from the root words “Gu”, which means darkness or ignorance, and “Ru”, which means light or knowledge. The Guru is the experience of Truth (God), which moves one from darkness to light.) In the Sikh religion, the Ten Gurus of Sikhism are ten spiritual prophets who, in human form, established the Sikh religion. Each Guru represents a divine attribute. Sikhism preaches a message of devotion and remembrance of God at all times, truthful living, equality of mankind, and social justice and denounces superstitions and blind rituals. Sikhs are often mistaken for Muslims. There have been more than 700 instances of anti-Muslim retaliation against Sikhs following the attacks for 9/11, according to the Sikh Coalition of Washington.

Source: <http://www.sikhnet.com/>

Aultman College Prepares for Accreditation Visits

You are here at an exciting time for Aultman College! The college is preparing for upcoming visits from two teams of reviewers as part of its regular accreditation processes. We need your help!

The National League for Nursing Accreditation Council (NLNAC) will conduct a site visit for continuing accreditation of the Associate of Science in Nursing (ASN) program September 25-27, 2012. Reviewers will be meeting with students the afternoon of Tuesday, Sept. 25 at a time and location to be announced. You may also see reviewers in your classrooms or labs on the 25th and at clinical sites on the 26th. No need to be nervous! Just answer their questions about what you do and what you are learning. Written comments are also welcome and should arrive at NLNAC at least five days prior to the beginning of the site visit (by September 17.) Submit written comments to:

Chief Executive Officer, Dr. Sharon Tanner
3343 Peachtree Road NE, Suite 850
Atlanta, GA. 30326

On November 12-14, 2012, the college will host a site visit by a team representing the Higher Learning Commission (HLC) of the North Central Association. Aultman College has been accredited by the HLC since 2009. The team will review the institution's ongoing ability to meet the HLC criteria for accreditation. Students are invited to submit comments regarding the college to the following address:

Public Comment on Aultman College of Nursing and Health Sciences
The Higher Learning Commission
230 South LaSalle Street, Suite 7-500
Chicago, IL 60604-1411

You may also submit comments on the HLC website at www.ncahlc.org. Comments must address substantive matters related to the quality of the institution or its academic programs. Comments must be in writing. All written and signed comments must be received no later than four weeks prior to the start of the visit (by October 8, 2012).

You play an important role in these visits! Look for more information from your student senators about your role in the accreditation process!

VISION

To be a leader in educating exceptional health care professionals who positively impact society.

MISSION

As a partner in a unique, integrated healthcare delivery system, Aultman College is a higher education institution offering a premier health sciences education. We serve current and emerging needs in Northeast Ohio and beyond through academically challenging and relevant degree and community education programs.

VALUES

Aultman College maintains a student-centered culture that values:

Quality

- We will deliver an outcome-focused, cost-effective educational experience.*

Integrity

- We will build trustworthy relationships through transparency, collaboration, and personal and professional accountability.*

Caring

- We will serve with compassion and respect and embrace diversity of ideas, cultures, and people.*

Knowledge

- We will foster a rigorous academic environment that inspires critical thinking, creativity, and lifelong learning.*

Living Our Vision, Mission, and Values

Our Vision, Mission, and Values (VMV) statements are the driving forces behind your educational experience at Aultman College. It's important for everyone in the college family to regularly read these documents and strive to live up to the standards they represent. You'll find the VMV statements in your Student Handbook and the College Catalog, on the website, and displayed throughout the college. When you witness one of your classmates "living our values", consider nominating him or her for the Golden Owl Student of the Month program. By understanding our goals and recognizing our efforts, we ensure that our VMV are ingrained into all we do at Aultman College.

Celebrate Aultman College Faculty!

It's been a busy summer for members of the Aultman College faculty team.

Sherri Cole, director of Allied Health and adjunct faculty member, and Steve Graef, interim director of general education and psychology instructor, both completed Ph.D. programs in 2012. We asked Dr. Cole and Dr. Graef to share some insights about their educational journeys.



Dr. Steve Graef
*Interim Director of
General Education
Psychology Instructor*

Dr. Graef was awarded Ph.D. in Counseling Psychology from the University of Akron in August.

What was the topic of your dissertation? Can you provide some highlights of how this process has gone for you?

The focus of my dissertation was to explore the motives for why people exercise. I wanted to see if aspects such as our gender, personality, and age impacts the motives that drive our exercise behavior. I completed my pre-doctoral internship at Ball State University's Counseling Center from August 2008 to August 2009. I have been completing the dissertation ever since. The process has been very long, but it has also been a tremendous learning experience and completing the process has been very rewarding. It is the most difficult, time-consuming thing I have ever done, but in the end it was worth it. It has taught me to think differently about things, to critically think, to be organized and detailed, to be diligent, and to persist!

What are some lessons you have learned through this process that helps you as an educator?

It made me a better writer! It made me write more systematically and logically. It has encouraged me to think

critically about information that I consume, which I can share with my students. It helped me to further crystallize my interest in teaching and therapy versus engaging in academic research; however it made me value research and the difficulty associated with the process of research.

Have you set new goals now that you have reached this one?

Of course! My next goal is to become a Licensed Psychologist, so I can practice independently. I also want to continue getting better at teaching and to grow as a therapist. Being a practitioner of psychology requires continued self-reflection and development – so my life will always been driven by new goals!

What advice do you have for students who want to continue their education while also establishing their career?

It can be done. People do it all the time. I had the luxury of being a full-time graduate student. I was working as a teaching assistant and I took out student loans, but I know plenty of people who progress in their degrees while working, having families, and maintaining a social life. If you want it bad enough, you can accomplish anything. Hard work and perseverance, as cliché' as it sounds, are really the two main ingredients to success. I'm not the smartest guy in the world, not even close, but I set out on a goal, and I finished it. Anyone can do that!

More from Dr. Graef...

I'm not the kind of doctor that can prescribe "happy pills", that's a psychiatrist. What I can do, and do in my clinical practice, is join with individuals as they are experiencing hard times in their lives. I listen to them, support them, question them, validate them, think with them, educate them, share with them, and be with them, in hopes that their life tomorrow will be just a little bit better than their life today. You won't get that in a bottle.

Look for a regular column from Dr. Graef with tips about dealing with life issues in future editions of Pulse!

Celebrate Aultman College Faculty!



Dr. Sherri Cole
 Director, Division of Allied Health
 Adjunct Faculty

Dr. Sherri Cole was awarded a Ph.D. in Applied Management and Decision Sciences from Walden University.

What was the topic of your dissertation? Can you provide some highlights of how this process has gone for you?

My topic was Surveying Radiography Faculty to Examine Age, Tenure, Gender, and Resistance to Change. I had committed myself to finishing in 2.5 years - actually finished in 3. This process was long, arduous, and frustrating at times. Once committed, I disciplined myself to working full time, and spending each evening and weekend on research and writing. My family was very supportive, and when I had thoughts of giving up - they reminded me that it was not a matter of “if” I finished, but a matter of “when” and they had no doubts that my perseverance would win out. What a blessing it was to pass my final oral defense and receive my diploma!

What are some lessons you have learned through this process that helps you as an educator?

- a. Never belittle your students, and always provide guidance when needed!
- b. Learning is best served though breadth, depth, and application of a theory or concept.
- c. You have to be passionate about your research.
- d. Research is not to be taken lightly!
- e. Find your “voice” and be true to it!

Have you set new goals now that you have reached this one?

I plan to share what I’ve learned through presentations and speaking engagements. I will continue working on research studies to deepen my knowledge and understanding and plan to move forward with my current research and publish. Finally, I feel passionate about engaging students through classroom participation and discovery of new ideas and helping them to develop a passion for lifelong learning.

What advice do you have for students who want to continue their education while also establishing their career?

- a. Believe in yourself and your purpose for continuing your education.
- b. Make sure that your reasons are a direct result of a desire to learn and to create positive social change.
- c. Do not take your learning lightly and you will persevere.

Weinland Published in American Journal of Maternal/Child Nursing



Jo Ann Weinland, assistant professor in the ASN program, has co-authored an article that was published in the July/August 2012 issue of The American Journal of Maternal/Child Nursing. Mrs.

Weinland collaborated with Dr. Rosanna Hess on *The Life-Changing Impact of Peripartum Cardiomyopathy: An Analysis of Online Postings*. This is Mrs. Weinland’s sixth published article.

Celebrate Aultman College Faculty!

Gibbs Leads ASN Program



Aultman College welcomes Dianne Gibbs to the role of program director of the Associate of Science in Nursing degree program. Mrs. Gibbs has been a member of the

Aultman College faculty team since 2006. Prior to that, she served as unit manager in the transitional care unit at Aultman Woodlawn. Please congratulate Mrs. Gibbs!

Please welcome these new faculty members:



Cherokee Russo
General Education



Naomi Stiffler
Radiography

Benzel and Hyde Study Overseas



Theresa Benzel, assistant professor, and Debra Hyde, adjunct faculty member, traveled to the University of Utrecht in the Netherlands over the summer as part of Walsh University's Advanced Leadership in Clinical Practice course. The goal of the Utrecht course (Nursing Leadership in an International Context) was to bring together nurses from around the world to create a unique perspective on leadership skills necessary for healthcare in the 21st century. Mrs. Benzel, Mrs. Hyde and other U.S. nurses spent two weeks with fellow nurses from Australia, Denmark, Holland, South Korea, Turkey, and Zambia. The group visited local hospitals and delved into topics such as quality, nursing care plans and clinical practice, palliative care, and health care systems. "It was a really wonderful experience and pretty eye-opening," said Benzel. "I came home feeling proud of our standards of care, but also with thoughts about how some international practices might benefit the U.S. health care system." Mrs. Benzel and Mrs. Hyde are both students in Walsh's Doctorate of Nursing Practice.

The First “SANE” Lunch and Learn

By Kyra Miller, ASN student

During a recent Lunch and Learn, we were able to investigate the role of a SANE nurse thanks to one of our own faculty members, Mrs. Christine Barcus, RN, MSN, CEN, FNE. A Sexual Assault Nurse Examiner (SANE) or Forensic Nurse is a registered nurse (RN) who has advanced education in forensic examination of sexual assault (Lynch, 2006). According to Mrs. Barcus, who has been certified since 2003, the objective of a SANE is to be an advocate for the patient, to collect evidence, to create and carry out crisis interventions, and most importantly, to make sure that the victim receives the best quality of care.

Sexual assault is defined as non-consenting sexual acts achieved through the use of power and control. Sexual assault can happen anywhere at any time. According to Mrs. Barcus, the most common types of abuse on campuses are intimate partner abuse, sexual violence, and stalking. Every year there are more than 200,000 victims of sexual assaults, which means that every two minutes someone in the US is being assaulted. Of these victims, 80% are under the age of 30. When people think of rape they usually picture someone breaking into someone’s home or being attacked in an alley by a stranger but the chilling truth is two-thirds of assaults are committed by someone known to the victim.

Some ways to stay safe on campus are:

Trust your instincts.

If your gut is telling you that you’re in a dangerous situation, do whatever it takes to get out of it. Listen to your inner voice!

Protect your location on Facebook, Twitter, etc.

Avoid posting your location and frequently updating your every move. You don’t want to make it easy for a stalker to....stalk you!

Get local!

Get familiarized with Canton; learn major landmarks and main streets. A good way to get local is by participating in local service learning and campus life activities! ☺

Stick together.

Use the Buddy System when leaving campus during the late night hours and remember that Aultman Security will gladly escort you to your vehicle.

Keep your guard up.

Making friends is encouraged here on campus. Just remember to use your best judgment and don’t be afraid to share if someone makes you feel uncomfortable.

Program Aultman’s Security number in your phone *330-363-6777.

Also remember to add an ICE number (In Case of Emergency) in your cell phone just in case an emergency were to happen.

Remember, if you are ever on the receiving end of a sexual assault... tell someone.

Whether it’s a student, a faculty member or a staff member, there are always people available to listen and ready to help!

For more tips and resources, refer to page 47 of the Student Handbook.

Golden Owl

Student of the Month July



*Christine
Juroucik*



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.

Chris has been nominated by a fellow classmate for demonstrating values of Quality, Integrity, Caring, and Knowledge. Chris is the vice president of the Aultman College Student Nurse Association (ACSNA) and also sits on the Student Senate. She also participates in Student Activities Society (SAS) and is a student worker in the Learning Resource Center. She will graduate in May 2013. According to her nominee, “Chris is supportive of her peers. She always has a smile on her face and is helpful to those in need. I have gotten to know Chris this semester and she has always gone above and beyond to help her classmates or strangers passing by. It is refreshing to have a student with integrity, thoughtfulness, and a sense of humor like Chris in our student body. She brightens other people’s day.” Congratulations, Chris!

Q & A

Learn More About Christine!

What led to your decision to pursue your degree?

“A few years ago I started working as a home health aide and decided to pursue a career in healthcare. After much encouragement from my family, I decided to “go for it” and get my nursing degree. I’m excited to be in a field where I can serve and comfort others and at the end of the day know I made a difference in someone’s life.”

Why did you select Aultman College for your education?

“Where else would you go in Stark County for the best nursing education? My family and I have been well served by Aultman Hospital for many years. (I gave birth to both of my girls here!) It only makes sense that this high quality of care and service would also be a part of Aultman College.”

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 science student?

“The combination of these values is necessary to provide the absolute best care to our patients. When dealing with someone in a possible life or death situation, or at the least a very distressful and stressful time, these values will enable us to not only know what to do but to be able to perform in a manner that will provide comfort and care to the patient and their family.”

Is there any personal information you would like to share in this article? (information about family, hobbies, etc.)

“I’m an Ohio native who made my way back in 2003 after my father passed. I have two daughters and one granddaughter who live in Colorado. When I decided to go back to school my mother graciously opened her home to me and I refer to us as “the Golden Girls”. I participate in Big Brothers/Big Sisters and my “little” and I have been a match for almost 2 years. I love watching movies and reading when I have time!”

Favorite Food: Italian

Favorite TV Show: The Big Bang Theory

Favorite Song: Stronger – Kelly Clarkson

Favorite Book: Janet Evanovich’s /Stephanie Plum series

Favorite Class (so far): Med Surg – clinicals are great!

Best Advice For First Semester Students: It may feel intimidating now... but it will pass! Never be afraid to ask questions. Whether you’re in class or just need help finding your classroom. Get to know your instructors, they’re here for you. Enjoy the ride!

Golden Owl



Student of the Month
August

James Lillard



James has been nominated by a staff member for demonstrating values of Quality, Integrity, and Caring. This staff member has observed James many times assisting both visitors and students in need of assistance. It's not unusual for James to drop what he is doing to help others out. Many students and faculty have commented on how helpful he is as a student worker in the LRC. In addition, he participates regularly in Student Life events. James plans to graduate in December 2012. Congratulations, James!

Q & A

Learn More About James!

What led to your decision to pursue your degree?

"My grandfather was a medic in New Guinea during WWII. My father had always wanted to be a dentist. He didn't reach this goal but he always encouraged me to look into medicine. My mother is a surgical RN and former head of orthopedics for Emory University Hospital in Atlanta GA."

Why did you select Aultman College for your education?

"I had never heard of Aultman Hospital or Aultman College. I was at a Wal-Mart in Warren, Ohio reading the U.S. News Week annual college report. Aultman College was listed in the top fifty nursing school section. I drove down the next day and applied."

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 science student?

"Quality is important because 1g ≠ 1gr."

Is there any personal information you would like to share in this article? (information about family, hobbies, etc.)

"I am an only child and enjoy most outdoor sports, including hiking, camping, and hunting."

Favorite Food: Wings, Mexican, and Cavatelli

Favorite TV Show: Burn Notice and Big Bang Theory

Favorite Song: Don't really have a favorite song. I listen a lot to an underground station out of Streetsboro. 88.9 The Alternation

Favorite Book: I haven't read any fiction lately. (Something called nursing school keeps getting in the way. May be you've heard of it?) Two of my favorite books are Leo Tolstoy's War and Peace and Orson Scott Card's Ender's Game.

Favorite Class (so far): Chem II

Best Advice For First Semester Students: Form groups and stick together.

Check out the New Spaces on Campus this Fall!

Library Computer Lounge

Aultman Health Sciences Library invites you to come check out our new “computer lounge”! We have transformed our current journal area into space for nine additional computers for your research needs. All computers have been upgraded to Microsoft 2010. The lounge also has several chairs and a table for you to relax iwhile reading or studying. Let the Library Staff know if we can assist you in finding Library resources – including electronic journals or books.



A & P Lab

Work progressed on the college’s second science lab in order to get it ready for Anatomy and Physiology I labs this Fall!



St. Paul's Skills Lab

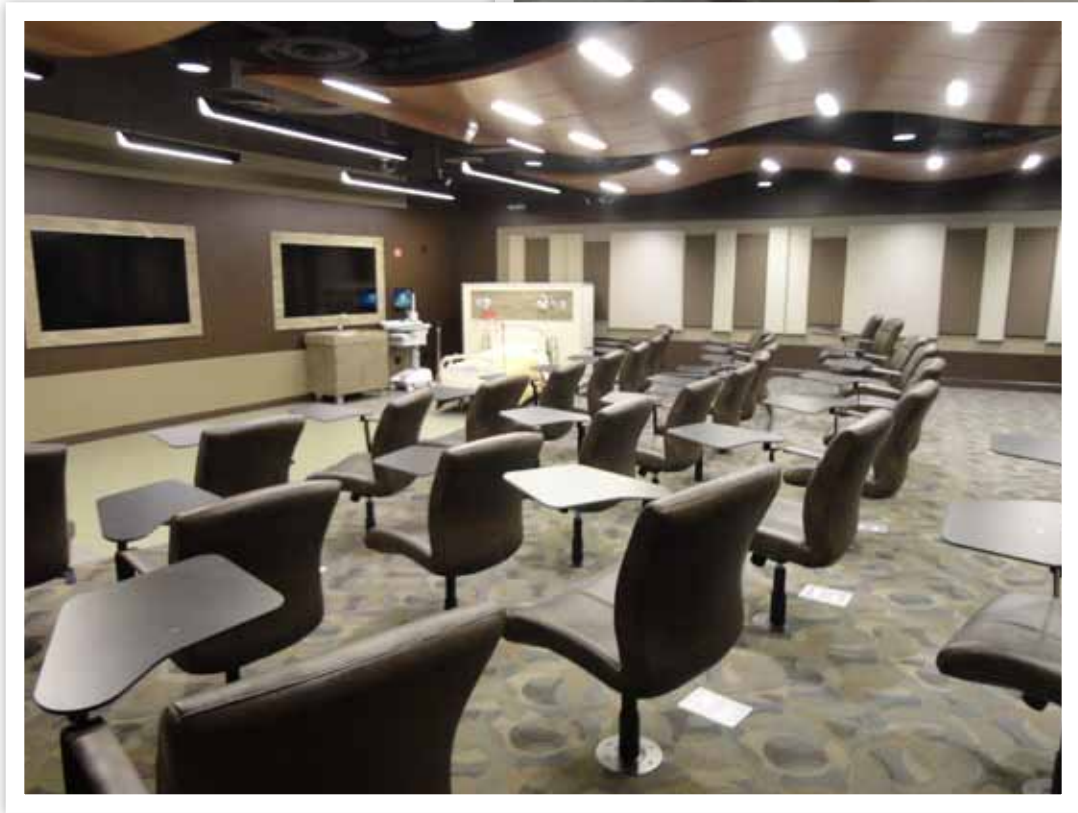
To meet program needs and allow for additional open lab times, Aultman College has opened a second skills lab on the second floor of St. Paul's United Methodist Church, located on Darmouth Ave, just north of Sixth St. SW. The second lab is similar to the Sponseller Skills Lab and equipped with patient beds, practice mannequins, and equipment needed to practice nursing skills. There is also teaching space for lecture and Power point presentations and three computer stations for use by students.

Students should enter the church from the lobby area in the back of the church. The lab is located at the top of the stairs that are on the right off the main lobby. On inclement weather days, students can stay dry by cutting through the hospital and using the physician office building bridge.

Check out the New Spaces on Campus this Fall!

Gregory Training Center

The Gregory Family Training Center is a state-of-the-art, theater-style training center for Aultman employees, physicians and students. The center's functions and appearance are like no other in Northeast Ohio. The stage incorporates a mock patient room, an open center stage, a fully functioning restroom and three 80" high-definition video screens. The theatre comfortably seats 30 audience members. The center is dedicated to the T. Raymond Gregory Family in recognition of their generous donation that made this innovative learning environment possible.



Did you know the LRC is on Facebook?



“Like” the Aultman College Learning Resource Center Facebook

page and you’ll get tips from tutors, links to learning resources, and motivational thoughts to keep a positive outlook.

All active students who “like” the page by 4:00 p.m. on Friday, Sept. 21 will be entered into a drawing to win a \$25 gift card!



**LRC
OPEN
HOUSE**
Sept. 4
10am-2pm

LRC Open House

How to Survive (and Enjoy) Fall Semester

- 1** Keep track of your attendance. Avoid skipping class! Attendance must be a top priority. Good attendance is critical component of successful course completion. Missing a single day of class can be enough to make you fall behind.
- 2** Know your goals. Remember what it is you want to accomplish during the semester, and remind yourself of it as the days pass to keep yourself motivated.
- 3** Don't fall behind. Try to get your work done early. The class will move quickly, so you don't have time to put off any assignments. Get started on papers and reading assignments as soon as you know about them. Procrastination can mean failure.
- 4** Buy the textbook. Even if you only need it for the one semester, buying all the necessary textbooks for a course is most obviously a crucial aspect to your success in a course.
- 5** Use your on-campus resources. Using resources like the LRC and the library when you are on campus will allow you to relax when you leave, instead of bringing your work and worries home with you. This helps you keep a healthy balance of school and leisure.
- 6** Balance course load and workload. If you're planning on working this fall, make sure you have the time and energy to commit to homework and coursework.

LRC Tutoring Services

Anatomy & Physiology



Anatomy & Physiology Tutoring with
Mark Riley
Monday & Wednesday
10:00am – 11:30am

Microbiology



Microbiology Tutoring with
Tinnelle Luck
Monday
4:30pm – 6:30pm
Thursday
1:00pm – 2:00pm

Chemistry



Chemistry Tutoring with
Molly Winters
Wednesday
12:00pm – 4:00pm

Nursing



Nursing Tutoring with
Cathy Rainieri
Monday
4:30pm – 7:00pm

Math



Math Tutoring with
Monica McGervey
Tuesday
1:45pm – 4:45pm



Nursing Tutoring with
Selena Riordan
Tuesday & Thursday
4:00pm – 6:00pm



Math Tutoring with
Rodney Rowell
Wednesday
3:30pm – 6:30pm

Writing



Writing Consultation with
Rita Palmer
Tuesday & Thursday
2:00pm – 4:00pm

Aultman College is also collaborating with the state of Ohio on an **eTutoring** initiative.

Stop by the LRC Open House to learn more!

Upcoming LRC Workshops

LRC Workshops 2012				
Topic	Presenter	Date	Time	Location
Peak Performance	Steve Graef	10/11/12	12:00-1:00 PM	Classroom 5 & 6
Life Coaching	Marna Revlock	09/06/12 09/13/12 09/18/12 09/25/12 10/02/12	1:00-2:00 PM	Classroom 3
Test Taking Strategies	Debra Hyde	10/02/12	12:00-1:00 PM	Classroom 2
Test Taking Strategies	Debra Hyde	10/05/12	12:00-1:00 PM	Classroom 2
Stress Management	Steve Graef	11/28/12	1:00-2:00 PM	Classroom 3 & 4

A & P Muscle Refresher Sessions

Students who completed A & P I at Walsh University and will be taking A & P II at Aultman College are strongly encouraged to take advantage of a free 2-hour instruction/tutoring session on the muscular system. This instruction is being offered to address differences in course structures. (A & P I at Aultman College includes coverage of the muscular system, while Walsh's courses do not. You will need to have this knowledge as a student in A & P II at Aultman College.)

Day of Week	Date	Time	Location
Wednesday	Sept. 12	4:00-6:00 PM	Classroom 9
Monday	Sept. 17	12:00-2:00 PM	Classroom 9
Friday	Sept. 21	11:30-3:30 PM	Classroom 9
Thursday	Sept. 27	2:00-4:00 PM	Classroom 3
Monday	Oct. 1	9:00-11:00 AM	Classroom 10
Wednesday	Oct. 3	8:00-10:00 AM	Classroom 10

For student convenience, multiple offerings and time slots are available. While the material will be the same in each session, students are welcome to attend as many sessions as necessary to become comfortable with the subject matter. All interested Aultman College students are welcome to attend any session. Please sign up in the LRC.

Get A Life! Life Coaching Program

With school, work, and family, today's students have many responsibilities. Juggling them can be a challenge. GET A LIFE! is a 5-week coaching program designed to help you reduce chaos and create a more balanced and peaceful life.

**Learn More
in the
LRC!**

Topics

- Increasing Energy
- Life Balance and Time Management
- Habit Change
- Facing Obstacles



Instructor Marna Revlock

Professional Life Coach
and Adjunct Instructor.

Goals

- Rediscover yourself and gain insight to create positive change in your life.
- Create a vision and plan to move you towards a more organized and peaceful life.
- Gain practical tips on issues currently impacting your life.
- Meet other students who share similar stressors and goals, and gain support to make significant life change.
- Participate in stimulating group discussions that will assist you in your process of change.

An adjunct instructor for Aultman College, Marna Revlock is the founder of Avenues of Grace, a life coaching business working to assist others in personal, professional and spiritual growth. She is an award winning speaker for Toastmaster International and has spoken professionally around the state on matters of faith, life and health. She organized a Catholic conference in 2008 specifically to inspire mothers to live to their fullest potential and is currently working on the development of a podcast for moms. Marna has been married for 15 years and has 2 children ages 10 and 6. She received her BSN from Franciscan University of Steubenville and obtained her professional coach training through ILCT and the Professional Christian Coaching Institute.

5-WEEK PROGRAM

*(To gain the full benefit, participants are encouraged to attend all five sessions.)
Space is limited.*

Day of Week	Date	Time	Location
Thursday	September 6	1:00 – 2:00pm	Classroom 3
Thursday	September 13	1:00 – 2:00pm	Classroom 3
Tuesday	September 18	1:00 – 2:00pm	Classroom 3
Tuesday	September 25	1:00 – 2:00pm	Classroom 3
Tuesday	October 2	1:00 – 2:00pm	Classroom 3