SIG–Note: Choose Your Cruise Itinerary

Here we are, welcoming the third issue of Signature. If you followed the first and second issues, you noticed that the editor’s note (SIG–note) figuratively used a specific theme to describe the status of our newsletter (“history in the making” for the first issue, “the boat is sailing” for the second). For the third issue, we want people to rest assured that the newsletter is here to stay, and can take you wherever you need to go. Hence, “choose your itinerary.” However, cruising along with our newsletter, if I may, is not meant to be for entertainment, but for educational and professional development purposes. Our role, though, is to make the process enjoyable.

I am happy to report that this issue includes some new features, services and articles that the reader will find interesting. Whether it is the new library service of “limited circulation” (see below) or Saint Paul’s elevation to an NHA testing center, changes are here. Other articles include important nursing tips, career-related advice, and updates on our star alumni. The reader will notice the newsletter is fulfilling its objectives of catering to the needs of different programs and different aspects of our campus. We anticipate our next issue to be even richer and more fulfilling.

Library News: Limited Circulation

Did you know that the library has Nursing, MA, and DA review books available for students to borrow? For nursing students, we have available a wide variety resources including NCLEX review books, Medical Surgical Nursing review books, and nursing care planning guides. MA students may want to browse through our CMA and RMA preparation books. DA students may be interested in the CDA review books on Infection Control, Radiography, and Chairside Assisting. Many students in all of Saint Paul’s programs may wish to examine our new resume guides.

The library has three types of materials: Reference, Circulating, and Limited Circulation. Reference materials cannot be taken home. They must be signed out, used on campus, and returned to the library before closing time. All Reference items have a label that reads “For Reference.” Circulating materials may be checked out of the library for up to a week and can be renewed up to five times. Patrons may check out up to a maximum of five circulating items.

Limited Circulation materials are a brand new type of library service that we have recently introduced and we are in the midst of Beta testing. Previously, all the Nursing, MA, DA review books were categorized as Reference materials, however, now many of them are available for you to take home through the new Limited Circulation policy. The policy is as follows: 1) You may check out up to three items; 2) Items can be kept out for a maximum of four days; 3) Items cannot be renewed and you must wait three days before checking out the same material again so that other students have the opportunity to utilize the resource. If you need to keep a limited circulation item out for more than four days, please speak to a staff member.

You can find all the Limited Circulation items out on the library shelves, in their own section. Simply look for a sign that says “Limited Circulation Review Books.” If you have any questions about our Limited Circulation collection or would like to recommend a review book you think we should add; feel free to talk to the library staff.

Judy Lee, LRC Director
Kevin Saw, Evening Librarian
Medical Assisting: NHA Testing Certification

Here at Saint Paul's School of Nursing exciting news has evolved. Saint Paul's School of Nursing is now an official testing site for NHA (National Healthcareer Association)!

Any student or individual wanting to get nationally certified and having completed the proper requirements for the certification chosen can create an account with NHA at www.nhanow.com  and in the "Organization" box, you will select "Saint Paul's School of Nursing Staten Island" from the dropdown list. Once you have registered you will then log back into www.nhanow.com click on apply, select your exam, select ONLINE for testing method, select the correct testing date, select continue, answer YES to both prerequisite questions, and click FINALIZE your exam.

The following tests are available:

CET - NHA Certified EKG Technician
CPT - NHA Certified Phlebotomy Technician
CEHRS – NHA Certified Electronic Health Record Specialist
CBCS – NHA Certified Billing and Coding Specialist

Each of these tests, held at Saint Paul's School of Nursing, is priced at $ 105.00 for Saint Paul’s students.

A study guide for each test is available through NHA at $40.00 per study guide. Saint Paul’s School of Nursing students can order the study guides at a discount of $28.00 per study guide. Students must pay the school directly.

Our testing dates till the end of the year are as follows:

September 19th, 2015      10:00AM Sharp
October 17th, 2015        10:00AM Sharp
November 21st, 2015       10:00AM Sharp
December 19th, 2015       10:00AM Sharp

The dates for 2016 will be posted at a later time.

Please allow three hours for testing.

We hope to see many of our Saint Paul's School of Nursing Staten Island Campus taking and passing these valuable certifications!!

Carol A. Rati, MA Faculty
Nursing: The National Student Nurses’ Association

Several of our nursing students have asked whether joining a professional nursing organization would be beneficial to their educational and professional growth. The one that’s the best fit for our students may be The National Student Nurses’ Association (NSNA). Headquartered in Brooklyn, New York, NSNA has over 60,000 members who attend associate, baccalaureate, graduate, or doctoral programs throughout the United States.

Why should our nursing students consider starting and/or joining the NSNA? Joining the NSNA has several benefits. These include a subscription to Imprint, the organization’s official magazine, published four times per year, as well as an extra online only issue on career planning available every January. Members can apply for scholarships via the Foundation for the National Student Nurses Association (FNSNA). Our student members can participate at a reduced fee at the following events: the Annual National Meeting, the Mid-Year Career Planning Conference, and the Summer Leadership Conference in New York City. These conferences offer excellent networking opportunities. NSNA even has mentors to further members’ future careers and educational paths.

Our students who join the NSNA may attend educational mobility workshops along with state board examination reviews. Additionally, members are eligible for leadership awards and opportunities including Leadership U, Core Value Awards, and the Stellar School Award. The NSNA offers discounts on nursing apparel, publications and journal subscriptions; office supplies, and three hotel chains. Members can join one of fifteen partner nursing organizations at a reduced rate.

Starting a school chapter at Saint Paul’s School of Nursing involves filling out a form on the website, which is http://www.nsna.org and asking a faculty member to become the chapter’s advisor. New members pay $25.00 to join, which is a $10.00 savings over the regular membership cost; plus $40.00 per year which covers the New York State Membership fee.

In summary, joining a nursing association, such as The National Student Nurses’ Association, can be beneficial to your nursing career. Benefits of joining a professional association include: professional support and guidance; a chance to network; and professional development opportunities.

Nursing: Utilizing Your Textbook Effectively

As a nursing student, you should read your primary nursing textbook. Although a majority will try to memorize or know “everything” in the textbook, it is quite a daunting task to memorize an entire textbook. You should not be expected to memorize your textbook, but utilize it as a supplement along with lecture notes to help you pull the content together. Repeated attempts to try to memorize will only add to your already increased level of frustration and anxiety. Learn to adapt to the adage of, “Work smart, not hard.”

**Highlighting**

Utilizing a highlighter is a great strategy as long as you do not have a “rainbow” of colors. No more than 20 to 30 percent of your textbook should be highlighted. As you read the material, stop to organize the information in a format that will help you better understand and study the information. Employ a basic system of highlighting headings and boldface in a contrast color initially before you start to read. When you are perusing through the assigned chapter, use your main color, always keeping in mind that if you read and highlight at the same time it is easy to end up with a rainbow of colors throughout the entire chapter.

Another strategy is to learn to vary the color of a highlighter to break up the text. Select a specific highlighter color to match to a specific topic. For example, use a yellow highlighter for information that is relevant to the gastrointestinal system or a pink highlighter for the cardiovascular system.

Remember, the purpose of highlighting is to outline key information that will be useful when you go back to study for an exam.

**Flagging**

If you do not find using highlighters helpful then consider annotating the textbook. Focus on the very same key concepts you would if you were using the highlighting technique. Learn to write your own paraphrased versions in the margins of the textbook. By rewriting the information in your words will help you retain what you have read.

Lydia Lopez, Nursing Faculty
Career Services: How to Target your Job Search

You are about to finish your college degree! What then? It’s time to get acquainted with the job market. Here are the seven steps you should take before you dive head in to your job search:

- **Schedule an appointment to meet with Career Services** – What is Career Services? You might have seen us during your classes conducting workshops on how to build a resume or how to utilize social media. We are the department on campus that will partner with you all the way through employment by assisting you with your resume, interview preparation, help you target employers, go over job openings, and more.

  We also have monthly events such as employer visits that would be very beneficial to attend. It benefits to stay in constant communication with us.

- **Know your connections** – It helps to stay in communication with that friend that works for the hospital or relative that works for the Doctor’s office. Remember that doctor you worked for during your clinicals or externship? They were not hiring back then, but maybe they are hiring now! It is also very important not to burn any bridges because you never know who might be able to help you land the job.

- **Expand your circle** – Network, network, network! The power of networking goes a long way. As you start your job search it is significant to network with other graduates, join member groups/associations, attend worthwhile events where you will meet and connect with other professionals. Examples include recruiting events, healthcare fairs, meet up group events, Chamber of Commerce events, etc. Search the web to locate where the latest and greatest events are taking place!

- **Create an online profile** – Due to the increasing expansion of social networking platforms, employers are increasingly using Facebook and LinkedIn for targeting prospective candidates. Are you online? We encourage you to create a LinkedIn profile. It is the most professional out of the two platforms and the latest recruitment tool. Let hiring employers know where to find you!

- **Consider starting a BLOG** - Everyone is online searching for information. Whether you are a Nurse, Dental Assistant, or Medical Assistant – It helps to be an expert in your field. Communicate your knowledge and show your expertise. Target your audience, set a positive tone and turn your writing skills on full blast! The more information you have online, the easier it is for hiring employers to locate you. Two free sites to help you get started are:
  1. www.wordpress.com

- **Utilize job search engines** – There are so many out there! Our Top three Picks Are:
  1. [www.In deed.com](http://www.indeed.com): This site allows you to create a candidate profile and set up targeted daily job alerts sent directly into your email.
  2. [www.careerinfonet.org/employerlocator/](http://www.careerinfonet.org/employerlocator/): search by industry, occupation or location to get more information about employers.
  3. [www.silive.com](http://www.silive.com): This is Staten Island Advance’s online newspaper. Locate job openings online directly from your local newspaper.

- **Start with staffing agencies** – Any relative experience is great experience for a new graduate! Whether their current openings are temporary, contract positions or direct hire, it will help you build up your resume. It is a stepping stone to land your next and ideal job. Ask us about the best Staffing Agencies to work with!
Dental Assisting: Check up on Your Professionalism

The elements of behavioral professionalism reveal one of two attitudes – appropriate or inappropriate. There is a strong link between attitudes of educators and students and their relationships with patients. A person’s demeanor is also reflected in their enthusiasm for their work. The personal characteristics underlying behavioral professionalism may be cultivated early in life, but may also be developed through education and work experience. Leading by or following good examples is critical in developing awareness of the appropriate action to take in different contexts. Consider the following scenarios in light of professionalism:

1. You had a car accident before going to work. Will this affect your performance at work?
2. You heard from your friend or neighbor that he/she is getting paid double your salary for the same tasks you perform every day at your job. Will this affect your behavior and enthusiasm at work?
3. Your supervisor yelled at you in front of a patient. Are you going to yell back?
4. You have personal issues. Will these factors affect daily tasks required of you in the workplace?
5. Your employer asked you to stay extra 10 minutes at your job site to do something, but you will not be compensated for it. Are you willing to stay?

If you said yes to most of the above mentioned questions then, I believe you have to reconsider your perception of behavioral professionalism.

*Do not, under any circumstances, bring family issues to work, and vice versa.
* You accepted a job offer for a preapproved tasks and salary. If you are not satisfied, leave or search for another job.
*If you get yelled at, don’t allow that person to drag you down to his/her level.
* Employers are always looking for loyal and hardworking personnel. Show your dedication by putting in a little extra time at work.

Angela Naimoli: A Story of Perseverance

Students at Saint Paul’s School of Nursing come from all walks of life. For Angela Naimoli, her road to Saint Paul's stemmed from a family tragedy. Angela was a stay-at-home mom with three children and a few pets. Her husband, James Naimoli, had been self-employed with a successful security and alarm business. In 2008, James was diagnosed with pharyngeal carcinoma, his business failed, and the medical bills grew. James died in 2012 and the family lost their home and lived with family and friends.

Angela was inspired by the medical technicians that had helped her husband during his illness. In order to support her family, Angela first became a certified emergency medical technician and later enrolled in the Medical Assisting program at Saint Paul’s. Over the past five years she has also volunteered as a research assistant at a major New York City hospital.

In June 2015 Angela graduated as the Valedictorian of her Medical Assisting class and gave a wonderful speech. Angela was featured the same month in the Staten Island Advance. After graduation, Angela took her RMA and CMA exams and received a 99 on her RMA and 98 on her CMA respectfully.

Angela is now employed as a Faculty Group Practice (FGP) Medical Assistant at NYU Langone Medical Center at Trinity Place in New York City. Currently, Angela is learning the EPIC system, getting lots of training, and taking many exams. “It’s an honor to be part of the team. I am grateful to have this job at NYU and I love every minute of it.”

A life-time lover of learning and a person who believes you should learn something new every day, Angela is an inspiration to us all.
In the Spotlight: Saint Paul’s Star Alumni

Veronica Adoyi
Nursing Alumni
Class of January 2015
Care Manager at Centers Plan for Healthy Living

Veronica graduated from Saint Paul’s as the nursing Valedictorian of the January 2014 graduating class. In her Valedictory speech, Veronica noted that the RN program was a tremendous and challenging adventure, but one that molded the graduates to be what they are today.

Naturally, she passed her NCLEX on her first try, though she admits it was one of the most difficult tests she has ever taken. Her advice for passing the NCLEX is to thoroughly prepare for it before taking it. She reviewed all the content she learned throughout her time at Saint Paul’s. She utilized the Kaplan and Hurst Review materials.

Veronica is now working as a Care Manager at Centers Plan for Healthy Living. As Care Manager, Veronica has a multitude of responsibilities, including: managing the overall health condition of patients; scheduling doctor appointments and procedures and following up with patients to ensure that they comply; performing nursing documentation; and collaborating with other professionals to ensure that patients received the best care possible.

Asked how she feels about being a RN, Veronica responded by saying, “Nursing is such a rewarding profession and I love what I do each passing day.” This is only the beginning for her though. She plans on furthering her nursing education and plans on eventually becoming a nursing educator. Perhaps she will be teaching at Saint Paul’s in the future.

Jennifer Darcy
Medical Assisting Alumni
Class of June 2015
Certified Medical Assistant at Dr. Mary Bernadette Galvin’s Office

Jennifer Darcy, a native Staten Islander and mother of four children, graduated from the medical assisting program at Saint Paul's with high honors and a final GPA of 3.79. Jennifer's parents and grandparents always encouraged her to "reach for the stars and never take no for an answer." (Q & A July 29, 2015). Her husband and children were her best cheerleaders and wouldn't let her give up even when obstacles, including the death of her grandfather, happened earlier this year.

She externed at Dr. Mary Bernadette Galvin's office and is now working there. Her duties range from answering the phones, filing papers into patient's charts, and interacting with patients. Jenn really enjoys talking with the patients, taking their medical histories and vital signs; doing EKGs, Pulmonary Function tests, finger sticks for checking blood sugar, and tuberculosis PPD skin tests. “We have patients that have credited being alive to Dr. Galvin.”

Jennifer spent lots of time preparing for both the RMA and CMA tests by using the delmarlearning.com website and taking many practice and post-tests. Both the coursework at Saint Paul's and what she learned at her externship program, "paid off big time." Her advice is to "not get discouraged with the practice tests, just listen to what you are taught on externship and you will do great."
**Students Focused: Student Q&A**

**Camille Faccio - Nursing Student**

1) **What program are you in at Saint Paul’s and have you had any schooling prior to coming here?**  
Currently I am enrolled in Saint Paul’s Nursing RN program. Previously I attended Plattsburgh State University where I focused my studies in Hotel, Restaurant, & Tourism Business Management with an accounting/business minor, 2007.

2) **What is the most stressful aspect of the program you are enrolled in?**  
The most stressful aspect of the program is time management and studying skills. I find myself studying at least 5 hours a day, sometimes more depending on the situation.

3) **What classes have you most enjoyed?**  
I love Nursing foundations, which is cliché because I am a nursing student. However I greatly enjoy how the class is bi-lectured, with two different professors. Having two different teachers really gives you a well-rounded aspect of the material.

4) **Tell us something interesting about yourself.**  
I have a strong background in culinary arts. Cooking is a great stress reliever for me.

5) **What are your plans for the future?**  
I plan on enrolling in NYU’s duel degree program BS/MS, in Advanced Practice Nursing in Pediatrics. After NYU, I plan on volunteering for Doctors Without Borders, and working for a children's hospital. My ultimate future goal is to attain my Doctor of Nursing Practice (DNP) degree after working in the nursing field for a few years.

**Christine Alicea - Dental Assisting Student**

1) **What program are you in at Saint Paul’s and have you had any schooling prior to coming here?**  
I am currently in the Dental Assisting program at Saint Paul’s. I have previously attended Nassau Community College and LaGuardia Community College.

2) **What is the most stressful aspect of the program you are enrolled in?**  
The biggest challenge is trying to make sure I don't fall behind and understanding the information that is being taught. As with many other students, I also find it challenging to control my anxiety before a test.

3) **What classes have you most enjoyed?**  
I have most enjoyed the Dental classes with Dr. Sarah and Spanish class with Dr. Oquendo.

4) **Tell us something interesting about yourself.**  
The interesting thing about me is that I don't give up easily. My kids are always a reminder to fight for a better future. I would say that, thanks to my kids, I have a lot of perseverance.

5) **What are your plans for the future?**  
I plan on going to Dental Hygiene school to become a Dental Hygenist. However, my dream is to one day run my own dental consulting firm, helping dentists build and start their own practices.
Featured Employees: Faculty Q & A

Dr. Mina Fouad, B.D. - Dental Assisting Program Director

1) What do you do here at Saint Paul's and how long have you worked here?
I am the director for the Dental Assisting program. I’ve been the director for almost a year and I’ve been teaching for 3 years.

2) What is your educational background?
I graduated from the Dental school of Alexandria University, Egypt in 2005.

3) What motivated you to become a teacher?
For me Dentistry is so much fun and teaching also is fun. It is really enjoyable to be doing both at the same time.

4) What suggestions can you give current students to help them through the program?
The first and the last advice I always give to my students is about attendance. The Dental Assisting program has a lot of hands on. Missing school means missing training on different skills. It is amazing how students always get grades that are almost equal to their attendance rate. Students with 90% or higher attendance always get A’s and students who miss many days usually find it so hard to pass. My advice is to take school seriously and not to miss days except when it is a real emergency.

5) What would you like the students at Saint Paul's to know about you?
I would like them to know that the goal of the Dental Assisting program is to make sure that our DA students receive the best education. Overall, I am happy with our students. We have no problem placing them and the feedback from their sites is very amazing so far.

Maria DeSilva, RN, MSN, CPTC - Nursing Faculty

1) What do you do here at Saint Paul’s and how long have you worked here?
I began my journey as a nursing instructor with Saint Vincent's Catholic Medical School of Nursing, which as we know, would later become Saint Paul's School of Nursing. Although that time was a period with much change, I remained on staff because I believed in our teaching team and our vision. Subsequently, I became full-time faculty. It was wonderful to have been part of the SVNS staff, and I feel privileged to be part of the Saint Paul's faculty.

2) What is your educational background?
I hold a Master’s degree in nursing. I also hold a specialty certification in organ and tissue transplant. My experience in transplant transformed me personally and professionally.

3) What motivated you to become a teacher?
For me, it is the perfect mix of two things I love. My nursing career is an important part of my life - I chose a professional path that suits me well. Providing education is an important component of every nurse's career, and I found that I gravitated toward opportunities to educate within every nursing position that I held. Providing education to students whose goal is to enter the nursing profession fulfills me. If I can convey my passion for the profession, and communicate to our students the value of what it is they will provide as nurses, then I believe I am making a positive impact on them, which will positively impact the profession.

4) What suggestions can you give current students to help them through the program?
My suggestions about success in the program can be applied to other areas in life as well. First, be sure of yourself and be committed to your goals. Be aware when your method to reach that goal is not working so you can halt that approach and start a new one. Never be afraid to change your approach - don't fall into the trap of continuing to use a method that isn't working for you. Focus is a key to success and encompasses more than just studying material, and reading your textbooks. It also means that you maintain a positive attitude and avoid anyone who contributes negativity while you are working hard to be successful. The word “fail” should be removed from your vocabulary.

5) What would you like the students at Saint Paul's to know about you?
I believe deeply in achieving what it is that moves you - anything that you will look back on later in life and say "I should have done that", is a mistake that cannot be fixed. I also believe deeply in the mind-body connection, and that working to be positive and centered within yourself can affect every area in your life.
Academic Honors

Dental Assistants

President’s List
- Eileen Re
- Emefa Tengey
- Theresa Rosa
- Shannon Blydorp

Dean’s List
- Nicole Colon
- Eileen Cardozo
- Samantha Corulla
- Tameka Kennedy
- Melissa Basso
- Kelly Coppinger
- Nicole Dupont
- Jiang Shu
- Nicole Stone

Dean’s List Requirements:
Student must achieve a 3.5 GPA or above for the semester or module

Nursing

Academic Honors for Spring 2015 Semester

Medical Assistants

President’s List
- Jessica Andino-Lee
- Madea Brewer
- Larissa Covais
- Viridiana Cruz
- Amanda Deluca
- Rebecca Ellers
- Kellyann Evanson
- Jeanine Gentile
- Amanda Golden
- Felicia Huber
- Luz Isaza
- Stephanie Martinez
- Nemezis Mojica
- Lisset Morian
- Natalia Moreno
- Denesha Newman
- Cassandra Pacheco
- Karen Peppe
- Christine Spall
- Manisha Thakoerdat
- Jacquelyn Tritto
- Rocio Vidal-Trinidad

Dean’s List
- Vanessa Baron-Williams
- Celia Beard
- Moasha Bell
- Diane Bonilla-Morales
- Kassandra Colon
- Katy Lauren Cunningham
- Renee Daniels
- Lauren DiTuri
- Leta Dohner
- Meghan Domenech
- Lisa Ferguson
- Alyssa Garcia
- Mary Gentile
- Amanda Greene
- Asmeretta Griffin
- Alexandra Haggerty
- Karen Johnson
- Jasmine Jones
- April Juseinoski
- Lezly Lema
- Erika Lemus
- Krysta Maggiore
- Silvia Magzul
- Genesis Mendivil
- Alexandria Miller
- Flora Molski
- April Morales
- Marta Nowak
- Noelle Peluso
- Sesime Quadjove
- Ilene Rabold
- Gabrielle Rodriguez
- Chandenie Thakoerdat
- Stephanie Torres
- Gail Tyson
- Devon Vega
- Kellie Waclik
Events

June
- Graduation ceremonies for the Nursing, MA, and DA program was held on 6/5/2015
- Saint Paul’s NY City Opioid Overdose Reverser Training – conducted by Staten Island University Hospital. On campus, 6/2/2015 for the morning shift, and 6/16/2015 for the evening. Both students and faculty received the training and were certified.
- Bone Marrow registration drive, conducted by the Icla Da Silva Foundation, took place at Saint Paul’s on 6/17/2015.
- MA program Academic honors ceremony was held on 6/25/2015.

July
- The Staten Island Breast Cancer Initiative presentation occurred on 7/9/2015.

August
- MA program Academic Ceremony was on Thursday, 8/13/2015 at 11:00 AM
- The Dental DANB exam Pinning and honor rewards party was on Wednesday 8/19/2015 at 12:00 pm.

September
- Center Plan for Healthy Living will be visiting on 9/9/2015 at 11 a.m. to 2 p.m. for a recruitment drive.
- The first Alumni Association Hall of Fame Award Ceremony and Dinner will take place on 9/9/2015 from 6 pm. to 8 p.m. at the Hilton Garden Inn.
- Starting 9/19/2015, SPSON Staten Island will host its first NHA examination as a testing site. MA students will be able to sit for the Phlebotomy and EKG national certification exams given by the NHA.
- The Leukemia & Lymphoma Society's: Light the Night on Saturday 9/26/2015 05:30 PM at Midland Beach Promenade.

October
- MA Recognition week is scheduled for 9/19/2015 to 9/23/2015

About Our Organization
Formerly Saint Vincent Catholic Medical School of Nursing, Saint Paul’s School of Nursing strives to serve the needs of society by providing excellent education that exemplifies the highest standards for nursing practice. The faculty and staff at Saint Paul's believe that nursing is both an art and a science that works to provide a human service. Throughout our courses, we hope to emphasize the values of respect, integrity, compassion and excellence.

In addition to our nursing program in Queens and Staten Island, we also offer a Dental Assistant program and a Medical Assistant program. With all three of our programs, we strive to provide students with a quality education that includes practical, real-world clinical experience.

Disclaimers
The views expressed in this newsletter are those of the author and do not necessarily represent the views of, and should not be attributed to, the Saint Paul’s School of Nursing.