



SPSON – Signature

“The official NEWSLETTER of Saint Paul’s School of Nursing – Staten Island”

Volume 1 issue 1

Fall 2014



SIG-note: Signature’s first issue!

History is everything, and everything is history. This is history in the making, SPSON – Signature, the E-newsletter of Saint Paul’s School Of Nursing – Staten Island, is a project that we have been undertaking for the past few months.

The primary purpose of the newsletter is to uplift the spirit of the campus by creating and promoting an atmosphere of positive communication and an outlet for balanced expression.

SPSON SIGNATURE is a

great place for advice, guidance, education, and interaction for faculty, educators, business and administrative staff, as well as an important voice for our students. This first issue is a true reflection of the spirit of giving, as we embark on the holiday season! What timing!

I would like to thank everyone who submitted articles to this first issue and hope they will continue to support the newsletter. I welcome and encourage everyone to contribute to future issues of the newsletter by either

submitting an article or making a suggestion. A newsletter provides a forum to instill pride in our accomplishments and increase awareness between students and faculty.

Once again, I would like to welcome and encourage everyone to let their voice be heard, and put their signature on SIGNATURE.

Happy holidays.

Sincerely,

Abdalla Saudi, M.D.

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Library News: The Library has a Website!

Did you know that the library has a website? The library website is the default webpage on the library computers. You can also access the site from home by simply searching the phrase “St. Paul’s Staten Island Library” in a search engine.

You’ll find that the site has many useful links and resources. Undoubtedly, the two most useful resources that you can find on the library website are the APA template and academic databases via the LIRN Network. When writing a paper, students at St. Paul’s are required to cite in APA style. The APA template, which can be downloaded as a Microsoft

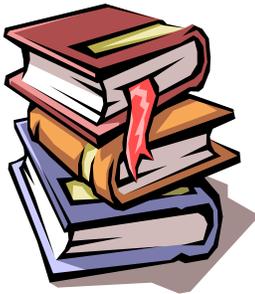
Word document, includes everything already correctly formatted, including how to quote and paraphrase materials, and handling in-text citations. Our subscription to LIRN includes the Gale Virtual Reference Library, Infotrac for newspaper articles, and ProQuest for full-text peer reviewed articles. The LIRN databases can be used to find reliable information for your papers and homework. Be sure to contact us if you do not know your LIRN password.

In addition to the APA template and LIRN, the website also contains information on library policies, a limited contact

directory of the school, links to free E-books, links to scholarship websites, and quick links to Campuslink, Jupiter Grades, Evolve, and the printing website). We’re also working hard to create and put on the library website an online library catalog that students will be able to use to look up what materials the library has. *SPSON Signature*, the newsletter that you are currently reading, will be available electronically on the library website, as well as in hardcopy!

Judy Lee, M.S. and Kevin Saw, MLIS

“Preparing for exams will be much easier if you utilize proper study techniques and do not procrastinate.”



How to Conquer Exams: Study Tips for Nursing Students

The quintessential factor to easing anxiety is to plan ahead and use essential studying skills in the weeks before exams. Preparing for exams will be much easier if you utilize proper study techniques and do not procrastinate.

Rewriting Notes

Besides showing up for class, the best thing you can do is take effective notes. Taking incomplete notes will be a waste of your time and when it comes to preparing for exams, you will be at a loss. On that note, taking good class notes will serve as a vital resource when studying for exams.

It is of the utmost importance that your lecture notes be accurate, complete and make sense to you.

A key aspect to note taking is to review them after class while they are still fresh in your mind.

This is a good time for you to rewrite your notes, correct spelling errors, filling in any missing information, and add any additional information as needed.

The practice of rewriting your notes is an opportunity that will help you improve your organization thereby making your notes easier to study from.

Finally, rewriting your class notes helps to reinforce, “lock” and retain the information.

You Tube Videos

The semester is in full swing, and for many students it means many hours of studying and examinations. Luckily in the technologically-driven world we live in, the internet provides tools that make studying a

breeze! One subject students spend hours of time studying is nursing. Sometimes it is difficult to capture everything in class, so a great study technique is to google topics covered in class on YouTube. By accessing YouTube videos, this will enable you to see the same topic explained from varying perspectives to help you understand the material.

Voice-Recording

There are a variety of advantages students can benefit from when recording lectures. Recorded lectures can be listened to while you are studying or reviewing for a quiz or an exam, and can be especially useful if your nursing professor speaks too fast and hampers your ability to take a complete set of notes. Regardless of the reason, there are a variety of strategies you can use to get the most from voice recording of your nursing lectures.

Not all instructors will allow you to voice-record. Before you record a lecture, ask your professor for permission.

Ask Questions

There are at least three possible reasons why a student will not ask their professor a question in class:

- They do not understand the topic.
- The student is too embarrassed or shy to ask a question.
- They do not want to hold the class back.

If you have a question about something the professor said or did not say in class, ask it immediately, briefly, and specifically. The more brief and

specific your question, the better. When questions arise, pursue them until you get an answer that you understand, and which makes sense to you. Remember the old adage, “No question is ever dumb.”

Go to Every Review or Question & Answer Session

A review or Q&A session should be used to answer any questions to help clarify any concept the student is not understanding. Students should not expect a review session to be an “in” to what exactly will be tested. A review or Q&A session is not to reteach content but rather to enable students the opportunity to bring their questions for further clarification. If a professor offers a review, it is important to attend those reviews and come prepared with questions you may have. This will help clear any cobwebs regarding a specific topic.

Don’t Second Guess Yourself

By second-guessing yourself, you become your own worst enemy! Second guessing yourself on exams is often a lack of self-confidence, over thinking a question or assuming the professor is trying to trick you. Classroom examinations test your knowledge and understanding of a subject matter. So, the bottom line is, when you know the material well, you will feel confident when selecting your answer choices, and less likely to second-guess yourself. Many of you have heard the saying, “never change your answer!” The idea is that your first answer choice is usually correct, so go with it!

Lydia Lopez, M.S.N., R.N., C

American Association of Medical Assistants: Why you should join!

As a future Medical Assistant, it is important to be aware of the American Association of Medical Assistants. Why is the American Association of Medical Assistants (AAMA) important for each Medical Assistant (MA)? It's simple... AAMA has set the standards to make Medical Assistants more competent, respected, and recognized professionals. The AAMA offers a certification exam that, upon completion, gives the MA the title of Certified Medical Assistant (CMA) (AAMA), which in the medical industry is one of the top recognized credentials.

Founded in 1956 in Milwaukee, Wisconsin, this organization continues to be the only one committed solely to medical assistants. Thanks to this association, every CMA (AAMA) is provided with the Medical Assisting Code of Ethics, CMA (AAMA) Core Values, and the Medical Assisting Creed. Medical Assistants Recognition Week (MARWeek) is celebrated annually from October 21st – 25th, with emphasis on Medical Assistants Recognition Day on October 23rd. AAMA publishes *CMA Today!* a bimonthly magazine. *CMA Today* highlights continuing

education opportunities, important topics in medical offices, and outstanding certified MAs.

If you would like to explore the AAMA further, visit their website, www.aama-natl.org, where you can find their history; CMA exam applications and practice tests; the latest issue of *CMA Today*; a complete AAMA overview; discounted benefit descriptions including insurance; and much, much more.

Brittany Flynn, Medical Assistant Student



Dental Assistants: How Important are they?

Could you imagine a dental office that runs without a dentist? Could you imagine a dental office that runs without a dental assistant? Why are you taking so long to answer the 2nd question? The answer is No. It's impossible nowadays to run a dental office without at least one dental assistant.

Infection Control:
Have you heard about Oklahoma dentist who put more than 22,000 patients at risk for Hepatitis B and HIV because of lack of instrument sterilization? If you don't know about those diseases let me tell you... they are fatal.

Imagine killing 22,000 people!! This is about 7

times the number of people who died in Sep 11th tragedy.

Although legally it is the dentist's responsibility we all know that it was the dental assistant's job to protect and prevent this potential disaster from happening.

I always tell my students when we talk about infection control "If you deal with 50 patients a day you are also dealing with 50 million microorganisms which can kill or risk the life of those 50 patients. If you help in treating patients and relieving their pain to make their life better, you can also be the reason to end

their life or to make it miserable".

Dental Assistants are a major link in the infection control chain!

Mina Fouad, B.D.



"Dental Assistants are a major link in the infection control chain!"

Employee Profiles: Financial Aid Department

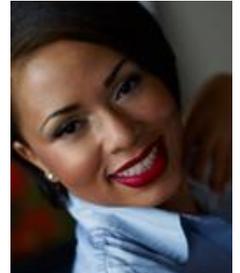
Hello St. Paul’s Students, Families, and Friends,

I started working at St. Paul’s School of Nursing in 2010 after working in financial aid for six years at a university in Chicago. Even though my position involves a great deal of administrative tasks, my favorite part of being a financial aid professional is counseling students and parents. I am a communicator by nature so when people leave my office with answers and solutions to their financial aid questions and dilemmas, it is the most fulfilling part of my job.

Over the past three months, we’ve had new additions to our financial aid staff. I would like to introduce our new financial aid administrators: Melonnie Cassellius and Irena Hoxha.

Nayamka Ward

Director of Financial Aid



Melonnie Cassellius **Financial Aid Administrator**

How long have you been working in financial aid?

I have been working in financial aid since 2007.

How did you start working in financial aid?

I was hired with Lincoln College of Technology and Culinary Arts in Columbia, MD as the Graduation Auditor in 2006. After working as an auditor for a year, I crossed trained with the Financial Aid Department. I remained with Lincoln College of Technology and Culinary Arts until 2012. I worked in financial aid at two other colleges in the Baltimore/D.C. area following my time at Lincoln College.

What is the most rewarding part of your job as a financial aid administrator?

The most rewarding part of my job is to see students graduate and excel in the fields they have chosen as their careers.

What is the most inspiring experience you’ve had working in financial aid?

While I was working at Lincoln College of Technology and Culinary Arts, there was a student who graduated from the culinary program that was 63 years old. She had never walked across a stage before because she received her GED only a few years prior to her attending Lincoln College. I am so happy I was able to be part of her accomplishments in life, and it made me realize that you are never too old to reach for your goals and dreams in life.

What is one of your funniest moments in financial aid?

My funniest moment in financial aid is when the department dressed up for Halloween and the students voted who was best dressed.

What would like you the students at St. Paul’s School of Nursing to most know about you?

I would like the students to know that I started college at Tesst College, a nontraditional school in Baltimore. At first I was very apprehensive about my decision, but I stayed in school and graduated. I made that decision for myself and career, and I am now doing something I love to do!



Irena Hoxha

Financial Aid Administrator

How long have you been working in financial aid?

I have been working in financial aid since April 1999.

How did you start working in financial aid?

I started working in financial aid through the college work study program. While attending college, I applied for a college work study job, and I was assigned to help the financial aid department. There, I learned the A,B,Cs of financial aid.

What is the most rewarding part of your job as a financial aid administrator?

Helping students pay for college, breaking down their tuition and fees and letting them know how financial aid can make school more affordable.

What is the most inspiring experience you've had working in financial aid?

The most inspiring experience I've had in financial aid was actually being part of graduation ceremonies. I attended every graduation ceremony, and it felt great when I saw those students graduating. Financial Aid Advisors were part of that success. We helped these students cover school expenses and any additional funding they needed to make it through school.

What is one of your funniest moments in financial aid?

While I was shaking hands and congratulating a student during graduation, the student said: "I'm sorry, I still haven't done that Exit Loan Interview. I'll log in tonight and complete it".

What would like you the students at St. Paul's School of Nursing to most know about you?

Students of St. Paul's School of Nursing should know that I will be here to help them not just apply for financial aid, I will counsel and give them the best advise on how to cover tuition, books & fees, apply for outside grants and scholarships, and minimize any alternative loans that they might need.



Maria's Externship Advice: Be Professional

Whether your externship is in the near future or far, you may have a case of nerves...consider it a normal feeling. It is a new experience, and a slight case of nerves is to be expected. To minimize that feeling, start by being prepared. As I convey during the Orientation Class, you should take the time to think about who will: cook dinner; pick the children up after school and help them with their homework; feed the dog and walk it in the morning; and how you will adjust your work schedule to accommodate your responsibility to the program.

Throughout my own professional career, I have found that the best way to ease my mind is to be prepared. Do not leave the preparation of clothing to the morning of your externship start date, but instead make sure your uniform is

washed and pressed the night before. On the morning of your start, you may need to wake up a little earlier than usual. Make sure you have: washed your hair, shaved, removed piercings, applied your makeup professionally, covered all tattoos, and set your phone to VIBRATE. Visit the site before the first day, so that you know where you are going. Be on time or early. The first impression you leave at your externship will set the stage for how you will be treated as a professional in the industry.

Keep in mind that Staten Island is very small, and Doctors belong to many professional organizations. If you are at a site where you are doing a great job, but the Doctor cannot hire you, he may contact a colleague and help you get a job elsewhere. If you treat externship as if it is

not a big deal by arriving late; constantly using your cell phone; calling in sick; getting lost in the building; or displaying a poor attitude, then finding a job will be very hard for you. People talk, about the good students and the bad. Remember, bad news travels fast!

I am happy to help you get the most out of your Externship experience. Make an appointment with me to get direction, insight, and advice on externship etiquette. All conversations and visits are confidential. I am trained to mediate any issue that may arise between the site and the student. Congratulations to all, as you enter Externship and the working world.

Maria Hoffman, M.A.,
Externship Coordinator

"The first impression you leave at your externship will set the stage for how you will be treated as a professional in the industry."



Illustration from: *USDA's Center for Nutrition Policy and Promotion*

Here's to Your Health

The recent Health & Wellness Fair held at the Hilton Garden Inn on South Avenue gave both students and staff a chance to get out in the world, stretch their legs, and fill their free tote bags with goodies! This was my first Health Fair, and I must say I was impressed. The number of organizations represented was staggering, from the NYPD to the YMCA. You might say there was a table for everything. In the ante-room and larger side rooms there were presentations about bullying, fitness demonstrations, and health screenings. There was a disaster preparedness workshop designed to ready our borough's

residents for disastrous conditions such as Hurricane Sandy presented in 2012. In addition to these, there were doctors, dentists and chiropractors represented. There were tables with information on college programs offered and St John's, Wagner, College of Staten Island, and of course, Saint Paul's School of Nursing!

One of the more interesting aspects of the Health Fair was the FOOD! Staten Island restaurants such as Dominick's and Call it a Wrap generously offered samples from their menus. McDonald's even presented the case that they do

offer healthy options on their menu such as apples and grilled chicken. Within the main room you could find information on healthy eating, including placemats with the new Department of Agriculture's "My Plate" which is a much simpler representation of how to eat than the previous food pyramid that it replaced! There was even a table from the Staten Island chapter of Over Eaters Anonymous. I would say they had every aspect of one's dietary needs covered!

Marie Forlenza, M.A.

Faculty Published Articles

Eileen Cameron

Eileen Cameron, an adjunct faculty English professor of St. Paul's School of Nursing, is having her research paper entitled "The Psychology of Hamlet" published in the *International Journal of Language and Literature*. The online publication of her paper is scheduled for November 30, 2014 in Volume 2, Number 3. "The Psychology of Hamlet" is a paper she had written during

the completion of her Master's Degree Program in the College of Staten Island.

As suggested in the title, the subject matter of the paper delves into the psychology of William Shakespeare's Hamlet through an analysis of relevant themes and psychological conflicts including Jung's Shadow along with Freudian concepts such as: the id, ego, and superego; morality and post-conventional morality; the

Oedipal complex; and the repetition-compulsion principle. The paper explores these concepts with a deep understanding of tragedy as a literary genre while also examining the various elements that often comprise literature including: foreshadowing, mirroring, and symbolism.

The library has a copy of this article for students and faculty who want to learn more.

Richard Walker

Richard Walker, an adjunct sociology faculty professor at St. Paul's School of Nursing, recently publishing a book review in "Contemporary Justice Review" entitled "Restorative Justice in a prison community or everything I didn't learn in kindergarten I learned in prison," by Cheryl

Swanson; Mr. Walker describes the W.C. Holman Restorative Justice Honor Dorm; correctional management mass incarceration in the United State; and the difficulties in administrating the six categories of restorative justice in the United States prison system. These categories are: offender awareness of the impact of their crimes; making amends to their victims; mediation between

prisoners and their victims' developing relationships between prisons and their communities; and prisoner transformation.

The library has a copy of this article for students and faculty who want to learn more.

Upcoming Holiday Break Schedule

Thanksgiving 	Nov 27 th -28 th , 2014 (26 th – 28 th for MA and DA)
Christmas 	Dec 24 th -26 th , 2014
New Year's 	January 1 st , 2015
Martin Luther King Jr. Day 	January 19 th , 2015
Memorial Day 	May 25 th , 2015

Recent and Forthcoming Events

Ongoing

- Public health events: as part of our annual participation in these events, this year, we celebrated The World Heart Day, the National Breast Cancer Walk, and others. We also had a guest speaker from the Staten Island Breast Cancer Initiative come

August 18th

- Lavelle Academy – a collegiate preparatory school which happens to share the corporate commons complex with Saint Paul's School of Nursing, has invited Dr. Saudi to speak about our programs, which he did on August 18, 2014 and was a successful event.

September 18th

- Medical Assistant Alumni gathering: the first MA alumni event at this campus took place September 18 and was remarkable. Special luncheon was served on behalf of the alumni who visited. Then, the alumni spoke to a large gathering of students about their successful experiences and received some gifts.

October 2nd

- Staten Island Health & Wellness Fair (Article by Marie Forlenza on p.6)

October 15th

- The Holy White Mass, held at the Blessed Sacrament Parish, was a celebration for healthcare professionals and workers of all faiths in appreciation of their contributions. This mass included the "Blessing of the Healing Hands."

October 13th-19th (3rd Week of October)

- Medical Assistant National Recognition Week: the third full week of October. Our campus celebrated MANRW/2014 with a special touch of raffles, contests and promotional material. Students had the opportunity to win some prizes.

November

- Thanksgiving Food Drive

December 16th-17th

- St. Paul's is hosting a Marrow Donor Registry Drive on December 16th and 17th to help save the lives of patients suffering from diseases like leukemia and sickle cell anemia.

December

- Christmas Toy Drive

Awards News

Liz Braun to be honored as a Top Woman in Business



Congratulations to Elizabeth (Liz) Braun, M.S., R.N., Dean of Nursing! Ms. Braun will be honored as a Top Woman in Business at the Hilton Hotel on Wednesday, December 3 at the 2014 Staten Island Top Women in Business Awards and Networking Dinner. This event is hosted by the Schneps Communication and the Star Network which brings together outstanding community leaders

Nursing Student Awarded Scholarship



Veronica Adoyi, a nursing student here at St. Paul’s, was awarded a \$2,500 scholarship by the Visiting Nurse Association (VNA) of Staten Island. She was one of three nursing students on Staten Island to receive this scholarship. The VNA was impressed by Veronica’s high GPA and her compassionate nature; a character trait which she masterfully conveyed in her scholarship essay. Congratulations to Veronica!

About Our Organization



2 Teleport Drive #203
Staten Island, NY
10311
(718) 517-7700

Formerly Saint Vincent Catholic Centers School of Nursing, St. 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 St. 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.

Want to Contribute an Article to the Newsletter?

We welcome contributions from faculty, staff, and students. If you would like to contribute an article to a future issue of the newsletter, please contact Judy Lee at judy1@edaff.com for more information.

Disclaimer

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 St. Paul’s School of Nursing.

Newsletter Committee

Chief Editor Dr. Abdalla Saudi

Assistant Editor Judy Lee

Proofreading Editors Marie Forlenza & Judy Lee

Design & Production Manager Kevin Saw

