Welcome back to returning students and a special welcome to our new students. I hope your summer was enjoyable and that you are looking forward to this year. The school faculty, staff, and I have been busy during these past several months preparing for your return.

During the summer new teaching equipment was added to classrooms and additional computer and video programs are available in the Day Learning Center. Four new offices for school faculty are being added on the second floor of the school.

We are pleased to welcome two new faculty members who are introduced in this newsletter. They bring to our school a wealth of clinical experience and expertise.

The faculty, staff, and I are here to facilitate your learning and to support your efforts to prepare for a health professions career. In order to do this most effectively we need your feedback and suggestions. One method that has been developed to do this is the Input for Excellence boxes that are located in HP 2068, the Day LRC, and in the School Community Lounge. I also plan to have some open meetings during the fall semester that I hope you will attend. At these meetings, I will update you on school happenings and hear your ideas on how we can better support you in your studies.

I want to encourage you to take advantage of the support available to you from the faculty and staff. I also suggest that you get together with your classmates to share lecture notes, practice new skills, and enjoy each other’s knowledge, experience, and company.

We are here for you and eager to help out in any way that we can. Through hard work and utilizing the assistance of those around you, this will be both a productive and enjoyable year.

Dean Nadine Coudret

Learning Caring Community is a monthly publication of the University of Southern Indiana, School of Nursing and Health Professions.

To report news items, announcements, or updates, call:
812/465-1181
email: dgutley@usi.edu

Come early, stay late at the Academic Skills Center

If you’re new to USI or a returning student, take advantage of the FREE services offered to you by the Academic Skills Center, recently moved from the Orr Center to the new Science and Education Center. Their brochure indicates that “in addition to placement testing, General Studies classes, and tutoring, Academic Skills provides additional learning assistance programs to help you succeed.” Besides these basic services, the Academic Skills Center offers instruction in group study, help for faculty dealing with failing students, and lunch hour seminars in relaxed surroundings. You can call the Center at 464-1743 or walk in for a visit in room 1111, Science and Education Center.
**New Faculty at SNHP**

Marilyn Ostendorf joins us as a Nursing Instructor for the School of Nursing and Health Professions. She received her undergraduate and graduate nursing degrees from the University of Evansville. For the past twenty years, Marilyn has been in the employ of St. Mary’s Medical Center, working in the intensive care and cardiovascular unit. She and her husband, Matt, live in Newburgh with their two sons, Jason, 18, a student at Indiana University, and Michael, 13, a student at Holy Rosary, and their dog, Jax, a 5 year old Chocolate Lab, an obedience school dropout. She relaxes with her interests in gardening, cooking, stamping, and scrap booking. Marilyn’s office number is HP2048. Stop by to welcome her.

Rita Winters joins us as a Nursing Instructor for the School of Nursing and Health Professions. She graduated from the University of Evansville in 1982 with an associate degree in nursing. She received her baccalaureate and master’s degrees from the University of Southern Indiana; she is certified as an acute care nurse practitioner. An employee at Mary’s Medical Center since 1979, Rita has served in adult critical care. For the past 7 years, she has been a nursing supervisor. She and her husband, Rick, reside in Evansville. They are the parents of three children, Josh, 17, Jake, 15, and Nicole, 10. Her hobbies include bowling and swimming. You can find her in HP2050; stop by to say hello.

**Lindsey accepts new Student Affairs Coordinator position in SNHP**

Mary Lindsey, former administrative assistant for distance education in the School of Nursing and Health Professions, has recently accepted the newly created position of Coordinator of Student Activities and Grant Management. A graduate of Brescia University, Mary holds a degree in Secondary Education in Sociology. Before moving to the area, Mary was employed in the Indiana University School of Nursing in Learning Resources. Mary resides in Newburgh with her husband, Frank. They have two sons: Jeff, a marriage and family therapist, and David, an associate pastor at Manhattan Beach CA Community Church. Mary says her other great loves are reading, traveling, cooking, and of course, her cat, Tiny. She resides in HP2097; stop by to say hi.

**Archibald Eagle’s Food Closet**

A co-op service for students & staff who find themselves in financial straits or emergency situations

All requests are CONFIDENTIAL

CALL
Health Services
UC 117
812/464-1807

“This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.”

_Dalai Lama_
Travel Notes from England

On June 14, 2003 21 USI students from Nursing and Health Professions and two faculty, Dr. Ann White and Mary Ann Wehmer traveled to England to study the National Health System of the United Kingdom. The group spent the first part of their stay at Harlaxton Manor on the campus of Harlaxton College in Grantham, England. They toured several hospital facilities and heard a presentation by a Harlaxton faculty member on the Great Britain’s health system.

Along with their educational studies, the group enjoyed a free weekend. Some stayed in London while others traveled to Edinburgh, Scotland. The tour ended with a three day stay in London with visits to the Old Operating Theatre and the Florence Nightingale Museum and a theatre performance of “My Fair Lady.” A tour is being planned for summer of 2004. Deborah Carl is serving as faculty person for this expedition. If you are interested or have questions, contact her at Dcarl@usi.edu.

Tickling Your Funny Bone

A SHORT HISTORY OF MEDICINE

2000 B.C. Here, eat this root.

1000 A.D. That root is heathen. Here, say this prayer.

1850 A.D. That prayer is superstitious. Here, drink this potion.

1940 A.D. That potion is snake oil. Here, take this pill.

1985 A.D. That pill is ineffective. Here take this antibiotic.

2000 A.D. That antibiotic is artificial. Here eat this root.

If you need some comic relief during a study break, check out these websites—www.nursefriendly.com and www.nursinghumor.com.

DATES TO REMEMBER

August 28-Student Orientation Picnic (DTHY Students)
August 29-Student Orientation (DTAS Students)
September 1-Labor Day
September 2-Courses Begin
September 13-Emerging Concepts in Periodontal Therapy,
Mitchell Auditorium
September 23-Dean’s Pizza Luncheon, 12:00 p.m., HP 110
September 26-Oncology Care Conference, Carter Hall
October 2-SNHP Advisory Committees
October 15, 16-Perinatal Education Partners, Carter Hall
October 23-Nursing Alumni Dinner, Carter Hall
October 23-Health Fair, Safehouse, 1-3, 4-6
October 24-26-Healing Touch Level I, Level IIA, Carter Hall

Fall Semester Dean-Student Meetings

During the fall semester, there will be two open nursing and health professions meetings for students with the dean. The first meeting will be on Tuesday, September 23 at noon in the School Community Room HP 110. The second meeting will be on Wednesday, November 5.

The purpose of the meetings is to share school and program information with students and to talk about how school faculty and staff can better support student learning efforts. Pizza will be served. It would be helpful to call Diane at 1181 to let her know that you plan to attend. (We want to be sure and have enough pizza!)

Food for Thought:

Forget Perfection. Strive for consistency, progress and commitment.
A Student’s Guide to Study, Snacks, Seats, Sleep

On the lower level on the north end of Health Professions (end facing highway) to the left and right of the elevator is the School Community Lounge. Soft drink machines and a microwave are available. The room is furnished with tables and chairs and soft chairs and table lamps. There are bulletin boards representing all the departments of study in Health Professions on the walls. It could be a good place to be if you need some quiet; it would also be a great spot for group study.

On the south end of the building, there are drink and snack machines and a campus phone.

Near the entrances to Mitchell Auditorium, on the first floor (north end), there are soft drink machines and a pay-phone.

The Link is the walkthrough between the Health Professions Building and the Science and Education Center. Several drink machines (all major brands, including juices and coffee), snack machines, and an automat with breakfast, lunch, and snack items, juices, etc., are tucked away in a small hallway. There’s a microwave, napkins, and utensils. The most inviting aspect of this space is the ample light that shines through large east-west windows and the skylight overhead (sit in a windowless office all day and you’ll know what I mean). There are lots of tables and chairs and upholstered chairs and sofas. A perfect spot for a 10 min. power nap! There are a few more machines in the hall toward the Science Center (you can buy a Starbucks Frappuccino).

On the second floor (south end) there is a seating area that might be a quiet, not so out of the way place to study before class for a quiz.

So, look around; you might just find your own niche to study, relax, or reflect.

HOW TO GET YOUR STUDY GROOVE BACK

1. **BE IN CLASS.** Skipping class and trying to catch up by reading the text doesn’t usually work. Faculty frequently offers points in class that will appear on your exam. Sit up front and raise your hand to contribute.

2. **UNDERSTAND YOUR FACULTY.** Learn your instructors’ testing format, assignments, and expectations.

3. **SET SPECIFIC TIMES FOR STUDY.** Set a time to review the day’s notes. Reviewing in this way will you to remember your notes through repetition.

4. **START STUDY PERIODS ON TIME.** Delays in your schedule will affect how you study. Try to train yourself to use every minute of your scheduled time.

5. **SET GOALS IN EACH SUBJECT.** If you set a goal for a specific time period, you are more likely to accomplish the task at hand quickly. Set a timer if it helps. Don’t worry if you don’t reach your goal in the amount of time you’ve set; get back to it as soon as you can.

6. **START ASSIGNMENTS WHEN THEY ARE ASSIGNED.** Spread the workload; the quality of your assignment will be better. If the assignment is due near exam time, you will have saved valuable study time.

7. **STUDY THE MOST DIFFICULT SUBJECT FIRST.** Get the yucky stuff out of the way first; your mind will be at its best when you first sit down to work.

8. **REVIEW, REVIEW, REVIEW.** Taking good notes and reviewing them is one of the secrets of the universe. Read them out loud. When you review regularly, your retention rate in your long term memory approaches a whopping 80%.

9. **TAKE BREAKS.** Give yourself 10 minutes for every 50 minutes of study. Take a quick walk, have a power nap, drink a cup of coffee, do some stretches or breathing exercises—anything to refresh your mind, body, and spirit.

10. **FINISH ASSIGNMENTS.** The more unfinished assignments pile up, the more difficult it is to catch up. Finishing a project provides satisfaction and confidence to take on the next task at hand.

11. **GET THE PRIZE.** When you have reached a goal, you feel wonderful. Give yourself a present—a magazine, snack, movie, or TV time. Rewards provide incentive so that you can more easily reach the next goal.