

In the Classroom

Surgical Technologist Students Work and Practice in the Operating Room



Getting back to the basics before they go out to their clinical rotation

Altamonte Springs Campus

Surgical Technologist Students working hard at their career... and having fun!

Safety is of utmost importance for the staff and for the patients at all times in the Operating Room. Surgical Technology students must become very familiar with all of the workings of the equipment, attachments, mechanics, and devices used during surgery to assure the well-being of the patient and staff. Students spend more than 100 hours refining their knowledge and skills in hands-on lab time. This lab time, coordinated with their classroom studies and clinical hours, create the accomplished, skilled graduates who leave City College.



The students are reviewing the workings of the operating room table



Dr. Kelly Wilson – Vet Tech Department Chair, Latisha Norman (in black shirt) and Nikita Jordan (with stethoscope)

Even Cows Need Love

Hollywood Campus

Dr. Kelly Wilson and the Vet-Tech students completed a physical examination of a one day old calf. This included, but was not limited to cardiac, lung, abdominal auscultations; neurologic examination; range of motion testing; and abdominal palpations. Full radiographs of the skull, thorax (chest) and abdomen were also taken for teaching purposes. There were two large groups of students (Anatomy and Physiology and Imaging classes), who benefitted from all of the hands-on experiences. This case will be used as a teaching case for future modules or simulations.

Students Ready for Action

Miami Campus

City College Miami students learn proper backboard immobilization techniques. We incorporate the K.E.D. (Kendrick Extrication Device) as well as the backboard and stretcher to give our students a realistic approach to what they can possibly encounter in the field. The outdoor labs and exercises add to the realistic 911 scenes EMT and Paramedic students will encounter on rides and clinicals. This realistic approach gets students ready for real calls out in the field.



Students at City College being prepared for real emergency situations

In the Classroom

Patient Assessment is Fundamental

Altamonte Springs Campus

Nursing student **Wilermine Reserve** and instructor **Joan Rhoden** assessed a medical surgical patient. Students are expected to learn how to assess the patient using the head to toe method. They learn this in their NUR 1020 Fundamentals class.

It is an extensive assessment including cranial nerves, the lymph system, periphery, and all parts of the body. The student uses a mid-fidelity mannequin which allows her to hear breath sounds and take other anthropometric measurements.

A thorough assessment is paramount to good patient care.

This skill is mastered before caring for patients in the field in the first clinical session.



Left to right: Student Wilermine Reserve assesses her patient under the watchful eye of instructor, Joan Rhoden

Find us on Facebook. Visit the City College social media link at citycollege.edu/social

Team Gainesville Shows Their Spirit

Gainesville Campus



City College Gainesville staff join together for a team spirit-building event

New Librarian

Miami Campus

Juan Carlos Figueroa joined Miami Campus as Librarian in late January.



Mr. Figueroa has worked in college and public libraries, including **Florida Technical College** and **Miami-Dade Public Library System** for a decade. He was part of the Business and Science department at Downtown Miami Main Library and some branches everywhere around the county: Fairlawn, Palmetto Bay, Virrick Park and Concord.

"I am very excited to be part of the City College family to help students, faculty and staff, filling their information needs to reach their career and professional goals."

Mr. Figueroa received his Master in Library and Information Studies, from **Florida State University**. He loves Lego building and he "works" for his cat Mirringo.

His favorite quote comes from the English author Neil Gaiman: "Google can bring you back 100,000 answers. A librarian can bring you back the right one."

In the Classroom

Student Chapter of National Veterinary Technicians in America

Hollywood Campus



In early February, the Hollywood Campus branch of **SCNAVTA** (Student Chapter of National Veterinary Technicians in America) held elections for officers, and more students ran for office than at any time in the history of the Hollywood group. **Nikki Lafontant** won her campaign to be president. She says, "Veterinary Medicine has always been a passion of mine, because it gives me an opportunity to speak for those that don't have a voice." She has a vision for the group's future that includes more volunteer work, like doing night walks for the catch and release program of sea turtles or helping at a spay and neuter clinic.

Other election results include **Monika Ruiz** for vice president, **Steffi Valli** as secretary, **Valeria Delgado** for the treasurer position, and **Briana Decembert** won the election to hold the office of historian.

Congratulations to all of these officers!

Allied Health Simulation Room

Gainesville Campus

The AHSR (Allied Health Simulation Room) is a learner-driven initiative operated by City College student mentors who volunteer their time. Their objective is to provide real-life practices that encourage students to collaborate with other health care disciplines, document accurately through the electronic health records, and enhance communication skills necessary for the workplace.



The AHSR is a collaborative effort of students from MOA and MA who have joined together to focus on their objectives and not their challenges.

Appreciate and Celebrate

Altamonte Springs Campus



Mr. Paul Castellano, Executive Director congratulates Keith Darcy on his Award

There is a time to write papers, take quizzes, work in the lab, and study the law, and there are times to laugh, celebrate, and enjoy college life. City College Altamonte Springs celebrated all of their hardworking students with **Student Appreciation Week**. Students, staff, and administration gathered to relax and enjoy pizza, popcorn, grilled hotdogs, and each other's company, every morning and evening. Special time was taken to celebrate the achievements of the students for their hard-earned grades and perfect attendance by the Executive Director and Department Chairs. City College students make it easy to celebrate!



Delicious finger foods to go with their hot dogs



The more the merrier for laughs and friendship

In the Classroom



EMS Mock Drill

Hollywood Campus

On Wednesday, December 7th, City College Hollywood EMS Students participated in a simulated large scale disaster drill. This mass casualty incident (MCI) simulation tasked the students with implementing their patient assessment and triage competencies while applying critical thinking skills in an evolving and quickly changing environment. City College EMS students were dispatched to a mock vehicle accident with multiple patients and as a result, a road rage incident with multiple injuries. Volunteers assisted in playing the roles of victims as Hollywood students quickly evaluated, prioritized, treated and packaged these victims for transport. Our EMS students worked effectively in teams with an organized and structured systematic response while efficiently mitigating the incident.

Financial Literacy

Get Financially Fit This Spring



City College Miami wants you to be a responsible borrower and plan ahead and graduate with less debt. Here are a few tips to get in shape!

Create your in-school budget

Establish a budget every nine months. This will help you monitor your spending and determine whether or not your financial resources will cover costs. You may find out you don't need to borrow all the money your school has offered you.

- Make two lists. Your first list should include all your sources of income, and the second list should include all your costs.
- Compare your total income with your total expenses. If your total income and available savings are less than your total college costs, review your list of expenses, and check for ways to reduce your spending and to eliminate unnecessary expenses.

Remember: Monitor your income and expenses, and review your budget often to make updates as your income and expenses change. If you need help with these tasks or information to help



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

you manage your finances, use Federal Student Aid's interactive loan counseling tool, Financial Awareness Counseling (FACT), available at StudentLoans.gov.

Track Your Borrowing

It's important to keep track of each loan you receive so that you are aware of how much you'll need to pay each month and in total for your loans as you progress through college. Don't wait until you graduate or stop attending school to review your student loan debt.

Tips for Managing Your Federal Student Loans

- Whenever possible, pay interest on your federal student loans while you're in school, and during grace, deferment, and forbearance periods.
- You must notify your servicer if you experience any of the following at any time after you receive a federal student loan:
 - _ Change your address or telephone number;
 - _ Change your name (for example, maiden name to married name)
- Do not enroll at least half-time for the loan period certified by the school
- Do not enroll at the school that determined you were eligible to receive the loan

Continued on page 5

Financial Literacy

Financially Fit

Continued from page 4

- Stop attending school or drop below half-time enrollment;
- Transfer from one school to another school; or
- Graduate

RESOURCES

Federal Student Aid's Website- StudentAid.gov

Get detailed information about federal student aid. You'll find federal student loan interest rates and fees, details about the aid application process, loan repayment, and much more. You will also find current borrowing limits and interest rates on this site.

Money Issues and Financial Basics

Get help with financial issues from the Federal Trade Commission at www.ftc.gov/bcp/edu/microsites/moneymattersindex.html

Get help with financial basics at www.mymoney.gov

Loan-related Videos

Check out the following loan-related videos on YouTube. com/FederalStudentAid: Budgeting, Responsible Borrowing, Repayment: What to Expect, How to Manage Your Loans

Find us on Facebook. Visit the City College social media link at citycollege.edu/social

Community Service

Students Volunteer at Joe DiMaggio Children's Hospital

Fort Lauderdale Campus

The Joe DiMaggio Children's Hospital (JDCH) has been a beacon of hope for children and families in south Florida since 1992. Many organizations and individuals contribute to the hospital's mission of supporting children in need and three of Fort Lauderdale's best and brightest have joined those ranks.

On January 30, Fabiana De Oliveira Silva (Surgical Technology), Flavia Figueiredo (Allied Health - MA), and Cheyenne Niece (Surgical Technology) used play activities to engage the girls and boys undergoing treatment at the hospital. The students played board games and made Valentine's Day cards with the children. The highlight of the day was the discussions with the teacher at the hospital's school about the challenges the young patients face and the importance of volunteer contributions.

At the conclusion of the day, the students agreed that it was "a very humbling experience". Hats off to these students for demonstrating great care and compassion—traits that will serve them well in their future careers as healthcare professionals.



Left to right: (l-r) Fabiana De Oliveira Silva, Flavia Figueiredo, and Cheyenne Niece pose at the entrance to JDCH

Smart Ways to Use Your Tax Refunds

Give yourself a pat on the back for filing your taxes! And look, you've even received a tax refund! But before you get too excited about your tax refund, consider these tips on how to spend your tax refunds wisely.

Start an emergency fund

You never know when an unexpected situation might occur, so prepare now rather than regret it later. It is recommended to have enough money to last six to eight months stored in an easily accessible and interest bearing account.

Pay off any high interest loans

High interest loans such as student loans and credit card balances can pile up and overwhelm you if you aren't prepared to pay it back. Pay off these loans and improve your credit score along the way.

Purchase things you need

This is always hard for some people, but asks yourself, do you need that latest smartphone that everyone else owns, or do you need to service your car that drives you to work and school? Take care of these essentials before treating yourself.

Treat yourself in moderation

Life isn't always about pinching pennies, so treat yourself a little to congratulate yourself for following all of the smart ways to use your tax refunds above!

The Gift of Giving

Gainesville Campus

Dr. Gayle Horton, Professor of Philosophy, encourages her students to make a difference in the Gainesville community. Dr. Horton has, for the past 20 years, urged her students to adopt a family for Christmas. "No child should see any empty Christmas tree. If education means anything, it means the capacity to make a difference in the lives of others."



Pictured above from left to right, Eric Dagragnano, Director of Education, Megan Dorman, student, and Dr. Gayle Horton, Professor of Philosophy

Community Service

Fort Lauderdale Career Services Workshop

Fort Lauderdale Campus

On January 23 and 27, the Fort Lauderdale Career Services team conducted presentations to help students prepare for the competitive job market post-graduation. Over 40 students from the Medical Assistant, Medical Office Administration, Health Care Administration, Surgical, and Anesthesia Technology programs participated in the sessions. Career Services Director



Fort Lauderdale Career Services Director Holly McFadden addressing students



Dr. Luka (smiling for the camera), Allied Health Program Chair and students



Career Services Associate, Eartha Carey addressing students

New Partnership

Miami Campus

City College Miami partnered with **Coral Gables Fire Rescue** to instruct new recruits in Advance Cardiac Life Support class. Relationships such as this are a prime example of how City College Miami gives back to local government and the community.



Students at City College being prepared for real emergency situations

Picnic in the Park

Altamonte Springs Campus

City College students gathered at Westmonte Park to eat, play basketball and let the kids run on the playground. It was a beautiful day; just a great time to gather and relax. City College rented the Hickory Pavilion for the outing and provided all the munchies. Students from the Business, Private Investigation, Surgical Technology, Anesthesiology Technology, Medical Assisting, and Medical Office Administration programs were all represented at the picnic and attended with their families and friends. We had a great time!



Surgical Technology students

Continued on page 5

Community Service Picnic in the Park

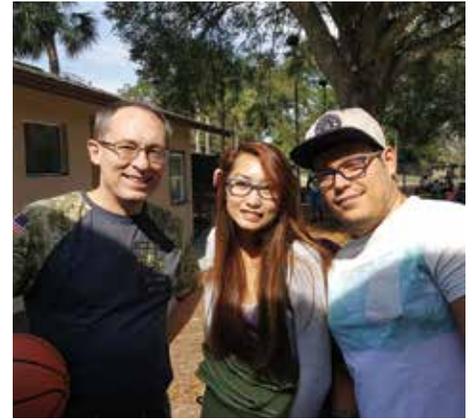
Continued from page 5



Jackie Morales, Registrar, and her children



Ann Davis, Student Ambassador, and her son



Scott Meehan and his business students



Tamika and her family enjoy the day



Allied Health Wildcats and their Kittens (Kids)

Student Success Dreams Come True

Altamonte Springs Campus

Dear Dr. Parenti:

Reading about the life of **C.M. Fike II** I was so impressed about the passion that he professed to help students from diverse backgrounds with practical education, achieve their personal and professional goals. He believed in the power of education to change lives, communities, and the world.

Personally, to be selected to receive this scholarship means to me that The C.M. Fike Memorial Scholarship Committee saw in me a potential and the desire to reach my educational goals. I feel truly honored by this award and wish to say thanks. My job now is to show the Committee that I was truly deserving of this award. In March of this coming year I will finish my education in this wonderful institution, but when I start my new career I will say very proudly that I'm a graduate student from City College in Altamonte Springs, Fl.

Thanks again for this opportunity to make my dreams come true. Once someone said that it's never too late to start something beautiful.

Sincerely,

Jose R. Viera, Future Medical Biller and Coder



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

Fort Lauderdale Broadcasting Program Alumni Wins an Emmy

Fort Lauderdale Campus

The Fort Lauderdale campus is thrilled to congratulate Broadcasting Program alumni, **Jasmina Marazita** for winning an Emmy award. Jasmina was recognized on December 3 by the **National Academy of Television Arts & Sciences Suncoast Chapter** at its 40th Annual Suncoast Regional Emmy® Awards ceremony in Orlando. She received the award in the category of Television Reporting for a feature called "Ayuda A Ecuador" (Helping Ecuador).

In 2010, Jasmina received her Associate of Science degree in Broadcasting graduating Summa Cum Laude. She currently works as a reporter for Miami's **WSCV Noticiero Telemundo 51**. Find out more about the 2016 awards ceremony at <http://suncoastchapter.org/>. Follow Jasmina on Instagram at www.instagram.com/jasminat51/. The Fort Lauderdale campus salutes Jasmina for this momentous achievement.



Fort Lauderdale Broadcasting Program alumni and Emmy recipient Jasmina Marazita

Student Success

Destined to Succeed

Gainesville Campus



Darnesha Agnew, Medical Assistant Graduate

Darnesha Agnew came to City College as a shy, young, single mother with a background. She worked with Career Services on and off to find a job while in school. Despite her hard work she was not getting any job offers. As her externship approached she decided to focus her attention on doing a great job on extern in hopes of being hired at the end. She came to school during the break prior to extern and worked with **Ms. Quinn** to improve her skills. She even practiced on our Executive Director **Mr. Quirk**. On extern she did a great job and the office manager promised her a job. However, when her hours were complete the job she had been promised never materialized. Darnesha was very disappointed it seemed that all her hard work was for nothing.

Ms. Ashley from Career Services worked with her individually to keep her motivated, and to help increase her confidence. Darnesha did everything Career Services asked of her and she persisted in her job search until she was offered a position at **North Florida Women's Physicians**. The office manager was so impressed with Darnesha that she called and asked if she could take an extern. After setting her up with an extern, the Office Manager mentioned that Darnesha was doing so well they gave her a raise at her 90 day review. Shortly after the raise Darnesha posted a picture of her new car on social media. At the end of the next term, the Office Manager emailed Career Services to let us know that their office started an employee recognition program and Darnesha was the first person recognized. On social media Darnesha posted "2016 was so good to me great things happened #myrelationship #greatjob #makengoodmoney #2017 gone be even better", followed by a post picturing her passport and the caption "So ready for my trip hurry up May 18 #dominicanrepublic"

Darnesha has come so far and everyone on campus is so proud of her hard work and success!

Quiet Backbones of the Campus: Student Ambassadors

Altamonte Springs Campus



Mr. Paul Castellano welcomes Shelby Bercegeay to the Student Ambassador Program

Student ambassadors are nominated by their program chairs then interviewed by the chair and co-chair of the program. They are nominated based on their academics and professionalism on campus and in the community. They have at least a 3.0 G.P.A, 80% attendance, and are dependable, reliable, caring, and show an interest in developing leadership qualities.

The ambassadors play an integral role at City College. They provide valuable services to the campus and community by volunteering and assisting in the orientation and support of fellow students. This program is about students helping students!



Ms Makeala Ferguson informs the future Student Ambassadors about their commitment



Mr. Paul Castellano awards the Ambassador pin to Anne Davis