

ACCORDING TO THE DOCTOR...

-- Dr. Mark Volpe, Director of Education

Source: *Success Bulletin*. Student Resource Services

<http://studentresourceservices.com/>

Balancing School and Family

Parenting is tough under the very best of circumstances, but it can become even more challenging when the parent is trying to work, go to school, and raise kids. Many students are trying to complete their education in order to provide a better life for their children. Often the daily challenges of providing for their children today interfere with this long term goal.

If you are a parent, trying to manage your class schedule and your family life, don't be afraid to ask for help. Many parents take an "I can handle it" attitude about everything that comes their way, not wanting to let themselves or their families down, but it's okay to admit you need a little bit of help sometimes, we all do. So it is natural to need some assistance, especially when you are committed to doing well in school.



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Time management can be a barrier for many parents, especially single parents, trying to complete their education. How do you balance classes, homework, job and family at the same

time? How do you still make time for the kids? If you're finding yourself overwhelmed by your daily task list and feeling like you have accomplished nothing, consider using time management tools and creating a plan to better manage your time.

Look at your day and notice where you seem to be wasting the most time. (Internet? TV?) Try to eliminate or cut back on your biggest time wasters. Are there opportunities to save time at certain tasks and errands throughout the day? Try to find areas where you can gather a few extra minutes.



Whether you prefer the old fashioned pen and paper method or any of the wide array of electronic options, use time management tools such as planners, calendars and alarms to help you stay on task and on schedule. Prioritize your list each day and set goals for what you want to accomplish. Stay on task as much as possible, but be flexible when unforeseen factors arise (as they always will when you have kids).

Make sure your kids have a designated place on your daily schedule - set aside regular time to spend with them, where you put school, work and everything else on the back burner. If you can, arrange your class and study schedule so it interferes the least with their daily schedule. Though you may get less sleep, try to do your studying later in the evening, after the kids have gone to bed.

Put together a plan B, so you can expect the unexpected. There will always be days when your child is sick or your car won't start. The important thing is to have a plan in place so you know who is available to help you. Is it your family, a good friend, or neighbor? Set up your plan B when you start school and check in with your supports each term to make sure they are still available to help if needed.

Parenting presents many challenges, but the key is to face each one as it comes and seek any help available to overcome obstacles to completing your education. Finishing school will ultimately provide you and your family with more opportunity, so keep your eye on the prize.

Turn Challenge Into Opportunity

When you spend all day working, attending classes, and trying to hold your family together while still completing homework and housework, it can feel like you're not giving your kids the time they deserve. While every parent would love to spend all day playing with their kids at the park or taking them on adventures, life doesn't always make that possible.



Just because your time with your kids may be limited while you are in school, it doesn't mean your kids cannot learn valuable and lasting lessons from your efforts and struggles. Talk to them about the goals you are working towards and how that means that sometimes you need to spend more time away from them. Teach them the value of

hard work and finishing something you set out to accomplish.

Children are very resilient and they will understand these concepts if you explain them well. Chances are, they will remember this time in your lives with great admiration and respect for your achievements rather than the time you spent away working or studying.

RADIOGRAPHY PROGRAM

-- By William McClain, Radiography Program Director



Did you know Wilhelm Conrad Rontgen discovered x-rays on November 8, 1895? Well if Radiology is a profession you may be interested in, we may have an opportunity for you. It is an exciting time for the Radiology Program here at the campus because we are presently interviewing for our next start. Our new class, Cohort 5 will consist of twelve students which will begin August 12, 2013.

The mission of the radiologic technology program is to educate competent entry level technologist to serve the public healthcare needs. We are committed to providing each student a high quality education through innovative and engaging instruction and role modeling.

The program is accredited by the Joint Review Committee on Education in Radiologic Technology and delivered by faculty that possesses approximately 65 years of experience. The program began on June 1, 2009 and has graduated two classes in 2011 consisting of fifteen students. Two more cohorts will complete the program this July and November.

Are looking for a challenging career such as

radiography? If so, initiate the process by contacting admissions for program requirements and eligibility.

FINANCIAL AID

– By Deidre Vance, Financial Aid Director

1. 2013-14 FAFSA RENEWAL

The deadline to submit your 2013-14 FAFSA has past. If you have not completed your 2013-14 FAFSA, you will lose financial aid eligibility on June 30, 2013. If you were originally packaged to receive a Federal Pell Grant or Stafford Loans from this award year, you will need to meet with financial aid to set up cash payments. Do not put your education in jeopardy. Contact your financial aid representative immediately to discuss further options to fund your educational costs.

Failure to complete your FAFSA or meet with financial aid to set up payment options can result in an interruption in your educational pursuit.

**** Please note ****** If you are a student worker and has not completed the 2013-14 FAFSA, you will no longer be eligible for Federal Work Study after June 30, 2013, and therefore, you will not be eligible to work.

2. FAFSA SELECTED FOR VERIFICATION

Coming soon, if your 2013-14 FAFSA was selected for verification, you will be contacted by the financial aid department for more information. Verification must be completed before financial aid can disburse.

TO COMPLETED YOUR FAFSA,

Visit their website

at: WWW.FAFSA.ED.GOV

**SCHOOL CODE: 010319
(Medix School)**

CAREER SERVICES CORNER

-- Marlene Teed, Director of Career Services, & Alisa Handmaker, Career Services Advisor

Interview Tips

1. Personal Appearance

- Well groomed
- Dress appropriately in business casual attire
 - Women: slacks, blouse, jacket, past knee skirt, longer skirt, minimal jewelry, perfume, nails neat and clean with clear or light polish
 - Men: slacks, button down shirt, jacket, minimal jewelry, cologne, nails neat and clean
 - Remove all facial piercings. Cove all visible tattoos. Regular hair colors – nothing too dramatic. Remember most employers are still conservative.
 - Ensure clothes are well pressed, neat, shoes are clean and polished
- Do not chew gum or smoke. Make sure your breath is fresh.



2. Preparation

- Research the company
 - Visit their website
 - Read their brochures
 - Speak with others that are familiar with the company
- Be ready to answer questions about your experience, goals, difficulties, and strengths.

- Have answers ready for these questions.
- Use examples and illustrations from your education and experience to answer the questions.
- Role play. Practice interviewing with a friend.
- Have questions ready to ask the interviewer.
 - What is your favorite thing about working at this company?
 - How would you describe the working environment here?
 - What is a typical day like in the office?
 - What are some of the qualities you look for in this position?
- Do not be too needy.

3. The Interview

- Arrive at your interview no more than 10 minutes early (5 minutes is best).
- Be polite with everyone you meet (including in the parking lot and elevator).
- Smile, shake hands firmly, look the interviewer in the eye.
- Relax, take a deep breath, and relax your shoulders.
- Use proper English. Do not use slang, profanity, or lazy language (gonna, wanna).
- Sit up straight, make eye contact, and connect with the interviewer.
- Share commonalities such as:
 - Enthusiasm for the field of work
 - Similarities with families
 - Hobbies, interests, activities
- Listen attentively.
 - Be focused
 - Be curious
 - Be quiet; do not interrupt
 - Take brief notes
 - Evaluate the body language of the interviewer
- Respond well.

- Remember your purpose
- Engage the interviewer
- Do not go on and on; be complete and concise
- Pay attention to how you say something.
 - Be respectful
 - Use body language that mirrors the interviewer
- Be enthusiastic.
- Participate in the interview as an equal. Remember this is a professional business meeting.
- An interview is a conversation. Do not just answer the questions. This is why you prepared illustrations (stories) to use during the meeting.
- Be calm; do not let any fears or expectations enter your mind.
- If you do not understand the question being asked of you, ask for clarification.
- Ask questions about the job, but not about pay or benefits.
- Thank the interviewer when you are leaving and shake hands again.



4. Thank You Note

- Send within 24 hours of the interview.
- It is fine to send an email.
- It is fine to send a hand written note.
- Use the thank you note as your final opportunity to demonstrate to the interviewer you are the best person for the position.

- Take a point or two from the interview and discuss how you can achieve what s/he is looking for.
- Include how you want the position.

5. Follow Up

- If not hearing anything from the interviewer, call back after one week.
- If they are still considering resumes and interviewing, follow up the following week.
- Ask if there are any other questions you can answer.
- Ask if there is anyone else that you need to meet with.
- Ask if they have made their hiring decision.
- Ask if they know of any other practices or medical facilities that are hiring.

We are here to help! MTeed@FortisCollege.edu / AHandmaker@FortisCollege.edu / 614-882-2551

LEARNING RESOURCE CENTER

– by **Laura Cheng, LRC Manager**

Free online tutorials from EDGT (<http://www.edgt.com>)



The LRC has the current subscriptions of the following 4 tutorials from EDGT. Instructors can also set up the private access for your classes. Please see Laura Cheng, the LRC Manager, for additional information.

- **Basic Principles of Pharmacology**

This program is designed to help students of the healthcare professions learn basic concepts and principles related to the field of pharmacology. The content is ideal for introducing nursing students to pharmacology and the administration of drugs. It will help prepare students for learning the procedures and skills necessary for the safe administration of medications to patients. In addition, it can be used by current practitioners of the nursing profession to review of these important concepts.

- **Math Magic for Meds II**

Math Magic for Meds II, like its predecessor, *Math Magic for Meds*, is a highly interactive online tutorial that teaches the basic concepts of dosage calculations using a dimensional analysis approach. Its major intent is to turn a generally high anxiety-producing learning situation into one that is easy, pleasant, and fun. It covers simple problems such as calculating oral medication dosages to very complex problems involving intravenous drips based on body weight. This version eliminates the apothecary system.

The tutorial *Math Magic for Meds II* is intended for:

- ✓ The initial learning of dosage calculations by students at all levels of nursing education.
- ✓ Remediation for students needing additional practice or review.
- ✓ Review by nurses in refresher, continuing education, and in-service programs.
- ✓ Nurses in clinical practice who wish to update or improve these critical skills.

- **Chart Master : Effective Patient**

Documentation

The overall goal of the online tutorial *Chart Master: Effective Patient Documentation* is to help nurses and other members of the healthcare professions develop excellent documentation skills.

The *Chart Master: Effective Patient Documentation* online tutorial was designed for both students who are just learning the principles of patient documentation and practicing professionals who wish to update and improve their charting skills.

- **The Medication Maestro: Safe Administration of Medication**

The overall goal of the online tutorial *Chart Master: Effective Patient Documentation* is to help nurses and other members of the

healthcare professions develop excellent documentation skills.

The *Chart Master: Effective Patient Documentation* online tutorial was designed for both students who are just learning the principles of patient documentation and practicing professionals who wish to update and improve their charting skills.

MEET THE NEW PEOPLE

• New Faculty

Ken Goodwin, RT(R)(CT) – Adjunct Instructor - Radiography



Ken is a native of Columbus. He graduated from Ohio State University with a B.A. in Communication in 1988. After

working for the U.S. Bankruptcy Court in Columbus, Ken went back to school and received an A.A.S. degree from Columbus State Community College in Radiography Technology in 1997.

A few years later, Ken achieved his goal of becoming a registered CT Technologist. Ken has worked at Doctor's Hospital West, Ohio State Veterinary Hospital, OSU Hospital East, and most recently at Berger Hospital in Circleville.

Ken has always enjoyed teaching radiography, as a Clinical Instructor to Allied Medical Students throughout his career. His passion has always been to pass his knowledge of the profession in a classroom and skills-laboratory setting, and he is delighted to be able to fulfill this dream with Fortis College.

• Other New Faculty

Joanne Zanetos – Full Time Nursing Instructor
Shannon Smedley – Adjunct Allied Health
Matthew Stiers – Adjunct Allied Health
Angela Kidwell – Adjunct Allied Health
Lisa Hall – Adjunct Allied Health

• New Staff

Jeffrey Ewing – Human Resources Manager



I'm a graduate from Marian University in Indianapolis, Indiana with a Bachelor of Science Degree in Business Administration and Management. My Human Resources background consists of banking and the retail operations with a

specific focused in management. My experience spans over my 30 year career in the workforce.

Over the years, I've been involved in a variety of activities such as serving as vice president of the Valleybrook Community in Dayton and participating with the Fellowship of Christian Athletes. I've enjoy participated in volunteer work with AAU basketball, Junior Achievement and Life Care Alliance.

My family consists of my wife Julie and my son Blake who is eight years old. I enjoy attending sporting events and coaching youth sports. Professionally I like to participate in community outreach programs and development.

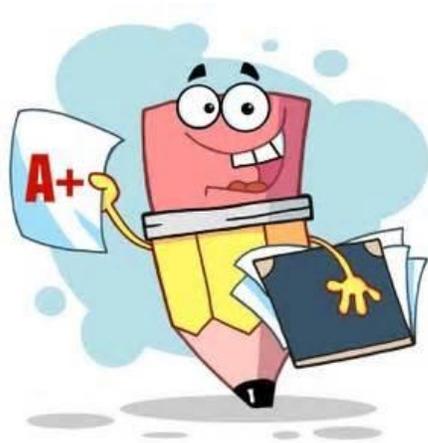
• Other New Staff

Stacey Hines – PT Telemarketer Admin.

Test Taking Tips – By Eddie Powell

With school, work, family, and life in general being a rush, it is important to prepare yourself for maximum efficiency prior to test taking. Here are some helpful hints:

- Get a full 8 hours of sleep
- Relax and try to remove the stress by moving your body, stretching, and warming up like a runner before a race
- Eat well-balanced meals loaded with “Brainfood” like tuna fish to help the brain remember and understand the questions on the test
- Scan the test answering the easy questions first, then go back and take more time with the harder questions knowing that many are already answered rather than allowing the stress of not completing on time challenge your thinking
- Always celebrate the positive outcomes – not “I missed three”.. instead, “I got 97% correct” then reward yourself with a 5 minute mental vacation or a Dairy Queen! Enjoy...



ALTERNATIVE THERAPY – ALTERNATIVE CAREER

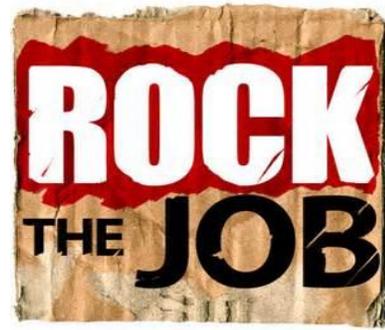
Jamie Bauslaugh is a current Fortis student in the RN program. She is also a professional signer. She combined both of her skills/knowledge to provide alternative therapy to the patients at Arbors of Delaware in Delaware, OH.



This patient has not smiled nor reacted to her surrounding for a long time due to Alzheimer Disease. She joined Jamie during performance and had a great time! She surprised her mom and the healthcare staff!

Komen Walk -- Cynthia Parker,

We had 8 members sign up. There were 40,000 walks on that day all together. We raised over 2 million dollars on that day by itself. And Fortis was a part of that! I hope more people join us next year.



The Spring Career Fair hosted by Career Services was a great success! **Plan to attend the Summer Career Fair on Thursday, June 13th 1:00 pm to 4:00 pm in Room 222.** Come and meet with local employers; opportunities for part time and full time employment will be available. If you'd like a resume review, please stop by Career Services or email your resume to Marlene at MTeed@FortisCollege.edu or Alisa at AHandmaker@FortisCollege.edu. Let's get started on building your professional network!

Don't forget to laugh!!!



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