

DECEMBER-JANUARY UNDERGRADUATE
NEWSLETTER – 2011-2012

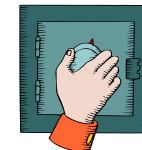


Correspondence from Connie, President

Happy Holidays! The holiday season provides all of us a chance to refresh and renew. We are blessed to have you as part of the Bellin College family. Enjoy the break from your studies and relax and spend time with family and friends! The College will be closed on December 23rd in honor of Christmas and December 30th in honor of New Year's. Classes begin on January 16th and I look forward to a wonderful year in 2012!

TO ALL STUDENTS:

Please go to your mailboxes and clear out your letters, shavers, envelopes or whatever has gathered there. You need to empty it prior to your leaving for Christmas break. If you have forgotten your combination go into SonisWeb, click on "Emergency Contact". You can also come to student services for help. Thank you.



If you need to add money to your photocopying account, please see either Barb or Cindy. Their office is located in the Business area, room 111.

"Save the Date" for the
Bellin Ball:
April 20, 2012

\$ Tuition Time \$

Spring tuition is due **January 26, 2012** Please direct any questions to the bursar, Mary Jo Moore, 433-6640.



BELLIN COLLEGE AWARDS

The College grants two awards each year at the spring graduation ceremony, and they are outlined below.

Lucyanna Hitch Award for Excellence

BSN students who were October 2011 graduates or who are candidates for graduation in December 2011 and May 2012 are encouraged to apply!

This award recognizes the graduating student from any program who best exemplifies the College Values. This is an annual award given in memory of Lucyanna Hitch, a dedicated College advocate. The award recipient is announced at commencement in Spring and receives a plaque and modest cash award. Award winners are commemorated on the cumulative award plaque permanently on display at the College in the Student Activities Conference Room, Room 102A. This award has been given each year since 1988.

This award involves an application process. Eligible applicants include students who are candidates for graduation (October 2011, December 2011, and May 2012) in good standing from any program. Calls for Applications have been issued and will continue to be issued by e-mail as the academic year progresses. E-mail notifications include application requirements. If you have any questions, please contact this year's Selection Committee Chair – Malina Herber, Instructor of Nursing, at 920/433-6675 or malina.herber@bellincollege.edu.

Nishioka Family Faculty Excellence Award

All undergraduate students are encouraged to nominate a faculty member who has been influential in their program of study!



This award honors a nursing faculty member for contributions in the areas of professional nursing advancement, nursing education advancement, professional behavior and growth, and support of the College. This award has been given each year since 1990.

The award is sponsored through a generous contribution from Dr. Hiro Nishioka, an ardent supporter of the College. The award recipient is announced at commencement in Spring, receives funds for professional development, and is commemorated on the cumulative award plaque permanently on display at the College in Conference Room 212.

Students and employees are encouraged to participate in the nomination process for this annual award. Calls for Nominations have been issued and will continue to be issued by e-mail as the academic year progresses. E-mail notifications will include nomination details. If you have any questions, please contact this year's Selection Committee Chair – Sarah Pettus, Assistant Professor of Nursing at 920/433-6668 or sarah.pettus@bellincollege.edu.



FINANCIAL NEWS

SCHOLARSHIPS

Okay, raise your hands How many of you are tired of being reminded about scholarship applications available on the Bellin Website Financial Aid Announcements section? The way we see this, it's actually a very simple equation:

$[(\$ \$ \$ \geq \text{Tuition}) = \text{Diploma}] \triangleq \text{Maximum Paycheck}$

These scholarship options require some simple paperwork submissions and, if you are chosen or considered, you get FREE MONEY, an integral part of the equation. Since we last published, we've added the Altrusa Club Vocational Award and the US Bank Scholarship Program. What could be more gratifying than getting FREE MONEY from a bank ... *legally, of course!*

The short of it is a little bit of effort on your part could result in a financial gain and you'd be hard pressed to find anyone that thinks that's a bad thing.

(\triangleq - equals by definition)

IDENTITY THEFT

Perhaps you saw a recent TV crime drama where a young lady leisurely strolls down the street. As she's moving along, she's purposely coming very close to the people she is passing. In her purse is a device that can read the magnetic strips on credit cards, based on proximity! This technology, and much, much more is a reality! Make no mistake about it, if you are a victim of identity theft, you will be held accountable for the financial damages. Identity theft can be crippling to an individual victim, sometimes taking years to finally pull clear of the bad credit stigma. In 2010 8.1 million people were victims of identity theft; the cost is estimated at \$5.1 billion ... *with a B!*

As we fast enter in to the Holiday shopping season, a time that has always been historically popular with low-tech pickpockets, it is also a good time to be very cognizant of the potential for Identity Theft. Some timely tips from the Credit Education Foundation (www.cbmfoundation.org):

- Never carry your Social Security Card, Social Security Number birth certificate or passport unless absolutely necessary.
- Never put your Social Security number or telephone number on your checks.

- Identifying information should never be given out over the telephone, Internet, or over a cordless or cellular phone, to someone you do not know.
- Shred all financial or confidential information such as credit card pre-approvals, credit card receipts, etc.
- Carry only the credit cards you plan to use, keep all others in a safe place, preferably locked.
- Keep a list, in a safe and secured place, of all credit card and bank account numbers, expiration dates, and contact phone numbers.
- Be very aware of how secure you keep any critical information (credit card and bank account numbers, etc.) on smart phones and laptops, these devices can be breached remotely.

Be aware and always use common sense. This way you can shop, enjoy family and the holidays and not end up *buying unintended gifts for someone you don't know.*

On behalf of the Financial Aid staff here at Bellin College we wish you all a safe, happy and healthy holiday season!



Student Senate Announcements

-The Cookie Dough Sale was a success. Thank you to all those who participated.



-Winners from the Breast Cancer Awareness Wear Pink Day in October were the BSRS Class and one half of the Senior Class. These student groups received a free healthy snack.

-Clothing orders can be picked up in January when you return from Spring break.

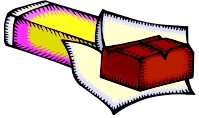


-Bellin Ball will be held on **Friday, April 20th, 2012** at the Rock Garden Supper Club. Due to a concern about alcohol being served at school functions, only non-alcoholic beverages will be served. Please mark your calendar and plan on having a fun evening with classmates. We hope to see you there!

-T-shirts will again be sold during February for Heart Awareness. Please watch for further announcements.

What's New In BSNA

In the month of December we are spotlighting Handwashing Awareness. A couple of the members of BSNA went to a local church to help children learn proper handwashing techniques. You should see information out for handwashing. In the month of January we will be spotlighting Cervical Cancer Awareness. Watch for information when you get back to school. BSNA is still selling Seroogy's candy bars. Make sure you check with your BSNA class representative if



you are interested in buying Seroogy's! Our next meeting is going to be held on January 24th at 2:15 pm in Room 112. Hope to see you there ☺.

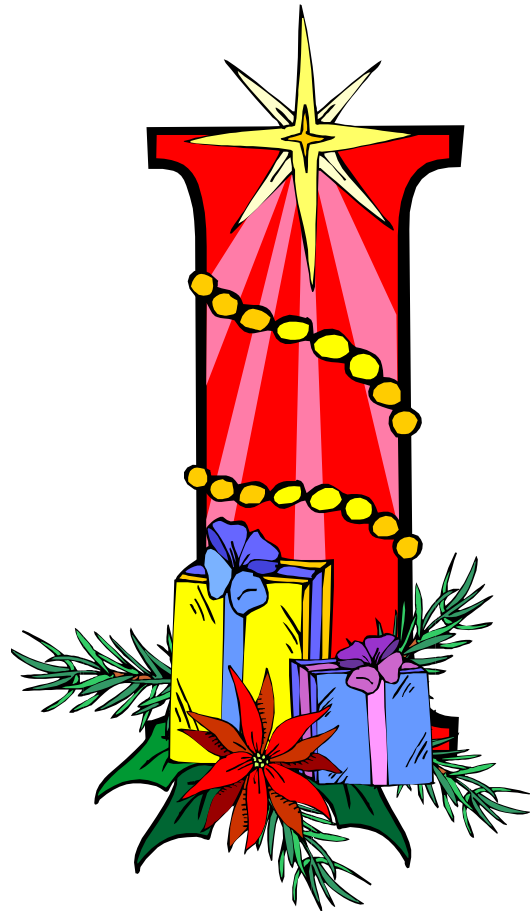
HI Update

We are currently working to solidify our mission and also plan upcoming activities, projects and events. Our most recent project was the Poverty Simulation that was held here at Bellin College Atrium on December 2nd. This was a collaborative event between BCIHIOS and Kathie DeMuth, Bellin College Faculty as well as Amber Thomson, Bellin College Clinical Facilitator in conjunction with the UW Extension. This was an awesome

event and we are very thankful to all that



participated. Keep your eyes posted for a semester wrap up email from us that will also include a tentative schedule for next semester's activities and events.





SUCCEEDING ON MEDICATION CALCULATION EXAMS

Many students are especially anxious about med calc exams. But with good study habits and preparation, math exams should be more difficult than other types of

Med calc exams generally require application of intermediate algebra. Intermediate algebra is now a component of the nursing and science academic plans. As a student progresses through the curriculum, the computational skills required require manipulation of complex fractions and formulas that contain multiple variables. Several strategies can be used to approach medication calculation exams:



advance
not be any
tests.

the
algebra.
required
radiologic
student

Take Practice Tests

Do some practice questions to prepare for exam day. Many textbooks include practice questions. On your booklist, Morris, D. (2010), *Calculate with Confidence* is a great example. You also can find many websites that offer practice tests – some created by instructors for their students using old tests! Take the test without looking at the answers and then check your answer. You'll be glad you took practice tests when you sit down for your actual exam – they build your confidence and get you used to performing under test conditions.

Accuracy in Calculations

Here are a few simple steps that can help you increase your likelihood of success when taking a med calc test:

- **Work carefully and deliberately.** You can really sabotage yourself by being careless or working too fast. Thorough work is required.
- **Write out all steps.** Always show your work and perform the calculations a second time to check your answer. Students may feel that it is not necessary to show all their work but it's a good way to catch errors.
- **Does my answer make sense.** Try to estimate the answer to a problem before you start working. Then, solve the problem without referring to the estimate. When you finish your calculations, compare your answer with the estimate to see how close they are. If they're not close, you may have made a mistake in your calculations – a decimal point in the wrong place, an extra zero, etc.



- **Make sure your calculations use all the information given in the problem.** There's rarely unnecessary data given in a med calc problem. Most of the time, each piece of data is essential to solving the problem.
- **Read each question twice.** After you think you have the right answer, read the question again. Use a mental checklist. Did you show your work? Did you answer in the correct units? Did you answer all parts of the question? Does your answer make sense? Did I round correctly? If your answers are yes, you're on the right track.
- **Be persistent.** Everyone gets stuck sometimes. There are ways you can get yourself moving again. Try to figure out what information you think you're missing. What doesn't make sense? Did I mix up a conversion? If all else fails, move on to other questions and come back to the tougher ones later.

LEARN FROM YOUR MISTAKES

After the test is over, you should review your results. Try to avoid making assumptions about why you missed certain problems. Assumptions like "I just can't do math" or "It's just too hard" are unhelpful and counterproductive. Instead, ask yourself these questions:



- Did I make careless mistakes?
- Did I misread questions?
- Did I miss the same kind of problem over and over?
- Did I remember formulas incorrectly or incompletely?
- Did I run out of time?
- Did I practice enough or did I skim on practice problems?
- Did I let my anxiety get the best of me, making me miss problems I really know how to solve?

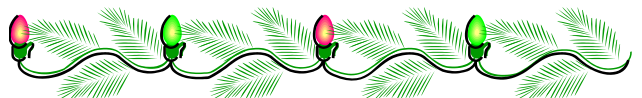
Based on your answers to these questions, you can identify ways to improve your performance on future medication calculation exams.

Our college values:

Excellence, Caring, Community, and Integrity.



Submitted by:
Nancy Burruss, PhD, RN, CNE
Associate Professor
BSN Program Director



COLLEGE ASSESSMENT PROGRAM: Dr. Kathy Zellner

SOPHOMORES AND JUNIORS: Critical Thinking Seminar: Monday, January 16, 2012 from 0900 – 1030 in classroom 113: The College, in cooperation with Kaplan will be holding a Critical Thinking Seminar for BSN sophomore and junior students. Brian Roessler, Senior Health Programs Manager from Kaplan, will be the presenter. While this seminar is not mandatory, if you struggle with HESI exams or with choosing between two answers on an examination, you are strongly encouraged to attend this seminar. Please RSVP (I will attend or I will not attend) to lori.ashmann@bellincollege.edu via e-mail by Friday, December 16 or contact Dr. Kathy Zellner if you have any questions or concerns.

ALL SENIORS: NCLEX Test Prep Session: Monday, January 23, 2012 from 0900 – 1030 in classroom 113: The College, in cooperation with Kaplan, will be holding a Test Taking Strategy Seminar for BSN senior students specifically focusing on preparation for the NCLEX-RN examination. Brian Roessler, Senior Health Programs Manager from Kaplan, will be the presenter. Although this seminar is not mandatory, it is strongly encouraged that you attend, especially if you have ever struggled with multiple choice questions. This seminar may provide you with some tips to logically thinking through the key parts to a question. Please RSVP (I will attend OR I will not attend) to lori.ashmann@bellincollege.edu via e-mail by Friday, December 16 or contact Dr. Kathy Zellner if you have any questions or concerns.

HESI Testing Update: For all Sophomores, Juniors, and Seniors

Please regularly access your Evolve/HESI resources at www.evolve.elsevier.com and take advantage of the Case Studies and Patient Reviews that are available that will help you prepare for these content-specific exams, as well provide additional review for your courses. **REMEMBER:** The Computer Resource Center will be closed to all except for test writers during the testing sessions.

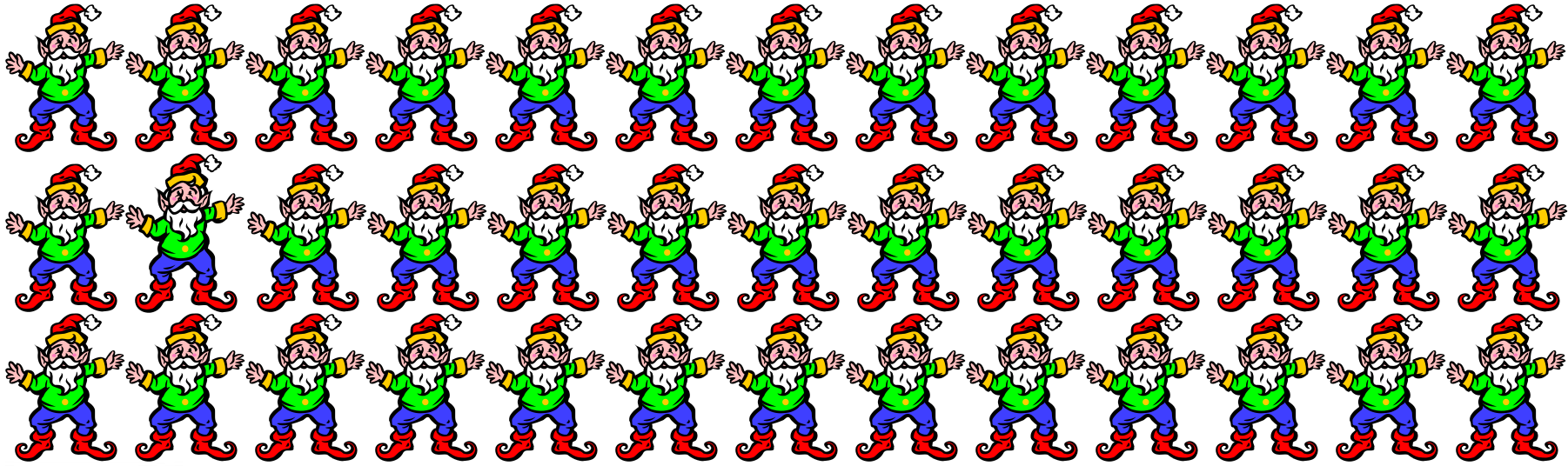
HESI remediation assignments for either the Fundamentals or the Med-Surg exam have been distributed to those students who did not meet the required benchmark. **DUE DATE for submission of remediation assignments is FRIDAY, JANUARY 13 at 1600.** Completion of the remediation is required per the PASS Plan.

HESI Spring 2012 test dates are below.

January 23 from 0800 - 1000:	Class of 2012, Oct-15M:	Fundamentals re-take
To Be Announced:	Class of 2012, May-15M:	Med-Surg re-take
February 27 from 0800 – 1000:	Class of 2012, May-15M :	Pharmacology, vers2
March 5 from 0800 – 1200:	Class of 2012, May Trad (403grp):	E2
March 6 from 0800 – 1200:	Class of 2012, May Trad (400grp):	E2
March 19 from 0800 – 1200:	Class of 2012, May-15M:	E2
April 20 from 0800 – 1000:	Class of 2013, Trad:	Psych-Mental Health
April 23 from 0800 – 1000:	Class of 2012, Trad:	Community
April 25 from 0900 – 1100:	Class of 2012, Trad (401 grp):	Management
April 26 from 1200 – 1400:	Class of 2013, Trad (NUR 312 grp):	Med- Surg
April 27 from 0800 – 1000:	Class of 2013, Trad (NUR 310 grp):	Med-Surg
April 30 from 0800 – 1000:	Class of 2014, Trad:	Pharm, vers1
April 30 from 1330 – 1530:	Class of 2012, Oct-15M :	Med-Surg
May 4 from 1200 – 1400:	Class of 2013, May-15M:	Fundamentals
May 8 from 1130 - 1330:	Class of 2013, May- 15M:	Pharm, vers1



MERRY CHRISTMAS













**WE WISH YOU A MERRY
CHRISTMAS, WE WISH YOU A MERRY
CHRISTMAS, WE WISH YOU A MERRY
CHRISTMAS, AND A HAPPY NEW YEAR!**

**ADMINISTRATION, FACULTY,
& STAFF**



December 2011 - Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Jenna Kitchmaster	Natalie Lloyd Youa Thao	
4	5	6	7	8	9	10
	Laura Arcaro			Cassandra Schmieder		
11	12	13	14	15	16	17
Caitlin Piccione 	Amy La Belle				Joel Zinski Kathleen King Benjamin Kozloski (STUDENTS START BREAK)	Holly Schumacher Bryon Clough Heather Hasse
18	19	20	21	22	23	24
Ashley Evers			Shea Sternhagen 	Daniel Gustafson	 COLLEGE CLOSED	 CHRISTMAS
25	26	27	28	29	30	31
CHRISTMAS DAY 	Jenna Rowe 	Lauren Loehlein	Ashley Eliason 	Victoria Vang 	 COLLEGE CLOSED	Whitney Leisgang Natalie Werth NEW YEARS EVE

(First Day of Winter)

COLLEGE CLOSED



CHRISTMAS

CHRISTMAS DAY

COLLEGE CLOSED

NEW YEARS EVE

January 2012 - Birthdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  NEW YEAR'S DAY Lindsey Dorchester	2 Brittany Barrette Erin Wartick	3 Tiffany Smith Samantha Szymkowski	4 Stacie Barta 	5 Katie Van Laanen	6	7 
8	9 	10	11 Korin Kuehl Manaye Tsehaynesh Jade Watson	12  GRADUATES HAVE PICTURE TAKEN 9:00 – 4:00 PM	13	14 Heather Bloom 
15 Amanda Coad Sarah Sparrow	16 Melissa Charles CLASSES RESUME	17	18 	19 Leah Gonnering Jackalyn Williams	20	21 
22 	23 Jessica Schiedemeyer	24 Brianna Gaffney	25	26 TUITION DUE 	27 Lindsey Jones	28
29 	30	31 Tawni Karlen				

CHRISTMAS QUIZ

These Lines are from which Christmas movies or shows?

1. "Bumbles Bounce!" _____
2. "When a bell rings an angel gets its wings". _____
3. "You'll shoot your eye out kid". _____
4. "I forged these chains during my life" _____
5. "They're not twinkling Clark" _____

Answers: Christmas movies or shows?

1. Rudolph the Red Nosed Reindeer(animated)
2. It's a Wonderful Life
3. The Christmas Story
4. A Christmas Carol
5. National Lampoons Christmas Vacation

Name these Christmas Carols as we did with these first few.

The clues of course are the first letters of the words in the titles of the songs.

1. SCICTT Santa Claus is Coming To Town
2. ISMKSC I Saw Mommy _____
3. JB _____
4. IDOAWC _____
5. RTRNR _____
6. CROAOF _____
7. DYHWIH? _____ ?
8. AIAM _____
9. FTS _____
10. OCAYF _____
11. ICUAMC _____
12. OLT OB _____



13. J T T W _____

14. S N _____

15. L I S _____

16. W C I T ? _____ ?

17. T T D O C _____

18. G R Y M G _____

19. H T H A S _____

20. W W Y A M C _____

Christmas song quiz 3 answers

1. S C I C T T - Santa Claus is Coming To Town
2. I S M K S C - I saw Mommy Kissing Santa Claus
3. J B - Jingle Bells
4. I D O A W C - I'm Dreaming of a White Christmas
5. R T R N R - Rudolf the Red Nosed Reindeer
6. C R O A O F - Chestnuts Roasting on an Open Fire
7. D Y H W I H ? - Do You Hear What I Hear?
8. A I A M - Away In a Manger
9. F T S - Frosty the Snowman
10. O C A Y F - O come all ye faithful
11. I C U A M C - It came upon a midnight clear
12. O L T O B - O little town of Bethlehem
13. J T T W - Joy to the world
14. S N - Silent Night
15. L I S - Let it snow
16. W C I T - What Child is this?
17. T T D O C - The twelve days of Christmas
18. G R Y M G - God rest ye merry gentlemen
19. H T H A S - Hark the herald angels sing
20. W W Y A M C - We wish you a Merry Christmas

