

Bellin College **Student Connection**

A newsletter for current students

January 2018



Dates to remember:

Spring Break
March 12-16

Bellin Banquet
Friday, April 27

Spring Commencement
Saturday, May 12



A Message

From the Bellin College President

Dear Students,

Welcome back to Bellin College! I hope this finds you refreshed and ready to begin your 2018 spring semester classes. Two new cohorts started with us this semester. We welcomed 15 new students into our RN to BSN program from Bellin Health and 25 new students into our 15-month BSN program. Please join me in making them feel welcome.

This spring, we will continue to host many high school groups from Northeast Wisconsin who are interested in what we have to offer. We will have three more Hands on Healthcare events this semester on campus and mobile Hands on Healthcare will continue to go out and bring the experience to local schools. The nursing assistant program recently had its State of Wisconsin review and we received the full two year approval process. We have 14 students from De Pere and West De Pere High Schools, and eight students from Bay Port High School currently participating in the nursing assistant program. These opportunities allow high school students to come to us, experience our campus, and explore a career in nursing or medical imaging first hand. If you have a chance to meet any of the high school groups, I encourage you to do so.

On January 4-12, thirteen of your classmates embarked on a medical mission trip with El Faro in Guatemala. Many opportunities exist for you to practice your skills abroad or even locally and help those in need. Watch for communication on upcoming informational sessions for these opportunities, or reach out to your program director if you would like to participate in a service based trip in the future.

I hope you have a great start to the spring semester. Warmer weather will soon be upon us. We are very blessed to experience the four seasons and the beauty it brings. Best of luck and stop by and say 'hi'!

Sincerely,

Connie J. Boerst

Dr. Connie J. Boerst
President/CEO

Our Mission:

Bellin College is dedicated to preparing healthcare professionals by providing an intellectually stimulating environment focused on leadership, community service, and lifelong learning that promotes excellence in healthcare practice and the advancement of the profession.

Our Values:

Excellence - being the best.

Community - partnership and shared participation.

Caring - empowering relationships based on empathy and respect.

Integrity - honest and ethical behavior.

Our Vision:

Bellin College will be the best health science college in the state of Wisconsin.

Our Purposes:

- To provide excellent educational programs which are responsive to the community.
- To create an intellectually stimulating environment for students, faculty and staff.
- To contribute to the community's well-being through faculty, staff and student services.
- To stimulate a climate of quality improvement.

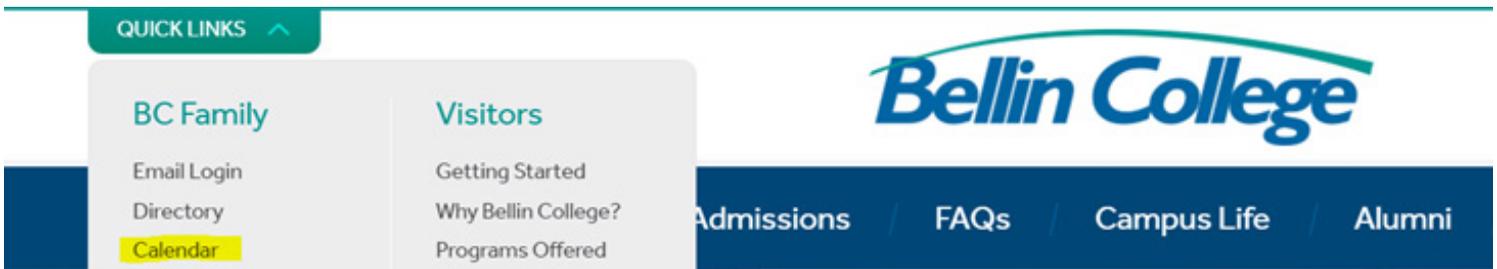
www.bellincollege.edu

Building Hours

Monday – Friday
6:30 a.m. to 8:00 p.m.

We're open every Saturday, except March 31.
8:00 a.m. to 4:00 p.m.

The best way to determine building hours is to check the calendar on our website. Simply go to www.bellincollege.edu, click the Quick Links tab in the upper left, and click on the Calendar link, as shown below.



Congratulations, RN to BSN Graduates

Nineteen Bellin College students were eligible to participate in the winter commencement ceremony on Friday, Dec. 15 in the Resch Atrium at Bellin College. All of the graduates received a Bachelor of Science in Nursing degree from the RN to BSN completion program.

Bellin College president and CEO, Dr. Connie Boerst, presided over the ceremony. The commencement address was given by Laura Heib, MBA, BSN, RN, NE-BC, chief nursing officer, SVP and CEO at Bellin Health Oconto Hospital, Bellin Health System. The graduating class speaker was Shyla Gussert. The alumni speaker was Chad Dall, Alumni Council, Class of 2002.

Congratulations to our newest graduates!



Haiti Information Session

Attention junior and senior level BSN, BSRS, BSDMS students, second and third practicum MSN students, and all RN to BSN students.

An information session for the fall Haiti Medical Mission trip will be held on April 3rd, 4 to 5:30 pm, in classroom 104.

Come learn about this travel opportunity, get your questions answered regarding the trip as well as hear from past students who have traveled. The fall 2018 mission trip will be Oct. 8-19.

Credit towards clinical, practicum and general education are awarded for this experience. The type of credit depends on the program you are in. Cost of the trip is independent of cost of credit.

Please RSVP by March 27, 2018 and direct questions to Kathie.DeMuth@bellincollege.edu.



Bellin College Career Fair 2018

Monday, Feb. 19, 2018
8:30 to 11 a.m.
Bellin College Atrium

The Career Fair is an opportunity to learn and is open to all students and alumni!

This event is organized for YOU. Meet and connect with recruiters from a variety of healthcare facilities to broaden and strengthen your job search network. It's never too early to begin practicing your sales pitch, smile and handshake.....without having sweaty palms! Don't worry, Janelle will coach you and get you ready.

Organizations that will be joining us

- Agnesian Healthcare
- Angel's Touch Assisted Living
- Ascension
- Atrium Health & Senior Living
- Aurora Health Care
- BayCare Clinic
- Bellin Health
- Door County Medical Center
- Froedtert Health
- Holy Family Memorial
- HSHS (St. Vincent Hospital, St. Mary's Hospital, St. Nicholas Hospital, St. Clare Memorial Hospital)
- ManorCare Health Services – East Green Bay
- Mayo Clinic
- Optum
- Premier Medical Staffing Services
- Prevea Health
- ThedaCare
- Unity Hospice
- US Army Recruiting Office
- Wisconsin Department of Corrections – Green Bay Correctional
- Woodside Senior Communities



NCLEX-RN BOOT CAMP

BSN Program Spring 2018 NCLEX-RN Boot Camps Schedule for May 2018 BSN Candidates for Graduation

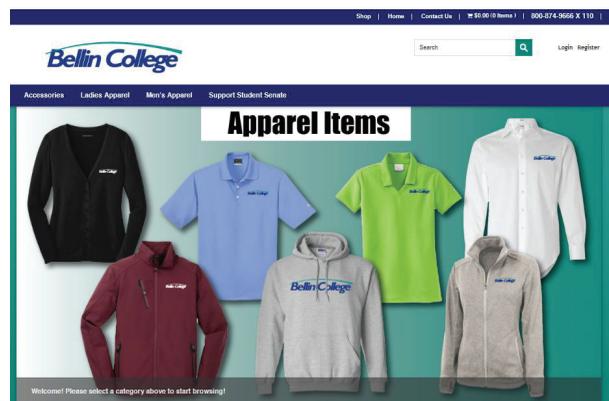
Boot Camp	Date	Time	Location
Camp #1 Intro to the NCLEX-RN Test Plan Test Taking Strategies NCLEX Client Need Category: <ul style="list-style-type: none"> • Basic Care & Comfort 	January 29, 2018	8:30-10:30 a.m.	Classroom 113
Camp #2 NCLEX Client Need Categories: <ul style="list-style-type: none"> • Pharmacological & Parenteral Therapy • Psychosocial Integrity 	February 12, 2018	8:30-10:30 a.m.	Classroom 113
Camp #3 NCLEX Client Need Categories: <ul style="list-style-type: none"> • Safety & Infection Control • Reduction of Risk Potential 	March 5, 2018	8:30-10:30 a.m.	Classroom 113
Camp #4 NCLEX Client Need Categories: <ul style="list-style-type: none"> • Physiological Adaptation • Health Promotion & Maintenance 	April 9, 2018	8:30-10:30 a.m.	Classroom 113
Camp #5 NCLEX Client Need Category: <ul style="list-style-type: none"> • Management of Care 	April 23, 2017	8:30-10:30 a.m.	Classroom 113
	or April 30, 2017	8:30-10:30 a.m.	Classroom 113

Contact: Heidi Monroe MSN, RN-BC, CAPA - Assistant Professor of Nursing/NCLEX-RN Coordinator
(920) 433-6674 or Heidi.Monroe@bellincollege.edu



Show your Bellin pride!

Proudly support Bellin College with apparel and accessories from our new, and improved online store!



*All proceeds from items located under the **Support Student Senate** tab go to help support student activities at Bellin College.*

www.BellinCollege.edu/BCgear

Guatemala Medical Mission Trip

Bellin College students travel to Guatemala

On Jan. 4-12, Bellin College returned to Punta de Palma Guatemala for the third year, continuing with the established relationships at the Eliza Martinez Children's Hospital, the people who live in the Puerto Barrios Dump, and the villages of Baltimore, Rio Salado, and Punta de Palma. Thirteen BSN Students were selected for the TR 498 Travel Course: Guatemala, and hope to receive two clinical credits following the completion of this course in late January. The preparation for this course began in September with theory classes that focused on Mayan culture, the Guatemalan Civil War and resultant genocide, modern Guatemala government and practices and common presenting symptoms, disease processes, and treatments. This theory content was critical for the students' preparation to provide culturally sensitive and informed nursing care.

This year the team provided CPR training for the hospital staff along with a provider-led teaching opportunity on respiratory assessments of infants and children. They had the opportunity to meet nursing, physician, and hospital directors to discuss healthcare in the Eliza Martinez Children's Hospital, the only publicly run children's hospital in all of Guatemala. They discussed future teaching and learning opportunities for next year's team along with potential partnership opportunities with Bellin College regarding supplies and training of staff members.

Students then assisted the four medical providers to set up three clinic sites. One was set up in the Puerto Barrios Dump where approximately 300 people make a living recycling what they find in the Dump. There, 80 children live and face potential abandonment and human trafficking. The other two clinics were return clinic sites to the villages of Rio Salado and Baltimore.

If you are a returning student for the 2018-2019 academic year and are interested in supporting or applying for the 2019 mission team, please email Lynn.Murphy@bellincollege.edu.



Need tuition money?

Interested in donor and presidential scholarships?

The donor scholarship portal is open through Feb. 15!

Donor scholarships are open to continuing students currently enrolled at Bellin College, with the exception of RN to BSN students. Applicants can be full or part time students from any program, including masters level programs. You can apply for the Presidential Scholarship on the same portal as the donor scholarships.

Students must complete the application in full to be considered. The portal will close on Feb. 15 at midnight. Any applications received after that deadline, will not be scored.

To apply:

- Log into your BC portal.
- Click on “Scholarship Application” in the navigation bar on the right.
- Complete the application in full, including:
 - College level
 - Areas of interest
 - Religion (Some scholarships require students to identify with a certain religion.)
 - First generation student status
 - Both essay questions
 - Extracurricular, community involvement and career preparation information
 - Resume (Word format is preferred.)
- If you'd like to be considered for the presidential scholarship, complete the final essay question.
- When you are finished, click “submit application.”
- You should receive an email confirmation stating that your scholarship application has been successfully submitted to the scholarship committee for scoring.

If you have any questions, please see Jamie in the development office or email her at Jamie.Jergenson@bellincollege.edu.

Bellin College Fabulous February FAFSA Filing Frenzy

It's time to file the 2018-2019 Free Application for Federal Student Aid (FAFSA) at www.fafsa.gov. Many of you have already done so as the FAFSA has been available since October 1, 2017. The FAFSA is required in order to be considered for any federal or state aid including loans and grants.

All Bellin College students who are currently in a program of study and enrolled in the spring 2018 semester whose 2018-2019 FAFSA is (or has been) filed on or before March 1, 2018, will be entered into a random drawing to win a **fabulous prize package!** To be eligible, you must plan to enroll at Bellin College during the 2018-2019 academic year. If you already filed, you have been entered in the drawing; if you haven't filed yet, try to do so before March 1 so you will be eligible for the prize drawing.

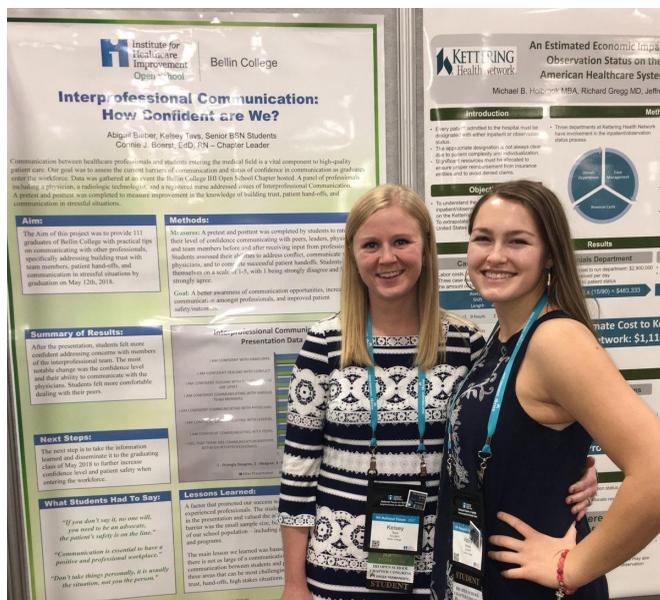
The 2018-2019 FAFSA will be based on your (and your parents' if you are a dependent) 2016 income tax data—the taxes filed in April 2017. If there are substantial changes in the financial information since 2016, you may discuss options with the financial aid office.



Student Organizations

Bellin College IHI Open School Chapter

The IHI National Forum on Quality Improvement in Health Care was held December 10–13, 2018 in Orlando, FL. This year Abigail Bieber and Kelsey Tavs attended the conference with Dr. Connie Boerst and presented a poster on *Interprofessional Communication: How Confident are We?*



The next IHI meeting will be held Monday, Jan. 22 at 5 p.m.

Student Senate

Chipotle Fundraiser

Tuesday, Jan. 30

4 to 8 p.m.

2388 S. Oneida Street, Ste. 300

Ashwaubenon

Bring in the flyer (found on Bellin College's Facebook page), show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Bellin College Student Senate.

The next Student Senate Meeting will be held Monday, Feb. 5 at 4:30 p.m. in Classroom 103.

Chocolate Fountain Sale

Feb. 13 & 14

Noon to 2 p.m.

Bellin College Atrium

Bellin College InterVarsity (BCIV)

What is BCIV?

A christian-based group that focuses on learning how to better incorporate spirituality into our care as health care professionals as well as continue to explore and develop a personal relationship with God.

ThrIVe (Monthly speaker events)

Dr. Jim Warpinski

Thursday, Feb. 8

5 p.m.

Bible studies - Every Tuesday 1:15 to 2:15 p.m. and

Thursday 4:30 to 5:30 p.m.

Check the website for room numbers each week.

Questions? Contact Kelsey at

Kelsey.Tavs@bellincollege.edu

BSNA

Upcoming Meetings:

Monday, Jan. 22, 10:15-10:45 a.m. in classroom 113

Monday, Feb. 19, 9-10 a.m. in classroom 113

All students are encouraged to attend. BSNA will be looking for new board members for the start of fall 2018.

BSNA is sending 13 students to the Wisconsin Student Nurses Association annual convention Feb. 9-11 in Wisconsin Dells.

Blood Drive

Thursday, March 22

1 to 6 p.m.

Bellin College HSRC



STUDENT SENATE
BELLIN BANQUET
2018

FRIDAY, APRIL 27, 2018

THE RAVINE BANQUET HALL

(2633 Manitowoc Rd, Green Bay, WI 54311)

Doors Open: 5:00 pm • Dinner: 6:00 pm

Students are FREE

**Guests, faculty and staff:
\$20/person**

Cash bar only

**THEME:
THE GREAT GATSBY**



SS00331 1/18

College Assessment Program

RN LICENSURE INFORMATION SESSION

All BSN pre-licensure students scheduled to graduate in May 2018 are required to attend a RN licensure information session on Monday, Mar. 26 from 9:30-10:30 a.m. in room 113. The process for applying for licensure will be reviewed.

KAPLAN ORIENTATION

On Thursday, Jan. 18th, Brian Rosseler from Kaplan will be here FROM 11:30-12:30 p.m. in Room 112 to provide an orientation to the Kaplan student website and resources. This session is required for the 15 month May 2019 cohort. Any other nursing students are welcome to attend to get a refresher on how to get the most out of the Kaplan resources.

COLLEGE ASSESSMENT PROGRAM:

Dr. Mary Rolloff

STANDARDIZED TESTING REMINDERS:

- Please put these dates on your calendar and plan ahead to assure attendance. It is an expectation that students attend when scheduled.
- The Computer Resource Center **will be closed** to all except test writers during the testing sessions.

STANDARDIZED TESTING DATES:

Master of Science in Nursing

Class of May 2017 Nurse Practitioner Graduates

Tues., May 8 9:30-Noon Fitzgerald FNP Practice Exam

Bachelor of Science in Nursing

Class of 2018, 15 Month May

Fri., Jan. 19 11:30 a.m.-1:00 p.m. Medical Surgical I
 Fri., Mar. 2 11:30 a.m.-1:00 p.m. Management/

Mon., Apr. 2 9:00-10:30 a.m. Professional Issues
 Medical-Surgical
 Comprehensive

Mon., May 23 9:30 a.m.-1:00 p.m. Diagnostics Test

Class of 2018, Traditional

Mon., Jan 22 9:00-10:30 a.m. (A-Lens) Pediatrics

Mon., Jan 22 4:45-6:15 p.m. (Leo-Z) Pediatrics

Tues., Apr. 17 7:15-10:45 a.m. (Leo-Z) Diagnostics Test

Tues., Apr. 24 7:15-10:45 a.m. (A-Len) Diagnostics Test

Mon., Apr. 30 4:45-6:15 p.m. (A-Lens) Management/
 Professional Issues

Mon., Apr. 30 9:00-10:30 a.m. (Leo-Z) Management/
 Professional Issues

Class of 2018, Junior Transfer

Mon., Jan 22 9:00-10:30 a.m. (A-Lens) Pediatrics

Mon., Jan 22 4:45-6:15 p.m. (Leo-Z) Pediatrics

Tues., Apr. 17 7:15-10:45 a.m. (Leo-Z) Diagnostics Test

Tues., Apr. 24 7:15-10:45 a.m. (A-Len) Diagnostics Test

Mon., Apr. 30 4:45-6:15 p.m. (A-Lens) Management/

Professional Issues

Mon., Apr. 30 9:00-10:30 a.m. (Leo-Z) Management/

Professional Issues

Class of 2019, 15 Month October

Tues., Feb. 27 12:30-2:00 p.m. Psychosocial

Wed., Mar. 21 8:30-10:00 a.m. Pediatrics

Wed., Apr. 25 8:30-10:00 a.m. Pharmacology

Class of 2019, 15 Month May

Thurs., Mar. 22 1:30-2:30 p.m. Pathophysiology

Class of 2019, Traditional

Mon., Mar. 26 8:00-9:30 a.m. Pharmacology

Thur., April 26 8:30-10:30 a.m. Medical-Surgical I

Class of 2020, Traditional

Wed., May 2 7:30-9:00 a.m. Pathophysiology

Bachelor of Science in Radiologic Sciences

Class of 2018

Wed., Apr. 18 1:30-5:00 p.m. Exit Exam

Class of 2019

Thur., Apr. 26 3:15-4:45 p.m. Radiation Protection

Class of 2020

Tues., Apr. 17 11:00 a.m.-12:30 p.m. (Lab group A&C)

Image Acquisition

Tues., Apr. 17 1:00-2:30 p.m. (Lab group B)

Image Acquisition

Thur., April 19 11:00-12:30 p.m. (Lab Groups A&C)

Patient Care

Thur., April 19 1:00-2:30 p.m. (Lab Group B)

Patient Care

The exams are also listed on the timetable. Take note as you fill your calendar for spring as to when your exams are scheduled.

As always, if questions or concerns, please contact:

Mary.Rolloff@bellincollege.edu

Student Services

Accommodation Services

Bellin College provides support services for students with documented disabilities. We encourage students who have a documented disability to communicate their educational needs to us and use our services, which are provided at no cost to qualified students. Accommodations can be granted during any semester of a student's enrollment. Students must provide documentation of disability from a qualified, licensed professional to determine if an accommodation is needed. Accommodations are kept confidential.

Examples of a documented disability include, but are not limited to, the following:

- Autism Spectrum Disorder
- Learning Disabilities
- Attention Deficit Hyperactivity Disorder (ADHD)
- Blind or Visually Impaired
- Deaf or Hard of Hearing
- Anxiety Disorders
- Depression
- Bipolar Disorder

If you need an accommodation, please contact Janelle Maricque at (920) 433-6663 or Janelle.Maricque@bellincollege.edu.

Peer Tutoring

Need help? We offer free academic support through the Peer Tutoring program. Tutoring is not a substitute for class attendance and participation. You must be attending class regularly to receive tutoring services.

Peer tutors can help with:

- Reviewing and explaining content
- Clarifying information presented by the course faculty
- Identifying and understanding concepts
- Developing learning strategies

Contact Janelle Maricque at (920) 433-6663 or Janelle.Maricque@bellincollege.edu to request a Peer Tutor.

Writing Support

The College is pleased to continue to provide professional writing assistance to students. This assistance continues to involve the support of Dr. Vera Dauffenbach as our professional writing coach.

If you have any needs or questions in relation to technical writing skills and application, feel free to contact Dr. Dauffenbach. She is available in Office Room 109-A by appointment and can be reached by phone (920) 433-6630 or email Vera.Dauffenbach@bellincollege.edu.



Employee Counseling & Support Program (EAP)

Are you experiencing personal difficulties you cannot resolve on your own? Are these issues interfering with other areas of your life? Bellin Health's EAP program is a good place to start for guidance. Professional, experienced EAP counselors can help with issues including depression, stress management, anxiety, family and personal relationships, grief, abuse, and more. No problem is too serious or too simple. Eight free EAP counseling sessions are available to you each calendar year. Contacting and using EAP is confidential. For an appointment or information, call (920) 433-7483.

New Transcript Online Ordering Process Coming

Bellin College's online ordering process is transitioning to the National Student Clearinghouse. The transition should occur sometime in the very near future. Please watch for an email announcing when it is available. In the interim, all questions regarding transcript ordering should be addressed to the One Stop Shop.

Looking to share your story?

Do you have a story you would like to share to be included in the Bellin College blog?

Topics to consider sharing:

- Why you decided to pursue a career in healthcare
- Travel abroad
- Personal experiences and accomplishments
- Clinical/Practicum
- Internships/Externships
- Volunteer activities related to your field or involvement with a student organization.
- Pursuing a second career
- What it has taken to be able to pursue your career goals

And more!

Submit your story ideas to:

Amanda Schmidt
Communications & Public Relations Coordinator
(920) 433-6697
Amanda.Schmidt@bellincollege.edu



View current stories
on the Bellin College website:
www.bellincollege.edu/blog

Join the conversation!



Students: Qualify for the Bellin Run scholarship by volunteering or participating in the run.

2018 BELLIN RUN

Bellin 10K Run • Green Bay, WI • June 9, 2018

June 8, 2018 • 6 p.m.

1/2 Mile Children's Run
(Ages 10 & Under)

Start Location: Astor Park, Roosevelt St.
between Porlier St. and Eliza St.

June 9, 2018 • 8 a.m.

Start Location: Bellin Hospital,
744 S. Webster Avenue
Green Bay, WI 54301

Medical and general volunteers will be needed.
More information coming in February.

Bellin College Awards

The College grants two awards each year at the spring graduation ceremony. They are outlined below. Please see the Awards page on the Bellin College web site for details including the respective application and nomination forms at bellincollege.edu/about/excellence-awards/

Graduating Student Award: Lucyanna Hitch Award for Excellence Andrea O'Bright, 2017 Award Recipient



This is an annual award given in memory of, and tribute to, Lucyanna Hitch, a dedicated College advocate. The award recipient is announced at graduation in May and receives a recognition plaque in addition to a modest cash award. Award recipients are commemorated on the cumulative award plaque permanently on display at the College in the Student Activities Conference Room, Room 102A. This award has been given each year since 1988.

This award recognizes the graduating student from any program (BSN, BSRS, and MSN) who best exemplifies the College Values of Excellence, Integrity, Community, and Caring. Eligible applicants include candidates for graduation/graduates in good standing from October 2017, December 2017, and May 2018.

This award involves an application process.

Applications must include the following:

- Application cover form
- Narrative
- Faculty letter of recommendation (one)

The application deadline is April 2, 2018.

The application is available on the awards page of the College website.

Faculty Award: Nishioka Family Faculty Excellence Award Kathie DeMuth, 2017 Award Recipient

This award honors a nursing faculty member for contributions in the areas of professional nursing advancement, nursing education advancement, professional behavior and growth, and support of the College. This award has been given each year since 1990.

The award is sponsored through a generous contribution from Dr. Hiro Nishioka, an ardent supporter of the College. The award recipient is announced at commencement in spring, receives funds for professional development, and is commemorated on the cumulative award plaque permanently on display at the College in Conference Room 212.

This award involves a nomination process.

All students are encouraged to nominate a nursing faculty member who has been influential in their program of study. Nomination criteria and nomination form will be available on the awards page of the College website.

The nomination deadline is April 2, 2018.

The nomination form is available on the awards page of the College website.



10 Ways To Become More Resilient

Dr. Nancy Burruss, Dean of Student Services

(Adapted from S. Gohr, BHS Psychotherapist's presentation, November 27, 2017)

Building Resilience is “Stress Prevention” vs. “Stress Management.” Being resilient keeps “stressors” from creating the emotional reaction we call “stressed.”

Research has shown that while some people seem to come by resilience naturally, these behaviors can also be learned. Here is how to foster your own resilience:



1. Build Positive Beliefs in Your Ability

Research has demonstrated that self-esteem plays an important role in coping with stress and recovering from difficult events. Remind yourself of your strengths and accomplishments. Becoming more confident about your own ability to respond and deal with crisis is a great way to build resilience for the future.

2. Find a Sense of Purpose in Life

After her 13-year-old daughter was killed by a drunk driver, Candace Lightner founded Mother's Against Drunk Driving (MADD). In the face of crisis or tragedy, finding a sense of purpose can play an important role in recovery. This might involve becoming involved in your community, cultivating your spirituality, or participating in activities that are meaningful to you.

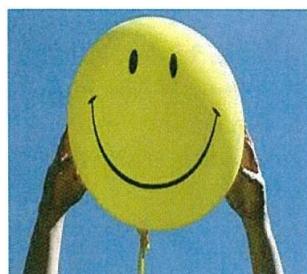


3. Develop a Strong Social Network

Having caring, supportive people around you acts as a protective factor during times of crisis. It is important to have people you can confide in. While simply talking about a situation with a friend or loved one will not make troubles go away, it allows you to share your feelings, gain support, receive positive feedback, and come up with possible solutions to your problems.

4. Embrace Change

Flexibility is an essential part of resilience. By learning how to be more adaptable, you'll be better equipped to respond when faced with a life crisis. Resilient people often utilize these events as an opportunity to branch out in new directions. While some people may be crushed by abrupt changes, highly resilient individuals are able to adapt and thrive.



5. Be Optimistic

Staying optimistic during dark periods can be difficult, but maintaining a hopeful outlook is an important part of resiliency. Positive thinking does not mean ignoring the problem in order to focus on positive outcomes. It means understanding that setbacks are transient and that you have the skills and abilities to combat the challenges you face. What you are dealing with may be difficult, but it is important to remain hopeful and positive about a brighter future.

6. Nurture Yourself

When you're stressed, it can be all too easy to neglect your own needs. Losing your appetite, ignoring exercise, and not getting enough sleep are all common reactions to a crisis situation. Focus on building your self-nurturance skills, even when you are troubled. Make time for activities that you enjoy. By taking care of your own needs, you can boost your overall health and resilience and be fully ready to face life's challenges.



7. Develop Your Problem-Solving Skills

Research suggests that people who are able to come up with solutions to a problem are better able to cope with problems than those who cannot. Whenever you encounter a new challenge, make a quick list of some of the potential ways you could solve the problem. Experiment with different strategies and focus on developing a logical way to work through common problems. By practicing your problem-solving skills on a regular basis, you will be better prepared to cope when a serious challenge emerges.



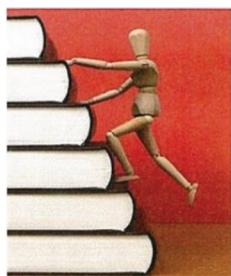
8. Establish Goals

Crisis situations are daunting. They may even seem insurmountable. Resilient people are able to view these situations in a realistic way, and then set reasonable goals to deal with the problem. When you find yourself becoming overwhelmed by a situation, take a step back to simply assess what is before you. Brainstorm possible solutions, and then break down into manageable steps.



9. Take Steps to Solve Problems

Simply waiting for a problem to go away on its own only prolongs the crisis. Instead, start working on resolving the issue immediately. While there may not be any fast or simple solution, you can take steps toward making your situation better and less stressful. Focus on the progress that you have made thus far and planning your next steps, rather than becoming discouraged by the amount of work that still needs to be accomplished.



10. Keep Working on Your Skills

Resilience may take time to build, so do not become discouraged if you still struggle to cope with problematic events. Psychological resilience does not involve any specific set of behaviors or actions, but can vary dramatically from one person to the next. Focus on practicing some of the common characteristics of resilient people, but also remember to build upon your existing strengths.



Emergency Procedures & Campus Safety

Students should familiarize themselves with the Bellin College campus emergency evacuation plans posted throughout the building. During a fire drill all students and employees are expected to vacate the building.

The College is equipped with emergency phones and call buttons. There are emergency phones in the parking lots which can be identified by their blue lights. These phones access 911 Emergency responses. There is also an emergency call button located in the campus Wellness Center. The College has a cardiac arrest mobile unit (AED or Automated External Defibrillator) located at the reception desk in the Atrium.

Campus Safety: This is a shared responsibility between the College and its campus community members. There are security personnel on campus when students have access to the building. For assistance during regular business hours (8:00 a.m. – 4:30 p.m.) contact the One Stop Shop or call Bellin Health Security at (920) 433-7917. Security personnel will be patrolling the campus during non-business hours, and will be stationed at the reception desk in the Atrium.

Inclement Weather/Class Cancellations: If the hours of operation of the College are altered (cancellation of classes, labs, and/or practicum) there will be an announcement sent to all students via phone call, email, and/or text message with the details of the delay/closure. These messages will be sent by the College's notification system School Messenger. The Bellin College website and/or local radio and televisions stations will also be notified of delay/closure. Students are responsible for using personal judgment regarding their safety and travel to the College during inclement weather. If the College closes for reasons other than weather, check the website.

Information Line: (920) 433-1933 Information about any closings will typically be available as early as 5:00 a.m. for day classes, labs, and practicum, and typically by 1:00 p.m. for evening classes, labs, and clinical experiences.



Bellin College Hours

General guidelines: Students may enter the Main Entrance Door on the first floor or the back doors by using their ID badges. The College is open to the public from 8:00 a.m. – 4:30 p.m., Monday through Friday. The Main Entrance Door will be open during regular business hours. Students' ID badge will allow access before and after regular business hours. Students are expected to leave the building by 8:00 p.m.

Hours are subject to change, namely, during holidays and summer months. A complete list of campus hours are found in the Undergraduate Student Handbook.

Student Access to the Building:

Monday – Friday: 6:30 a.m. – 8:00 p.m.
Saturday: 8:00 a.m. – 4:00 p.m.
Sunday – Closed

Library Access:

Monday – Friday: 7:30 a.m. – 8:00 p.m.
Saturday & Sunday – Closed

Computer Resource Center:

Monday – Friday: 7:00 a.m. – 8:00 p.m.
Saturday & Sunday – Closed

Health Sciences Resource Center:

(Practice Lab):
Monday – Friday: 8:00 a.m. – 8:00 p.m.
Saturday: 8:00 a.m. – 4:00 p.m.
Sunday – Closed

Wellness Center:

Monday – Friday: 7:00 a.m. – 8:00 p.m.
Saturday & Sunday – Closed

BC Express:

Monday – Friday: 7:00 a.m. – 2:00 p.m.
Saturday & Sunday – Closed

Join the conversation!

