



Student Connection

Dates to Remember

Tuition Due

Sept. 9

Scholarship Salute

Sept. 25

Fall Graduation

Oct. 11

Thanksgiving Holiday

Nov. 28-29

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August/September 2019

Hi everyone and welcome to the 2019-20 academic year! I hope you had a great summer, whether you were taking classes, working, or at home relaxing with family and friends. This is a year of celebration for Bellin College as we moved to our current campus on Aug. 3, 2009, which means we have been here for 10 years! As I reflect on the last 10 years at 3201 Eaton Road a lot has changed and education has advanced. The Apple iPad did not exist and flip phones were still in when we moved out here. We were not able to get as much information on our cellphones as we can today. Simulation was a newer phenomenon for teaching in healthcare, and now it is an expectation. I am sure our founder, Dr. Julius Bellin, would be proud of all the accomplishments from our faculty, staff, students and our alumni. The last 10 years have been a wonderful journey for us with expanded program options in medical imaging, offering our first terminal degree and expanding programs to meet the ever-changing needs in healthcare. I encourage you to peek at our historical timeline on our website: https://www.bellincollege.edu/about/bellin-history/. During the upcoming academic year, we will be celebrating our successes to honor our 10-year history at the college.

As you begin the semester, stop by the Student Success Center and check out the new furniture and study spaces. In addition, quiet study space was made available within the library. We also are exploring options for food on campus after 2 p.m. There are a lot of opportunities on campus to help improve your Bellin College experience. Think about ways you can make a difference in the care you provide to your patients — join a club, become a student worker or volunteer at a local organization.

We have several events happening this fall: Welcome Back BBQ — stop and meet your classmates for dinner and welcome the new Bellin College students. The Lambda Nu Induction Ceremony will be in September for eligible medical imaging students. The Scholarship Salute is your opportunity to thank the donors for the gift they have given you: a solid education; and the 15-Month Commencement Ceremony on Oct. 11, 2019. Watch more additional information on the monitors and bulletin boards for more events and activities.

I want to wish each of you the best as you begin the 2019-20 academic year. Join me in celebrating our 10-year anniversary at this campus and our 110-year history since our inception. I look forward to seeing you on campus and in the classroom. Have a great fall semester!

Connie J. Boerst

Dr. Connie J. Boerst

Dr. Connie J. Boerst President/CEO

For the latest updates visit: www.bellincollege.edu





Dean of Nursing Update

Greetings from your new dean of nursing! I am very excited for this opportunity and look forward to interacting with you throughout the academic year. To provide a brief background, I graduated from UW-Milwaukee with my BSN degree, UW-Madison with my MSN degree with an emphasis in maternal child nursing, and then the University of Northern Colorado with my Ph.D. with an emphasis in nursing education. My clinical background is the newborn intensive care unit and I still love and miss those babies! I worked as a staff nurse, manager, and clinical nurse specialist in NICUs in Milwaukee, Madison, Marshfield, Neenah and Green Bay.

One of the many opportunities in nursing is the option to explore other career paths and, in 2003, I opted to leave the NICU and enter academia. I came to Bellin College in the fall of 2003 and have never looked back. At the college, I have taught a variety of courses in our traditional and 15-month programs. Most recently, I worked as the college assessment director, coordinating the standardized testing, Kaplan resources and student support resources. I will continue to support college assessment as we work through the transitions.

Three faculty members are changing positions this fall. First, Dr. Lori Kulju has assumed the role of MSN program director as you see to your right. Dr. Angie Parmentier is now the FNP coordinator. Dr. Parmentier will oversee the specifics for the FNP option. Finally, Sherri Hanrahan has taken on the role of BSN program director and will be taking JoAnn Swanson's place at the college.

I am most excited for you, as I know the amazing career you have ahead for you. Be assured that all your hard work and efforts are worth it. Also know that you do not have to go it alone. The standards are high, but there are resources to help you accomplish more than you ever thought possible. The faculty wants you to succeed. We have a new Student Success Center and coordinator ready to help you. Sherri, Lori, Angie and I are here to answer questions and support your journey.

I look forward to working with each of you. My office is in room 109B. Please stop by with any questions or concerns.

Mary Rolloff, PhD, RN
Dean of Nursing

MSN Update

It is hard to believe that summer is almost over and we are back in school already. The summer always seems to fly by. If you are new to the college, I am delighted you chose Bellin College. If you are a returning student, welcome back. As a proud Bellin College graduate (albeit a long time ago), I am sure you will find that you are well prepared for practice. Our graduates are highly respected and in high demand.

I am the MSN Program Director and I have been an educator at the college since 2003 teaching in the BSN, RN-BSN, and MSN programs. I oversee the MSN program in collaboration with Dr. Angie Parmentier, another Bellin alumna.

Bellin College has had an accredited MSN program since 2004. Our current MSN program is for BSN prepared nurses who want to expand their professional opportunities as a nurse educator or a family nurse practitioner. Our Nurse Educator (NE) program is offered completely online. The Family Nurse Practitioner (FNP) program is a mix of on campus and blended classes. Both programs have a 3-year part-time and a 2-year full-time option. Additionally, we offer nurse educator and family nurse practitioner certificate programs for MSN prepared nurses seeking additional knowledge and skills as an educator or a FNP.

This past spring, 15 FNP students graduated from the MSN program. We are extremely proud of our graduates. All students who sat for the FNP certification exam have passed and most are employed as a family nurse practitioner. Congratulations to the MSN class of 2019!

Our MSN programs continue to grow. This fall, we welcome 34 new students into the MSN program (FNP, NE, and certificate). This brings our total MSN student enrollment to 65 students, an all-time high.

As our program continues to grow, so does our need for exceptional practicum preceptors. If you know an exceptional family practice provider or nurse educator, please forward their name and contact information.

If you are a BSN student interested in advancing your education and would like to talk about your options, please stop by or give us a call. We would love to talk with you about our programs and options for new graduates. Applications for the fall 2020 cohort open soon.

Have a great fall!

Lori Kulju, PhD, RN MSN Program Director

News from the BSN Program Director

Welcome to the 2019-20 academic year! I can't believe it is back-to-school-time already, but I am also very excited to begin the fall semester as the new BSN Program Director, replacing JoAnn Swanson, who is now enjoying retirement. My history with the college began as a member of the first MSN graduating class in 2007. I liked the college, faculty, and programs so much that I became an adjunct nursing instructor in 2006 and then full-time faculty in 2007. I earned my BSN from UW Oshkosh in 1991. I also have several certifications including Certified Nurse Educator (CNE), Board Certified in Medical-Surgical Nursing (RN-BC), Orthopedic Nurse Certified (ONC), and Certified Case Manager (CCM). I have taught mostly in the traditional BSN program as a course facilitator and faculty for junior level clinicals and senior level precepted clinicals. I have also taught a fundamental nursing course and adult medical surgical nursing theory course. In the 15-month program I facilitated the last clinical, the Capstone clinical, and was also clinical faculty.

As you start the new academic year, get off to a good start by getting organized from the beginning. "Failing to plan is planning to fail" is one of my favorite quotes and also true! As classes begin, make sure to have all your books and supplies, review and complete all the "Zero Week" items for your courses (including the syllabus and schedule), and update your calendars (outlook calendars and paper calendars) to reflect class/exam time, orientations, labs, clinical prep and clinical time, study time, etc. Don't rely on your memory. This doesn't work for me and it doesn't work for most people. Remember to check your Bellin College email at least once or twice a day. If needed, the IT Department can help you set up your phone so you get access emails. Also check your Canvas settings to make sure you will get important course announcements. The college has great resources for you so make sure to check out and use these resources throughout the year. The nursing curriculum is challenging, but the hard work required to be a nurse is worth it! It is a very rewarding profession.

Please stop by my office, in room 109F, with any questions or concerns at any time during the year. Please also feel free to email or call me. I look forward to a great academic year with you!

Sherri Hanrahan, MSN, RN-BC, CNE, ONC, CCM BSN Program Director

News from the Dean of Allied Health Sciences

Welcome back Medical Imaging students. I am happy to report that in May 2019, Bellin College graduated the first cohort for the Bachelor of Science in Diagnostic Medical Sonography and the eighth cohort from the Bachelor of Science in Radiologic Sciences. All of the graduates have successfully completed their respective registry exams.

The Medical Imaging Team has been busy this past summer and will welcome a new group of students for fall 2019, who will be enrolled in a certificate option for Diagnostic Cardiac Sonography or Echo. The Echo program is a hybrid type model in which students will take courses online and come to campus for weekend intensive labs. This certificate based program is meant for working sonographers who are already credentialed in vascular and will run the course of two semesters (fall and spring).

My door is always open, please feel free to drop in my office, room 111C, if you have any questions. Again, welcome back and I look forward to another amazing year.

Additional news from the academics office

The Academics Office has transitioned duties and is pleased to announce the addition of an Academic Clinical Affiliation Coordinator. This position is responsible for the overall coordination of the student clinical placements for all programs, including travel courses and the Physical Therapy program. The Academic Clinical Affiliation Coordinator will work closely with the deans, program directors, faculty, and students in completing all the necessary compliance paperwork required by the agencies.

Please welcome Ann Wasmund, CAP, OM, PM in her new role. Ann has been with the College for seven years working in the Academics office for the past four years supporting various programs.

Ann is located in the Administration Office, room 109 (first cubicle on the left). Don't hesitate to contact Ann via phone at (920) 433-6628 or by email at

<u>ann.wasmund@bellincollege.edu</u> should have any questions or concerns. She looks forward to working with you!

Mark Bake, DBA, RTR, CT
Dean of Allied Health Sciences

Commencement Corner

Commencement Reminder

Bellin College will host its fall commencement on Friday, Oct. 11, 2019. Commencement will be held in the Bellin College Atrium. Students should arrive no later than 3:15 p.m. and report to classroom 113. Doors will open to guests at 3:15 p.m. A group photo will be taken at 3:45 p.m. on the open stairwell of the college. If weather, especially wind, permits, an outdoor photo may also be considered.

Diplomas and Transcripts

The Bellin College Registrar's Office will send a copy of each graduate's official transcript and diploma to the mailing address provided on the *Intent to Graduate Form*. This could take about six weeks.

If you have any questions, please call Gena in the development office at (920) 433-6654 or email gena.vandomelen@bellincollege.edu.

Caps, Gowns, Tickets, Etc.

Gowns will be ordered. Distribution is usually two weeks before the ceremony. You may decorate your cap in a tasteful manner. Tickets will also be distributed with your gowns.

Commencement Reception

There will be a dessert reception after the ceremony. It will be set up in classroom 113. We welcome all family members and friends to join us and take pictures.





COLLEGE ASSESSMENT PROGRAM (CAP): Dr. Brant Pearson

KAPLAN ORIENTATION

On Aug. 28, a Kaplan representative will be here from 6:30-7:30 p.m. in classroom 113 to provide an orientation to the Kaplan student website and resources. This session is required for the May 2022 cohort and JTO May 2021 cohort. Any other nursing students are welcome to attend to get a refresher on how to get the most out of the Kaplan resources.

KAPLAN TESTING

All tests will now be done in regular classrooms. Nursing students will use their own personal computer or tablet. If you do not have a laptop or tablet, please notify Brant Pearson immediately so we can have a loaner available for you. Due to computer requirements, BSRS students will use college laptops. Students with approved testing accommodations will test in the library and are sent their specific testing times via email.

If you do not have notice of a test listed, please let me know. It is expected that students test at the scheduled time. Should an emergency arise, please notify me as soon as possible.

Dr. Brant Pearson Office room 233 (920) 433-6625

brant.pearson@bellincollege.edu



Join the conversation!

STANDARDIZED TESTING: (see below for dates):

REMINDERS:

- Please put these dates on your calendar and plan ahead to assure attendance.
- It is an expectation that students attend when scheduled.

Bachelor of Science in Nursing

Class of 2019, 15 Month October

Monday, Sept. 9 9-10:30 a.m. Medical Surgical (Rm 107) Monday, Sept. 23 9:30 a.m.-1 p.m. Diagnostics (Rm 107)

Class of 2020, 15 Month May

Tuesday, Sept. 17 8-9:30 a.m. Psychosocial (Rm 107) Monday, Oct. 28 8:30-10 a.m. Pediatrics (Rm L-11) Monday, Nov. 25 8:30-10 a.m. Pharmacology (Rm L-11)

BSN-Traditional Class of May 2020

Tuesday, Sept. 17 4:45-6:15 p.m. Psychosocial (Rm 113)

Tuesday, Nov. 26 4:45-6:15 p.m. Med Surg Comprehensive (Rm 113)

Class of May 2022

Wednesday, Aug. 28 6:30-7:30 p.m. Kaplan Orientation (Rm 113) Thursday, Nov. 21 7:30-9 a.m. Fundamentals (Rm 113)

Class of 2021 JTO

Wednesday, Aug. 28 6:30-7:30 p.m. Kaplan Orientation (Rm 113) Thursday, Nov. 21 7:30-9 a.m. Fundamentals (Rm 113) Friday, Nov. 22 1:30-3 p.m. Pathophysiology (Rm 107)

Bachelor of Science in Radiologic Sciences

Class of 2020

Wednesday, Nov. 13 8 a.m.-12 p.m. Radiography Practice

Exam (Rm 103)

Class of 2021

Friday, Nov. 22 9-10:30 a.m. Molecular Imaging

Procedures (Rm 107)

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 do contact me at brant.pearson@bellincollege.edu

Student Success Center Fall Update Letter from the Coordinator

With the *Welcome Back BBQ* fast approaching, the Student Success Center (SSC) would also like to welcome you back as we are set to begin a new semester. But first, we would like to take a quick moment to celebrate what a success the SSC was last year during our very first year.

During the last academic year, students scheduled 494 appointments with tutors. Additionally, students came to the SSC for drop-in appointments 2,560 times. This means that students used the center 3,054 times during the academic year, and we look forward to continuing to assist you with tutoring, career documents, and workshops in the center. Remember, you can register and schedule an appointment with any of our faculty and student tutors by visiting: https://bellincollege.mywconline.com.

Because of the high demand for the center's tutoring resources, study space, and computers, the SSC is happy to announce that the center will have longer hours this upcoming academic year. The center will be staffed by either Mary Safranski or Dr. Adam Sprague from 8 a.m. to 4:30 p.m. every weekday this year.

The SSC will be hosting six workshops this year as well — three in the Fall semester and three in the spring semester. The upcoming semester workshop schedule for fall is as follows (with more details to come via email):

APA Format Primer: Bellin College Writing Standards

9:45 a.m. Sept. 16

Speakers: Mary Safranski and Dr. Adam Sprague

Location: Classroom 107

Career and Workplace Advice: An RN and former Assistant Director of an Assisted Living Home discusses CNA vs. Administration vs. Med Surg vs. Neuro ICU vs. Surgery Circulator Positions and How Personality Type Matters

9:45 a.m. Oct. 14

Speaker: Tonia Sprague, RN (guest speaker from St. Mary's Hospital)

Location: Classroom 112

A Guided Gratitude Meditation and Gratitude Journaling: A Simple Strategy for Reducing Stress and Increasing Happiness

9:45 a.m. Nov. 18

Speaker: Dr. Adam Sprague, Ph.D.

Location: Classroom 112

At all of the above-mentioned workshops, free beverages and food will be provided. We hope to see you at one or all of the workshop sessions this semester. If you have suggestions for future workshops, please email us at SSC@bellincollege.edu.

We look forward to continuing to assist you with tutoring, career documents, and workshops in the center. Remember, you can register and schedule an appointment with any of our faculty and student tutors by visiting: https://bellincollege.mywconline.com.

As the semester begins, we will be looking for student tutors. Please consider this wonderful opportunity to help your peers and build your resume. Watch your student email for tutor requests from the SSC staff.

On that note, best of luck to you this semester!

Dr. Adam Sprague Student

Success Center Coordinator & Assistant Professor

Student Services Department

Dr. Nancy Burruss Dean of Student Services

ASSISTANCE PROGRAM

Staffed with master degree-prepared counselors 24/7, including weekends and holidays.

- Free (6 sessions per issue) and confidential services to students.
- Unlimited assessment, counseling, assistance with stress, depression, personal problems, family and relationship concerns, and substance abuse issues.
- Engage by phone, face-to-face, text or email.
- Legal, financial and identity theft consultation.
- Call (855) 695-2818 for live assistance. Identify yourself as a "Bellin College student", giving a name is optional.

ANNUAL COMPLIANCE TRAINING

ALL students must complete their **MANDATORY TRAINING** COURSES:

- Title IX Rights and Protection
- Alcohol Awareness for Students
- Diversity Awareness for Students

Your mandatory training courses will be delivered to your Bellin College email account shortly. Please watch for this and complete by the designated deadline. Bellin College is committed to this initiative and requires 100% compliance.

Thank you!

OCCUPATIONAL HEALTH INFORMATION

- The college pays for the admission 2-step TB testing and subsequent annual TB testing.
- The college pays for the pre-admission drug screen.
- The college will pay for one additional TB test if the student fails to get the 2-step TB read.
- The college does not pay for quantiferon gold testing or chest X-rays needed due to positive TB.
- The college does not pay for any labs or vaccines.

Students can get the above services at the Ashwaubenon Bellin Occupational Health location. Please call ahead to schedule your appointment.

Bellin Occupation Health 1630 Commanche Ave. Green Bay, WI 54313 (920) 430-4560

Hours: 7 a.m. to 5:30 p.m.

Bellin Occupational Health also offers services that may be needed but not covered by the college. Although insurance is not accepted at this department we do offer services at a reduced rate should the student not have insurance, a high deductible or copay. Listed below are the most common with the rates:

Chest X-ray — \$63.00** Quantiferon Gold — \$152.00* Hep B Vaccine — \$71.00 Rubella Titer — \$26.25*

Measles Titer — \$26.25* Tetanus Vaccine — \$35.00

MMR Vaccine — \$63.50 Varicella Titer — \$26.25*

Mumps Titer — \$26.25* Varicella Vaccine — \$159.00

Physical Exam — \$62.00

** X-ray Interpretation is \$61.00. This fee is in addition to the X-ray and is billed from Radiology Chartered.

*Venipuncture Fee is \$13.00. This fee is added per venipuncture for titers.







Financial Aid/Scholarships



Alternative Financing Options

Welcome to the new academic year! Fall statements are out. If you are in need of additional financing for the 2019-20 academic year, please feel free to stop by the One Stop Shop to discuss your options with Lena, Barb, or Mary Jo. Two popular options for students/parents who need help with educational expenses are private education loans and Federal Parent PLUS Loans. Another option that is relatively new, is a private parent/sponsor loan. Each of these options are credit-based but, if approved, allow the student or the parent to borrow enough funds to cover the remainder of the year's expenses (tuition, fees, books, and living expenses) not covered by other financial aid. While a dependent student may see a Federal Parent PLUS Loan under the My Financial Aid link in the student portal, the student's acceptance in the portal is NOT sufficient to process a PLUS loan. The parent must have a Parent PLUS Loan Agreement (MPN) on file (www.studentloans.gov) and the parent must either complete the Bellin College Federal Parent PLUS Loan Request form and return it to the BC Financial Aid Office OR the parent may complete the PLUS Application on the www.studentloans.gov website. A dependent or independent student may apply for a private education loan through a bank, credit union, or other agency. Dependent students may substitute a private loan for the Federal PLUS Loan shown in the portal. The original amount shown in the portal reflects the maximum eligibility for the academic year; the requested loan amount will be reduced if it exceeds the student's cost of attendance budget minus all other anticipated financial aid for the academic year. For more information on comparing a Federal Parent PLUS Loan and a private education loan option, refer to the Comparison Chart in your campus mailbox or stop by the One Stop Shop and have a chat with Lena, Barb, or Mary Jo.

Bellin College Financial Literacy Scholarship

Each year Bellin College offers two \$500 Financial Literacy Scholarships (one scholarship is given in each semester) via random drawing among all eligible undergraduate students. To be eligible for the spring 2020 semester's scholarship, simply log on to our GradReady site (https://bellincollege .gradready.com) and complete at least one Money Skills quiz (any topic) between Sept. 1 and Dec. 31 of the fall semester. You may choose either Path 1, Path 2, or Path 3 (or all three); the Path pre-quiz does not count as an entry into the drawing — you must complete (with a score of greater than zero) — at least one Money Skills guiz in either Path. You will find that GradReady presents a wide range of topics in a short, easy to follow format (short, animated videos). It is not just about financing college; you'll find information about saving for retirement, buying a car, avoiding identity theft, types of home mortgages and more. The Debt-O-Meter will help you keep your education debt in check as you plan for the future. The budget worksheet will give you the tools to plan and track your monthly expenses. This is information you can use well beyond your time at Bellin College.

If you have any questions regarding GradReady or loans, please stop by the financial aid

office or contact: Lena Goodman at (920) 433-6638 or <u>lena.goodman@bellincollege.edu</u> or Barb Torzewski at (920) 433-6614 <u>barb.torzewski@bellincollege.edu</u>.

FAFSA for 2020-21

We know the 2019-20 academic year is just beginning, but believe it or not, it will soon be time to start thinking about the 2020-21 academic year. For those of you who will still be at Bellin College next year, the FAFSA for 2020-21 will be available beginning Oct. 1, 2019 (and will use the 2018 federal income tax data — taxes filed with the IRS earlier in 2019). Now that the FAFSA has been available for a few years in October, we have decided to move our priority FAFSA filing date to Dec. 1. Watch for more information regarding our *Fall FAFSA Filing Frenzy*. Yes, there will be a prize package to one lucky winner via random drawing from among all undergraduate students who will be enrolled in the 2020-21 academic year who file the 2020-21 FAFSA between Oct. 1, 2019, and Dec. 1, 2019. Early FAFSA filing is encouraged because it allows us to determine your financial aid eligibility early on in the process and ensures that you are considered for funds that may be limited such as WI Grants which may be expended.

Financial Aid - Constitution Day

Schools are required by federal law to observe Constitution Day each year to commemorate the signing of the U.S. Constitution (Sept. 17, 1787). Watch for more details to follow as we get closer to the date; Barb Torzewski is planning a couple of fun activities for all to enjoy — with prizes (there may be chocolate involved).



Calling all pre-licensure nursing students...

Did you know that you have access to some resources to help you be successful in nursing school?

Well, you do!

You should have access to a course on Canvas called NCLEX Success.

This course has more than just information about the NCLEX exam.

It also has a module with Recommended Resources for Success in Nursing School which includes some recommended books AND

a voiceover PowerPoint on test-taking tips.

If you can't find this course on your Canvas Dashboard, go to the Courses icon on the left tool bar and scroll down to "All Courses."

Search for the NCLEX Success course and highlight the star in front of it.

It will now be on your Dashboard.

If you have any questions, please contact

Heidi Monroe heidi.monroe@bellincollege.edu



SAVE THE DATE!

Bellin College Career Fair

Tuesday, Nov. 12, 2019 9 – 11:30 a.m. Bellin College Atrium All students are encouraged to attend.





Join the conversation!

News from the Health Science **Resource Center (HSRC)**

Welcome back to the start of the fall semester! If you're looking to practice your nursing skills in a safe environment, the HSRC is just the place. Sarah, Brittany and Bonnie are available to help you practice. Whether you just drop in or would like to set up a time to meet, we are here to assist in strengthening your skills.

The HSRC department is open from 7 a.m. to 9 p.m. Monday through Thursday, 7 a.m. to 8 p.m. on Fridays and 8 a.m. to 4 p.m. Saturdays. It is important to always leave the practice lab tidy and in order after utilizing it so that the next student doesn't have to clean up any mess.

If your class requires practice time, remember to utilize the badge readers located in the practice lab or by the exam rooms. Remember to badge IN and OUT in order to have your time documented for that practice session otherwise it will not count. Please email Kevin Stringer at kevin.stringer@bellincollege.edu, Brittany Downer at brittany.downer@bellincollege.edu or Sarah Johnson at sarah.johnson@bellincollege.edu for any questions regarding practice times and badge reader use. We also recommend keeping a personal log of your practice times. We have items available to check out for practice including blood pressure cuffs, health assessment kits and ASQ-3 kits for pediatric assessments.

Feel free to stop by the HSRC or email any of us to check any of these items out. Items checked out are asked to be returned the next school day. Have fun and never hesitate to contact us with any questions.



Scholarship Salute Reminder



If you received a donor scholarship, please add Sept. 25 to your calendar for Scholarship Salute. You should have received an email from development@bellincollege.edu with more information. This is your chance to say thank you to the donors that make those scholarships possible.

Head Start is a federal program, which has been helping children since 1965. The program's services and resources are designed to foster stable family relationships, enhance children's physical and emotional well-being, and establish an environment to develop strong cognitive skills.



I would like to thank the following students who assisted with the 9th Annual Head Start Enrollment Days on Thursday, Aug. 15.

Martha Daley Jennifer Eiden McKenna Eisch **Emily Gibson** Shannon Mach **Brooklyn Tews** Meghan Tilot Hannah Stefaniak Jill Uebele Meagan Weber Kendra Wolfgram **Brooklyn Tews Rachel Rosencrans**

These students provided a valuable service to the community by helping to screen and collect important health data on about 250 children who will be starting Head Start this fall!

Thank you for demonstrating the Bellin College Values of Excellence, Community, Caring and Integrity!

Lynn Murphy MSN, RN, APNP, CPNP **Assistant Professor**

SUCCESS STORY:

Sharing your Passions, Successes and Appreciation.

Cardio

Cardio

FITNESS

Cardio

FITNESS

Calories

Planning

Eat

FITNESS

Walk

Resolution

Walk

Resolution

Active

Healthy

Name: Daniel Flynn

Family: Significant other, children, pets, etc....

I have one brother (Ben), parents (Beth and Glen), girlfriend (Mikayla), and dog (Molly).

Program/Cohort:

I will be starting my junior year in the Radiologic Sciences Program.

What do you like to do for fitness (hobbies, etc.)?

For my fitness hobbies, I like to run, bike, and lift weights. I don't have a preference to any of these activities over the others, but I like to mix it up as much as I can.

Short/long-term fitness goals:

My fitness goals at this point are largely to maintain the success I have had. I do, however, want to eventually run a half-marathon and start swimming.

Fitness related successes thus far:

Over the past two years, I have lost nearly 80 pounds. I started running races, and found a hobby in working out, something that seemed crazy to me before this process started.

What motivated you to begin your fitness journey? Who inspired you?

I was noticing aches and pains in my body at just 18. I was really starting to get concerned with this, and knew I needed to get my weight under control to live how I wanted in the future.

What obstacles did you have to overcome?

It can be difficult to find time to work out while maintaining a job and going class. I started to view my time at the gym as a way of stress relief and it made justifying the time easier for me.

How has your life changed?

My life has changed quite a bit. Physically there are differences, but I feel that getting in shape has had more impact mentally. It helps me handle the stress of college and everyday life.

What advice would you give to help others?

Small things in fitness really add up. Working out does not have to be a two-hour commitment every day. Thirty minutes a day is plenty to get the body moving and started down the path you want.

NCLEX-RN BOOT CAMP

BSN Program Fall 2019

NCLEX-RN Boot Camps Schedule *for*October 2019 BSN Candidates for Graduation

Boot Camp	Date	Time	Location
Camp #3	Monday, Aug. 26, 2019	8-9:30 a.m.	Classroom 107
Camp #4	Monday, Sept. 16, 2019	8:30-10:30 a.m.	Classroom 107

BC Express Fall Semester Hours

(through December)

Monday through Friday

7 a.m. to 2 p.m.

Ask about the soup and sandwich combo special!

See the list of made to order items that can be prepared for you fresh daily outside the BC Express.

FALL CLOTHING SALE
COMING IN
SEPTEMBER!



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



For the latest updates, visit: www.bellincollege.edu





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 a.m. to 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 a.m. for day classes, labs and practicum, and typically by 1 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 a.m. to 4:30 p.m., Monday through Friday. The main entrance door will be open during regular business hours. Students' ID badges will allow access before and after regular business hours. Students are expected to leave the building by 8 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 – Thursday: 7 a.m. – 9 p.m.

Friday: 6:30 a.m.—8 p.m. Saturday: 8 a.m. – 4 p.m.

Sunday: Closed Library Access:

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

Student Success Center:

Monday - Friday: 7 a.m. - 9 p.m.

Saturday—8 a.m. – 4 p.m.

Sunday - Closed

Health Sciences Resource Center:

(Practice Lab):

Monday – Thursday: 7 a.m. – 9 p.m.

Friday: 7 a.m.—8 p.m.

Saturday—8 a.m. – 4 p.m.

Sunday - Closed

Wellness Center:

Monday – Thursday: 7 a.m. – 9 p.m.

Saturday—8 a.m. – 4 p.m.

Sunday - Closed

BC Express:

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