

June 2011

ATS Insider

**Semester
Countdown:
8 weeks until break!**

Reminders:

**Make-Up Exam Day
For all classes:**

**June 22, Wed.
See the front desk for
times
and sign-ups.
You MUST have ID!

**June Convocation
June 23, Thursday
Noon & 5:00pm

**No smoking out
front! There are
reports of students
smoking by the front
doors. You will be
written up if caught.

**See Student Services
for surveys to go to
the Alpha Park
daycare to try to get
services for night
classes & an ATS
discount!

**If you are below an
81% average in any
course, you must see
Student Services
immediately to
ensure that you are
aware of all services**

**Insider's June
Student Contributors:
Josh Widmer
Jennifer Ortiz**

ATS Institute of Technology

MAKE UP EXAM DAY TO BE HELD WEEK 8

Make-up Exam Day will be held Wednesday, June 22 at the following times: 7:00am, 3:00pm, 4:00pm, and 10:00pm. This is for all classes and instructors. If you have an exam, quiz, or test to make up, please see your instructor to verify that you are able to do so. Then, sign up for a time slot at the front desk. Student Services needs students to sign up so that there can be enough space and proctors for each testing time. Please be aware of the following: There is no make-up for Make-up Day. Students must have picture ID in order to be able to take a test. The location will be posted at the front desk on the day of the testing. If you have any questions, please see Mrs. Yocum in the Student Services office.

UNIFORM CARE

By: Josh Widmer, ADN Student

Proper uniform care can help nursing students to save money by prolonging the life of scrubs. The whites are often difficult to care for, as they readily show stains and can yellow or gray with washing. Follow these steps for proper care of whites:

- Make small loads
- Wash with 2 scoops of Oxyclean
- Use 1 cup of white vinegar to the washer during rinse cycle to kill bacteria
- To treat stains, use one of the following methods:
 - Soak clothing in 2 cups warm water and ½ cup white vinegar for 30-60 minutes
 - Soak clothing in 10 parts warm water, 1 part Dove dishwashing liquid, 1 part laundry detergent for a minimum of 60 minutes

Mock Interview Day for Seniors

Student Services is hosting a Mock Interview Day for Senior-level students. This will take place on Saturday, July 9th, beginning at 11:00am. If you are interested, please RSVP with Mrs. Yocum in Student Services.

Mock Interview Day will consist of resume review, resume and interviewing tips, and mock interviews with Human Resource, Business, and Nursing Hiring Professionals. In addition, Alego Health will be participating. Alego is one of the Cleveland area's biggest employers of new ATS Graduates!

Students should come in professional attire, with their resumes and cover letters. Furthermore, students can prepare by practicing interview questions found on-line or in interview preparation books, such as *Knock 'Em Dead Resumes* by Martin Yate or *Successful Interview Skills* by Rebecca Corfield.

If you are prepared as if you are going to an actual interview, the feedback that you receive will be much more useful. If you are not yet a senior student, no worries! This will be offered to you as you get closer to graduation.

CARPOOL! CARPOOL! CARPOOL! CARPOOL! CARPOOL! CARPOOL!

As the price of gas continues to rise, students have been requesting carpooling. Please see Mrs. Yocum to get contact information of students in your area who are looking to save gas money by carpooling to school and/or clinicals.

Announcements

Congratulations to Juanita Foster, Cory Kirksey, Arkeda Adams, Shonda Gresham, and Sqira Whitley who all answered the Pharmacology questions for May correctly! These students will be put into the drawing to be held at the end of the semester to win Pharmacology prizes donated by Mrs. Dirk.

Congratulations to the following winners of the May Scavenger Hunt: Lakesha Cole, Gurpreet Singh, Shonda Gresham, Andrea Johnson, Mary Jackson. The winners were selected on speed and accuracy. These students can pick up their prize in the Student Services office!

A special thank you to Lindsay Ehrhardt, Ronae Washington, Janel Micsky, Boris Zhitnik, Tomikia Fulp, and LaTisha Smith. These ATS Alumni have agreed to volunteer their time to speak to new students in the *Introduction to Nursing* courses. New students will be able to hear how alumni survived work, family, and nursing school and hear what they are doing now!

We're on the Web!

See us at:

www.atsinstitute.edu

JOB POSTINGS

YOU MAY QUALIFY TO TAKE THE STNA LICENSURE EXAM WITHOUT THE STNA CLASSES.

TO SEE IF YOU QUALIFY FOR STNA LICENSURE EXAM, SEE STUDENT SERVICES OR VISIT:
[HTTP://HDMaster.com/Testing/CNTesting/HIO/OH_STNA_HOME.HTM](http://HDMaster.com/Testing/CNTesting/HIO/OH_STNA_HOME.HTM)

CERTIFIED NURSING ASSISTANT
REGENCY HOSPITAL
CLEVELAND WEST
FULL TIME-12 HOUR SHIFTS
DAY AND NIGHT OPENINGS

INSURANCE VERIFICATION CLERK
PARMA COMMUNITY GENERAL HOSPITAL
FULL TIME, TEMPORARY
HS DIPLOMA AND BILLING/CODING REQUIRED

Bullying in the Workplace

BY: Jennifer Ortiz, ADN Student

Bullying is a national epidemic. It occurs in scholastic environments, social gatherings, on the Internet, and it has migrated full force into the workplace. Bullying has finally reached a point where recognition and preventative measures are to be implemented.

What constitutes bullying? According to an article extracted from the Journal of Psychosocial Nursing (McCleary, Hunt, Walter, & Robertson, 2009), bullying is typically defined as behavior in the workplace that could reasonably be considered humiliating, intimidating, threatening, or demeaning to an

individual or group of individuals and that is usually repeated over time. In addition, the behavior is usually inappropriate, unreasonable, and possibly aggressive, while creating a risk of physical or psychological harm.

Once bullying is defined, the issue of why individuals exhibit such intolerable behavior must be considered. It has been found that most bullies have been subjected to bullying themselves, consequently allowing for repeat behavior to occur in their adult lives—a vicious cycle.

It seems that bullying is virtually inevitable; however,

preventative measures can be taken so that bullying can be decreased down to an almost nonexistent level. This can happen through education. As future nurses and current nursing students, one of the mottos we must live by is patient education. Taking that motto and interjecting it into everyday life will lead to an educated population within and outside the workplace. Letting people know what acceptable behavior is and providing them resources to report unacceptable behavior can be the first step to reinforcing positive and productive attitudes socially and worldwide.

ATS IS SEARCHING FOR:

- Students interested in starting or participating in a support group, please contact Student Services. A support group is a way to offer and receive support from others who are dealing with similar life circumstances. This can be extremely helpful in providing a support system, recognizing community resources, and building morale. The following is a list of suggestions by students:
 - Parents of children with ADHD
 - Juggling nursing school and a family
 - Depression
 - Nursing students suffering from loss of any type
 - Divorce/Separation
 - Low GPA
 - Financial difficulties
 - Health problems

Volunteer work

Volunteering is a great way to network and gain hospital and patient care experience. Often, this requires little time and works around your schedule. For volunteer opportunities or suggestions, see Student Services.

Volunteer Opportunities:

Cleveland Free Clinic
216-721-4010

UH Hospitals
440-415-0261

JUNE PHARMACOLOGY QUESTION:

- Common side effects that may occur when a client is taking furosemide (Lasix) for hypertension include:
- a. Tachycardia, respiratory stimulation
 - b. Restlessness, insomnia
 - c. Abdominal and leg cramps
 - d. Weakness, edema