



Student Collaborative Scenario

On Tuesday, May 14, 2013, City College Fort Lauderdale students participated in a collaborative scenario that began when EMS responded to an accident and ended in a court room. The activity, which was presented as part of Friends and Family Day, involved every department on the Fort Lauderdale campus.

"This was a great opportunity for students to get to see and appreciate what other students are learning," said Dr. Emilio Castaneda, the Allied Health department chair. "It was nice to see the departments working together."

by a surgery to remove the spleen. A cast was also placed on the fractured leg.

Evening students continued with the scenario. The Business Department conducted a human resources investigation to determine if the man was entitled to workers' compensation. Private investigating students investigated the accident and events leading up to the accident, and the entire activity culminated with a mock trial put on by legal assisting students. The entire process was reported on by the broadcasting department.

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The scenario involved a male patient who fell from the second floor balcony and sustained a broken ankle and internal bleeding as a result of the fall. EMS students **Jason Doherty, Mary Boeckler** and **Jose Manrique** were the first on the scene. They assessed the victim, put him on a stretcher and transported him to the "hospital," where a team of nurses were waiting.

After determining the patient had a ruptured spleen, he was moved to the OR where anesthesiology and surgical technology students assisted with anesthetizing, followed

"We were really happy with the outcome," said Castaneda. "Students appreciated this authentic learning experience." ●



Broadcasting student **Candace Morris** interviews EMTs about the patient's condition



EMS students **Jason Doherty** and **Jose Manrique** take the victim to the emergency room



Nursing student **Carmen Peterson** checks the patient's vital signs



Medical Surgical Students at Kindred Hospital

Medical surgical students on their last day at Kindred Hospital with their instructor, **Daphne Lewis**. From left to right: **Mark Degen, Megan Morrow, Lauren Torres, Elia Rodriguez, Daniella Lema, Andrea Campbell, Myrtha Louis** and **Juliet Lewis**. ●

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It's no surprise to broadcasting students that the Broadcasting Club is one of the most popular on the Fort Lauderdale campus. Best known for field trips that highlight careers in television and radio, the Broadcasting Club offers students an opportunity to see what is waiting for them upon graduation. Past trips have taken students to New York City, Las Vegas, Atlanta, Tampa and Orlando, but students were especially excited for this year's trip to Washington, D.C. Twenty lucky students were carefully selected based on academic and social standing for the trip which lasted from April 10-13.

After weeks of waiting, students met at the Fort Lauderdale International Airport early in the morning on April 10th. After arriving in Baltimore, Maryland, students were transported to their hotel in Lanham, where they had their first workshop. Broadcasting Club members **Natasha Darius** and **Cheryl Tyson** presented on the topics of setting personal goals and communicating for success.

On the second day of the trip, students traveled to an ABC affiliate in Washington, D.C., where they were met by tour facilitator and Director of Public Affairs, **Abbey Fenton**. Students were in awe as they were led to the heart of the station—the news assignment desk.

Broadcasting Club Goes to Washington



Broadcasting Club members visit the ABC 7 News Desk: Kathryn Ruffin, Kristin Palmacci, Michelle Johnson, Andre Brown, Randy Smith, Goethz Laurent, Cheryl Tyson, Nicole Del Rosario Dominquez, Marie Jerome, Erica Mullins, Wilson Louis, Kelonda Isom, Ce-Lia Gonzalez, Delconno McDougle, Jasmine Broadbelt, Tecovia Calvin, Glenda Thomas, Isis Leyva, Johnny St. Hiliare and Natasha Darius.

meteorologist's area where they caught a live traffic and weather report by one of the staff

working professionals.

As if the TV station wasn't exciting enough, students next headed to the **Smithsonian** where they spent the rest of the afternoon at the **National Air and Space Museum**. Here they saw everything from Amelia Earhart's plane to the Wright Brothers' invention to an immersive exhibit about the Solar System.

Day three began at CBS Radio in Lanham, Maryland. **WPGC** Director of Community Affairs **Justine Love** gave students a tour of the building, which houses six stations. Students were also treated to a meet and greet with several radio personalities, all of whom stressed the importance of securing an internship. Students were excited to see that the equipment used at WPGC is the same as the equipment they are using at City College.

The **Newseum**, a museum displaying artifacts from many of the world's top news stories, was next on the agenda. At times, the tour, which featured stories from JFK's assassination, the bombing of a church in Birmingham, Alabama that killed four little girls, and September 11, became emotional. Other items of interest at the museum included artifacts from the Unibomber's cabin and cell phones recovered from the World Trade Center rubble.

Students left Washington, D.C. on April 13, more energized and motivated than ever before. They left with souvenirs, photos, participation certificates and memories, but nothing more important than the lessons they learned and the friendships they formed. ●

Twenty lucky students were carefully selected based on academic and social standing.

Seeing the news anchor's chair was an adrenaline rush for several of the students and many asked to take pictures sitting in the chair. Next, students were taken to the

members. During the tour, Fenton offered advice about working hard and honing skills while still in school. She stressed the importance of an internship and the need to network with

▶ Student Spotlight

One Lucky Winner!

Tangela Williams was the recipient of the Allied Health Littmann Stethoscope raffle. The prize was awarded by Allied Health Department Chair **Emilio Castaneda**.



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EMS Competition

The City College Fort Lauderdale EMS Competition Team participated in the ALS/BLS Competition held during the 17th Annual First There First Care Conference at the Hard Rock Hotel and Casino in Hollywood, Florida on April 26, 2013. The team, which consisted of **Jason Doherty**, **Mary Boeckler** and **Jose Manrique**, represented City College with maturity, skill, knowledge and pride as they competed against 13 other teams.

"The competition was a huge success on many levels," said Anthony Bitgood, EMS Department Chair. "The City College team had very little time to prepare and train, but that didn't keep them from doing well."

While the recent competition was a first for the team, it won't be the last.

"We are excited to announce that this team will continue to compete on a state and national level," Bitgood said. "I'm very proud of these students." ●



Jason Doherty assesses the injuries of an accident victim



Jose Manrique interacts with other scenario participants after getting his patient on a backboard



Jason Doherty, Mary Boeckler and Jose Manrique at the ALS/BLS Competition at the Hard Rock Hotel and Casino

City College Skidmore Scholarship Recipients



Terrence Kelly, a private investigations student, accepted his award from Kathy Johnson, the Fort Lauderdale Director of Financial Aid



Nursing student Carmen Petersen received her award from the Fort Lauderdale Director of Financial Aid, Kathy Johnson



Briana Hanberry receives her award from Director of Financial Aid, Kathy Johnson



Andrea Campbell was one of three nursing students to receive the Richard W. Skidmore Scholarship Fund award. The award was presented by Fort Lauderdale Director of Financial Aid, Kathy Johnson

Four City College Fort Lauderdale students were the recipients of this year's Richard W. Skidmore Scholarship Fund. The \$500 award, presented in memory of Richard Skidmore, a former Director of Education at the Fort Lauderdale campus, was given at the end of the Spring term. Criteria included a 2.0 cumulative GPA, good attendance and class participation, and the demonstration of involvement in community affairs. The 2013 recipients were **Andrea Campbell** (Nursing), **Briana Hanberry** (Nursing), **Terrence Kelly** (Private Investigations) and **Carmen Peterson** (Nursing). ●

Did you know City College students and faculty qualify for exclusive discounts from AT&T? Go to att.com/wireless/citycollege [New and current users eligible]

Hollywood Campus Adds Graduates to City College Alumni Pool

Siterria Nelson, a member of City College Hollywood's Inaugural Class, is joining the school's Graduating Class of 2013.

In 2011 Nelson joined the first group of students at City College's brand new Hollywood Campus. She had long considered joining the medical field due to medical issues she suffered as a child. Once admitted, Nelson decided to specialize in ASAH-MA Medical Assisting.

In an emotional goodbye letter to her beloved campus, Nelson thanked everyone from her Admissions Representative and the Front Desk receptionist to every single one of her

A confident Nelson leaves City College with a lofty new goal: a BA in Health Care Administration.

instructors. Despite her initial reception, Nelson suffered the usual challenges that face many college students: "all-nighters, sleepless nights, tons of homework." But she adds, "I am not shy anymore. I am not upset when I get critiques on my speeches or essays. I am not

afraid of needles anymore."

A confident Nelson leaves City College with a lofty new goal: a BA in Health Care Administration. Hollywood Campus wishes Siterria Nelson luck as she travels towards new horizons! ●

Visit the City College student web portal at myportal.citycollege.edu

Miami Campus News



Money Matters in Miami

Students at City College's Miami campus recently received money management and student success information. Research has shown that subjects students are interested in include investing for the future, getting ahead financially after graduation, avoiding credit problems, and budgeting. And research also shows that the number one reason students leave school before getting their degrees is finances.

Establishing a debt management plan that includes financial literacy education is an important way to promote default prevention and student success at City College. You don't have to go all-out when embarking on plans for financial literacy and student success. In fact, starting small and then, in the future, building on your initial successes to create a broader plan is a better way to go.

Financial literacy education works. Here's just one example: **Community Works Coalition, Inc.** (CWC) is a non-profit organization "geared to combat the lack of financial literacy through education with respect to cultural values and heritage." Through CHANGE (Cultivate Humanity by Assisting Needs through Guidance and Education), CWC is able to plant seeds into the local community. During our student appreciation week earlier in the term, we were privileged to have the CWC team (**Andre Coakley**, Executive Director, **John Bowen**, Managing Director, and **Trevor Williams**, Program Director) come and present

a financial management education workshop to our future graduates. The workshop, designed to assist individuals in addressing financial problems or barriers to their life goals, proved to be the soil our students and community need to form the roots to build stronger branches! Students took away interactive handouts on the value of good credit, money management techniques, budgets and financial plans, credit reports and scams, predatory lending, and default prevention. CWC has a Smart Savers Youth Program, a Home Run Homeowner Education Program, and a Life Savers Program. They also provide counseling on foreclosure/intervention, individual/group counseling, and homebuyer education.

You've heard me mention planting seeds, forming roots, and building stronger branches. Deep rooted trees can survive major storms. When you are well rooted you can withstand major stresses. You can obtain the security you crave only by sinking your roots deeply into the community. This is what Community Works Coalition does and believes in, "Deeper Roots, Stronger Branches" and City College Miami is only too proud to be a part of it. We look forward to having CWC on a quarterly basis during student appreciation week assisting our future graduates in becoming financially educated! For more information on Community Works Coalition, Inc. visit www.cwc-educate.org.

Stop by the Financial Aid Office at City College Miami for more information on borrowing smart and budgeting wisely and visit the new Financial Awareness Counseling Tool (FACT) on www.studentloans.gov. ●

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Miami Students Surge Into The Future Operating Room

Many experts in the field of Surgical Technology believe that in the near future, robots will be able to diagnose and surgically repair conditions without human interaction. Before this can be achieved, many levels of robotics must be mastered. However, surgical technologists are quickly approaching those very heights.

Recently, students from City College's Miami campus had the opportunity to assist in a robotic-assisted laparoscopic prostatectomy - essentially, the surgical removal of a prostate - at **Mercy Hospital** in Miami. "The experience," says **Randy Docks**, "gives our students an idea of what to expect in an operating room as well as a glimpse of how the latest technology is being integrated into the field of surgical technology. It also makes them more marketable amongst those entering the field." The students were "scrubbed in" on a surgical procedure utilizing the **da Vinci robot** and assisted the surgical team by passing instruments, preparing medications, and keeping everything organized.

The da Vinci surgical system allows for more precise, more accurate surgeries to



Experiencing the da Vinci surgical system at Mercy Hospital gave students the opportunity to see the latest in medical robotic technology

be performed through smaller incisions. The device consists of a robotic arm (a manipulator) and a surgeon's workstation. The advantages of the da Vinci for the patient may include shorter hospital stays, less pain, low risk of infection, less blood loss, fewer transfusions, less scarring, faster recovery, and a quick return to normal activities.

Without question, the operating room of the future will be a much different place than it is today. Docks says, "In the future,

capable surgeons will perform telesurgery, meaning that a surgeon in Los Angeles could be called to perform surgeries in Spain without actually being there." As such, surgical technologists will need to be familiar with such things as robotics, electronics, software, and biometrics, among other things. The students' experience at Mercy Hospital is sure to be a memorable, ever-lasting learning experience that has exposed them to the future of operating procedures. ●

Altamonte Springs Campus News

Biggest Event Yet at Altamonte Springs Campus!

In April, the Altamonte Spring campus held a Community Health and Job Fair. This event was not only to introduce City College students to employers, but also to invite the community inside City College to see what we are all about. The EMS and Allied Health students performed free blood pressure checks and heart rate checks on students, faculty, and neighborhood guests. EMS students set up a "Heart Bean Bag Toss" for \$2 a try to raise donations for **The American Heart Association**. The health fair was also sponsored by **L.A. Fitness, Chick-fil-A, CentraCare, ARCpoint Labs, and Translife**. Employers included **Senior Helpers, Devereux, L.A. Fitness, WorkForce, and Convergys**. WorkForce provided detailed information about upcoming job fairs, programs, and www.employflorida.com. The Big Red Bus was also on site for blood donations. As a result of this job fair, four companies have scheduled interviews with students, one company is hosting an externship for Allied Health, and one student has already been hired! ●



Ambassadors Danzell Anglin and Carolina Uchoa promote the Allied Health programs



Students visit with employers set up inside City College



Billing & Coding student Sydney Marseille checks out a table



Alpha Ivy Business Club



EMS students and Ambassadors Brandi Rivera and

► Community Outreach

St. Patrick's Day Food Drive

When people think of food drives, they typically think of Thanksgiving and Christmas. What many do not realize is that food banks start to run out of food in the spring, and people need food year-round! Working with **Move for Hunger**, a charitable organization who will pack and pick up food from any location, the Altamonte Springs Ambassadors organized a St. Patrick's Day-themed food drive. Much like the Thanksgiving food drive, the Ambassadors offered a raffle ticket for every three items donated, and a prize to the program with the most donations.

Emergency Medical Services scored a double-win this time, taking home both the program prize and student raffle drawing, won by **Candice Rutland**. The Ambassadors raised over 200 pounds of food, which went directly to **Second Harvest of Central Florida**, a local food bank. Well done! ●



Academic tutor **Ross Watson** and Library Assistant **Michelle Houdek** guard the food



Natasha Ramos, Brandi Rivera, EMS Department Chair Amanda Holland, Professor James Bloodgood

Get Your Heart Walking!

To raise awareness of the growing problem of adult inactivity in America, the **American Heart Association** holds a **National Walking Day** every year on the first Wednesday in April. The students at the Altamonte Springs campus showed their support by walking around Crane's Roost, a popular walking path around a lake. These students are committed to integrating at least 30 minutes of walking each day, which will cut their risk of heart disease significantly. They are also planning another group walking session to practice for the big American Heart Association Walk in September. Keep moving, guys! ●



Billing & Coding students (and parents!) **Oprah Lowery** and **Sonya Edwards**



Student parents get to know one another and share ideas for summer child care.

Summertime Prep for Student Parents!

It's summertime...do you know what your kids are going to do while you're in school??? We know that Summer Term can be a challenging time for student parents. The kids need stuff to do, camps can be expensive, daycare is always expensive, etc. To help keep summer fun, the Altamonte Springs academics team arranged a meet-and-greet for student parents. The purpose of this was

you prepare for school...this sets a good example for the future!

- If considering a home-based daycare, ask to see all certifications and licenses. Even if your child only stays with them for a few hours, it is important to make sure that they are licensed by the state, have CPR certifications, meet the required education minimums, and

The Altamonte Springs academics team arranged a meet and greet for student parents.

three-fold: to meet other students in similar situations, to learn about local camps and resources, and to reiterate the importance of coming to class in the summer. **Jovianne Mirville** from **Veritas Park Academy** in Casselberry came to talk about some of the programs that her school will be offering in the summer. Resources were also available for Seminole, Orange, and Osceola counties. Tips for an easy, breezy summer:

- If your child goes to a day camp, take note of any special closings. Some camps close earlier than others, or observe different holidays, if held in a religious setting.
- Get your kids involved in getting ready for the week! Help them prepare and pack for all activities, and let them help

have toys and materials appropriate for the age range of the children.

- Establish a back-up plan in case of an emergency. Talk to your family and friends to see who is available when you're at school to pick up your children. ●



Veritas Park Academy teacher **Jovianne Mirville** and **Carlena Neftelberg** discuss summer programs.



EMS students **Victor Baez** and **Danilo Munguia** walk to raise awareness



Olivia Abdo, Jenny Hunt, Fenway the Pug, Denisa Digiannantoni, Vilmarie Rodriguez, ST Department Chair Tammi Smith, Derek Madison, Michelle Houdek, City College Mayor Sophia Kosmidis, Chris Torregano

Doug Goodwin Assumes the Role of Executive Director at City College- Gainesville

Mr. Goodwin has over 11 years of Career College experience and has served as President at campuses in Jacksonville, FL and St. Louis, MO.



Mr. Goodwin is a graduate of the **Citadel** and served over 10 years in the **United States Marine Corps**. He is a Gulf War Veteran and has held various assignments including White House Aide under President Ronald Reagan and Commanding Officer of the **Marine Corps Communication School** at Camp Pendleton, CA. Mr. Goodwin has been married to his wife, Rebecca, for 20 years and has two children, Allison and Ryan. Recent arrivals to Florida, Mr Goodwin and his family are enjoying the sun, beach and golf in the Sunshine State. ●



Executive Director, Doug Goodwin, rolls up his sleeves for the Medical Assisting Students



EMT 1 students participate at an exercise at University of Florida and Shands

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► Tips from the Executive Director Achieving Your Goals

Someone recently gave me a DVD on “*The 9 Steps to Achieve Any Goal*” by a man named **Bill Bartmann**. I had never heard of Bartmann before so I did a little research on him and discovered that he is someone who has achieved and reached several significant goals in his life. So I decided to pop it in the DVD to hear what he had to say.

Bartmann points out that you learn more from mistakes than you do from your successes, and the secret of success lies within your mistakes. In order to be successful, you have to be willing to take risks and make mistakes.

People are afraid to take risks because they think they are going to fail. Most people fail because they worry about what other people think of them.

The real secret to success is to find ways to raise or increase your self-esteem, because if you raise your self-esteem, you will be less concerned about what other people think about you. If you’re less concerned about what people think of you, you will be more willing to take risks. And if you’re willing to take risks, you will mathematically increase your chance to succeed.

Bill explains that each step to achieve any goal is equally important. It doesn’t matter your goal; to lose weight, stop smoking, get a better job, finish college, etc. Following these 9 steps will help you get there.

1. Make sure the goal you set is, in fact, your goal. Be sure that this goal you are pursuing is something you want, not what someone else wants for you. The saddest commentary in life is to have worked, chased, and spent your time doing something you don’t even like. Spend serious time thinking on what it is that you really want to achieve.

2. Use the word Promise, not Goal. Goals are usually defined as things you try to do and most people do not always achieve the goals they attempt. Change the way you speak to your brain, use the word Promise! When you promise something, you have more intention and reasons to keep that Promise.

3. Clearly Identify Your Promise. Don’t be vague by saying something like, “I want to be successful”. Specify how successful. What does successful mean or look like

to you? If you can’t clearly identify your promise, you will have difficulty achieving it. It is like playing the game of darts with a blindfold on...it is hard to hit the bull’s-eye if you cannot see it.

4. Identify Your Personal Motivator. A personal motivator can be positive or negative. As humans we are either trying to move towards pleasure or away from pain. Identify what pleasure you will gain by achieving your Promise and what kind of pain you will feel if you do not succeed. Whatever your personal motivators are, list them on a 3x5 index card and place it where you can see it on a daily basis to use as motivation to go that one more step to reach your Promise.

5. Create a Promise Plan. It does not need to be a certain length, but it does need to specify the who, what, when, where, how and why of your promise. Continue to work on your Promise Plan; revise it as often as possible.

6. Review Your Promise Plan Regularly. We spend lots of time grooming ourselves daily, from brushing our teeth, combing hair, shaving, etc., you should spend at least 20 minutes each day reviewing your Promise Plan and ensuring you are taking the appropriate steps to achieve your Promise. Create a pocket Promise Card. This could be a laminated business size card with your Promise printed on it. Carry it with you as a reminder.

7. Tell Yourself You Will Succeed. Self-affirmation is key and vital. Feed your brain that positive reinforcement from the best recognizable voice ever, your own!

8. Tell Others About Your Promise. You must share your Promise with others. It’s harder to fail if you’ve told people you are going to do something. This will add fuel to your fire, because it will increase your number of motivators, whether positive or negative. And you never know, by telling and sharing, you may run into people willing to help you out.

9. Envision the result. You have to see yourself achieving your Promise. See the whole picture; what you will be doing when you fulfill your promise? What will your life look like? Imagine the sense of accomplishment you will feel. ●



Gainesville Fashion Show for Medical Assistant Students

Alicia Aikens of the Gainesville Financial Aid staff models inappropriate attire for the medical assistant students. After a quick change of clothing Alicia returned demonstrating to students proper attire: clean subdued scrubs, hair pulled neatly back and the necessary watch. The event was all part of the Gainesville Fashion Show which was the midpoint event in ‘The Drive for Professionalism’ campaign that began with a clothes drive and concluded with two professional dress days on campus. Hats off to the other ten staff members volunteered as models for our students! ●

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