



Dates to remember

Career Fair

March 1 and March 15

COVID Updates

March 4-6

LGBTQ+ Community

Coming this Fall

Blood Drive

March 23

Welcome to spring semester 2021!

We have over 620 students enrolled on campus! What a great start to the semester. It is hard to believe that it is February already and it has almost been a year since we learned about COVID. First and foremost, I want to thank you! I am very proud of your resiliency and how well you have done during these circumstances. As future healthcare professionals, COVID has shown you what a pandemic can do but also provided you with the tools to excel.

You managed, maintained and demonstrated your excellence well during these challenging times. I am proud of how well you are doing and supporting one another, and the help you provided the community and healthcare systems during the pandemic. Thank you for taking the Bellin values of Excellence, Integrity, Community, and Caring with you on this journey. Thank you for masking, socially distancing, and staying healthy, not only for your patients, but for your family. We are all making history and we will continue to learn from these experiences.

During spring semester, we will continue to offer a virtual option for classes. Lab and clinical experiences remain in person. I know that these are challenging times, but I want to remind you that you have resources - your faculty, the Student Success Center, the Health Science Resource Center, and each other if you need some additional support with your classes or studying. There are also a variety of resources online in Canvas to help you with resumes and preparing for interviews, as I know many of you are interviewing for positions. You can also contact Mary Safranski in the Student Success Center. She is happy to help you.

We are planning graduation and anticipate 145 graduates. I am reviewing all options to keep our graduates safe and healthy during the ceremony. I will be meeting with Dr. Landrum from Bellin Health to help the college determine the best choice for a safe and fun event. I appreciate your patience as we work through these options.

The college continues to grow, and we have three programs pending approval with the Higher Learning Commission. The first is a Doctor of Nursing Practice, the second is a Doctor of Physical Therapy, and the third is a Bachelors degree in Surgical Technology with an additional focus on first assist - meaning working with the physician in the operation room. I will let you know once I learn the outcome. In the meantime, the college cannot market or advertise these options.

As a college, we are managing well and doing great during the pandemic. We all long to be together in whatever capacity the new normal will be. Giving back to the greatest need and providing outstanding patient care in any setting is what a Bellin student does best! Thank you for all that you do and will continue to do.

Have a great spring semester and stay in touch!

Connie J. Boerst

President/CEO

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COLLEGE UPDATES

Student Success Center (SSC) Update

The Student Success Center (SSC) welcomed Mary Safranski as our Student Success Center Assistant in January. She is available in the SSC (Room 201) this Spring semester on Tuesdays from 8:00-4:30, Wednesdays from 12:00-4:00, and Thursdays from 8:00-4:30. Mary is your go-to resource for setting up tutoring appointments for all your classes and also serves as a tutor for writing, study skills, and test-taking strategies.

Dr. Adam Sprague, our Student Success Center Coordinator, is also available in the SSC this semester on Mondays, Thursday mornings, and Friday mornings. Adam is a phenomenal resource for all things related to student success. Students are encouraged to engage with Mary and Adam during those times but are free to utilize the space whenever the college is open for individual studying, tutoring, and group study sessions.

Students are also reminded that the SSC's Canvas page has a wealth of resources to support your success here at Bellin College.

If you click on "Bellin College Resources" on the left-hand panel of any Canvas course and then click "Student Success Center," you'll find tutorials on writing, study skills, test-taking strategies, how to write cover letters and create resumes, student wellness information, as well as dozens of virtual, on-demand workshops on various topics. New on-demand workshops added for this semester include "How to Draft an Excellent Thesis Statement for your Essays," "Understanding the use of singular 'They,'" and "Black Nurses: Black History Month." If you have any questions with the SSC's wealth of resources, please contact us.

Questions? Please contact **Dr. Sprague** at adam.sprague@bellincollege.edu or **Mary Safranski** at mary.safranski@bellincollege.edu. We hope to see you there!



RSVP now to attend the Bellin College Career Fair

Monday, March 1, 11:00 a.m. – 1:30 p.m.

Monday, March 15, 11:00 a.m. – 1:30 p.m.

RSVP - <https://www.signupgenius.com/go/20f0c4baeab2fa1fa7-career7>

Etiquette basics:

- Smile and make eye contact.
- Introduce yourself. Are you in nursing or medical imaging? When are you graduating? Include clinical experience and type of position you are seeking. How can your skill set benefit the organization?
- Keep your conversation brief so the next person has time to talk with the recruiter.
- Send a thank-you note or email (perfectly acceptable) to the recruiter after the event to help you stand out from others.
- Don't be nervous. Recruiters are people just like you!

Dress professionally:

- Business casual is appropriate. NO jeans, sweatshirts or yoga pants. Bring extra clothes – you can change after the event!

Career Fair goals:

- Get the information you need to decide if an organization is a good fit for you.
- Leave a good impression. It could help you get one step closer to nabbing a job!

Bellin College/ThedaCare Zoom Event

March 2 from 4 - 5 p.m.

Front line staff will be present to answer questions!

RSVP survey monkey link prior to event:

<https://www.surveymonkey.com/r/CFWWDFW>

Link to join Zoom event:

<https://thedacare.zoom.us/j/96704813526?pwd=MkZzWlVwb0h3RW44NnBodVBkRWlWZz09#success>



Join the conversation!

MEDICAL IMAGING UPDATES

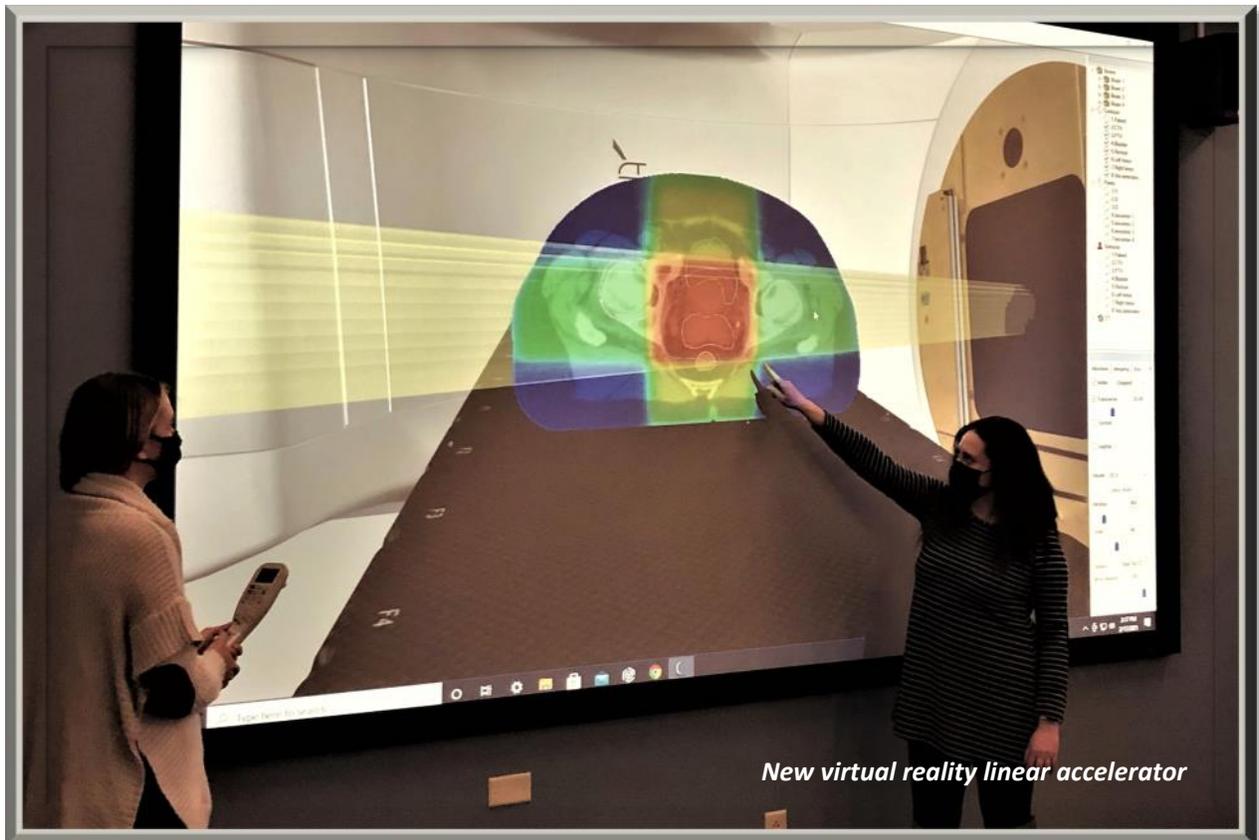
Dr. Mark Bake

Bellin College is excited to offer two new programs in allied health. The Bachelor of Science in Radiation Therapy began in fall of 2020 with ten students. This degree is offered in a face to face format with students completing 120 credits within a nine semester, three-year timeframe. The only other radiation therapy program in Wisconsin is located on the west side of the state through the University of Wisconsin – La Crosse. Recently, a new virtual reality linear accelerator was installed on campus which allows for students to learn how to treat patients in a virtual environment prior to attending clinical internship.

The radiation therapist is an essential member to any cancer care team. Using high-tech equipment, radiation therapists deliver radiation treatments to patients with cancer or other benign conditions. A radiation therapist works with patients daily throughout the radiation treatment process, therefore compassion, empathy, and side effect assessment are key patient care skills. The role of a radiation therapist is highly collaborative, making good communication and teamwork skills necessary to provide the best possible care to patients.

Bellin College will take the first cohort in the new Bachelor of Science in Diagnostic Medical Sonography with a concentration in Cardiovascular. In this face to face, three year curriculum, students will learn adult echocardiography, pediatric echocardiography, and vascular imaging. Currently there are only three other programs in the United States that are accredited in pediatric echocardiography and only two other accredited programs in the state of Wisconsin for adult echocardiography. Students enrolled in this new concentration will learn scanning techniques in the currently sonography lab and also have a course dedicated to ergonomics to ensure safe sonography practices.

A cardiac sonographer is a medical professional who performs medical imaging tests to examine patients' hearts and vascular systems. Cardiac sonographers collect information about heart function, appearance and surrounding blood flow for cardiologists, ensuring they can provide the best care for patients with heart and blood vessel illnesses and disorders.



New virtual reality linear accelerator

STUDENT ACCOMPLISHMENTS

Congratulations to **Valerie Ehr** and **Lauren Harvey**, both BSN class of 2021. Valerie and Lauren are completing their terms of service on the Wisconsin Student Nurses Association (WSNA) Board of Directors. Valerie served as the Nominations Director while Lauren was the STAT newsletter editor. When the Executive VP stepped down from the board, Valerie and Lauren stepped up to co-fill the position. As Executive Vice President, Valerie and Lauren were responsible for coordinating the virtual state conference. While a totally different experience than the organization has ever done before, their leadership resulted in a smooth and very successful conference that received positive feedback from participants and vendors.

Congratulations to both for their leadership and service on the state level!

Congratulations also to **Zoe Cambray**, BSN class of 2023, elected to serve as the Nominations Director for the 2021-2022 WSNA Board of Directors.



Bellin College

IHI is having a spring sale!

We have clipboards for clinical and portfolios for your interviews!

While on clinical, be organized and have your patient information at your fingertips. These clipboards also have a shortage area so you are organized and can better manage your time. Look and feel professional as you work toward your degree. Never lose a paper, pen, or your scissors! **Sale price \$10.**

If you are preparing for you interviews, get organized with a Bellin College portfolio. This sleek design includes a pad of paper, a pocket for your resumes/references, your business card and your pen.

Feel confident going to your interviews and eliminate the stress of lost papers!

Be at the top of your game and secure the dream job you always wanted.

Sale price \$10.

Get your clipboard or portfolio in the One Stop Shop on the first floor or in the President's office on second floor.

Thank you - IHI Open School Chapter

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





A *kind* HUMAN Blood Drive



**American
Red Cross**

Bellin College Blood Drive

**YMCA East - Gym
1740 S Huron Road
Green Bay, WI 54313**

**Tuesday, March 23, 2021
10:00 a.m. to 3:00 p.m.**

For an appointment call 1-800-RED CROSS (1-800-733-2767) or visit
redcrossblood.org

Appointments preferred.

Sponsored by Bellin Student Nurses Association

Sponsor Code: bellincollege



Your donation is essential. We'd like to show our gratitude for being a vital part of our American Red Cross community with a special gift. Get an exclusive Red Cross T-shirt when you come to give March 15-26, while supplies last.



Scan to schedule an appointment.

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

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COLLEGE ASSESSMENT PROGRAM: BRANT PEARSON

RN LICENSURE INFORMATION SESSION

All BSN pre-licensure students scheduled to graduate in May 2021 are required to attend a RN licensure information session. The process for applying for licensure will be reviewed. The dates are as follows
Traditional BSN (Option 1): Monday, March 2
9-10 a.m. (Classroom 113)
Traditional BSN (Option 2): Monday, March 16
9-10 a.m. (Classroom 113)
15-Month: Monday, March 5
11:30 a.m.-12:30 p.m. (Classroom 112)

KAPLAN ORIENTATION

On Tuesday, January 19, a Kaplan representative will provide orientation to the Kaplan student website and resources via Zoom. This session is required for the 15 month 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.

» Join Zoom Meeting:

<https://kaptest.zoom.us/j/96444007520>

KAPLAN TESTING

For Kaplan testing, nursing students will use their own personal computer or tablet. If you do not have a laptop or tablet, please notify Dr. Brant Pearson (brant.pearson@bellincollege.edu) 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. It is expected that all students test at their scheduled time. If you did not receive a notice of a test listed, or should an emergency arise, please notify Brant Pearson as soon as possible.

Brant Pearson

Office room 233

(920) 433-6625

brant.pearson@bellincollege.edu

STANDARDIZED TESTING: (see below for dates):

REMINDERS:

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

Bachelor of Science in Nursing

BSN-15 Month

Class of 2021, 15 Month October

Mon., Mar. 1	5:15-6:45	Psychosocial (Rm 103)
Wed., Mar. 17	1:45-3:15	Pediatrics (Rm 103)
Wed., Apr. 21	1:45-3:15	Pharmacology (Rm 103)

Class of 2021, 15 Month May

Fri., Mar. 12	11:30-1:00	Management (Rm 107)
Mon., Mar. 29	3:30-5:00	Med Surg Comp (Rm 112)
Mon., Apr. 19	7:30-11:00	Diagnostic (Rm 112)

Class of 2022, 15 Month May

Fri., Mar. 19	1:30-3:00	Pathophysiology (Rm 104)
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BSN-Traditional

Class of 2021, Traditional

Tue., Apr 6	9:00-12:30	Diagnostics (Rm 113)-Option 1
Tue., Apr 13	9:00-12:30	Diagnostics (Rm 113)-Option 2
Tue., Apr 27	11:30-1:00	Management (Rm 107/113)-Option 2

Class of 2022, Traditional (no JTO)

Mon., Mar 15	8:45-10:15	Pharmacology (Rm 103/104)
Mon., Apr 26	8:45-10:15	Med Surg I (Rm 103/104)

Class of 2023, Traditional

Wed., Mar. 3	10:30-12:00	Pathophysiology (Rm 113)
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Bachelor of Science in Radiologic Science

Class of 2021

Wed., April 7	11:30-3:00	Radiology Exit (L-11)
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Class of 2022

Thu., Mar. 4	4:00-5:30	Image Production (L-11)
Thu., April 1	4:00-5:30	Patient Care (L-11)

Class of 2023

Thu., April 8	7:30-9:00	Patient Care (L-11)
Thu., April 15	7:30-9:00	Safety (L-11)
Thu., April 22	7:30-9:00	Image Production (L-11)

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

STUDENT SERVICES DEPARTMENT

Dr. Nancy Burruss

Welcome Back to Spring 2021!

Although many of you are not on campus in person during this time, Bellin College remains dedicated to your success and well-being. As you advance your educational progress through virtual participation, we continue to promote and uphold our highest values as a campus community to maintain an environment that supports excellence, caring, integrity, and community.

This semester, we will continue to be vigilant to keep all of us safe. Below are reminders of our COVID procedures and related information.

HEALTHY BEHAVIORS THAT REDUCE TRANSMISSION OF COVID

- Self-Screening daily for symptoms
- Thermometers are available in the atrium if needed to take your temperature (step up close and quickly to thermometer).
- Mandatory Masking-place on when you leave your car to when you return to your car.
- Masks can be removed to eat and drink.
- Masks are to be washed or disposed of daily.
- Wash your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoiding hand shaking or other physical greetings.
- Social Distance: maintain 6 feet between others; stagger breaks and lunches.
- Wipe down desk and study areas with sanitizer wipes.
- Do not share headsets and other objects that are used near the mouth and nose.
- Use water fountain dispensers to fill your container; ice machine will be on.

COVID REPORTING TO COLLEGE

- **Stay home if you are sick.**
- Send email to covidreporting@bellincollege.edu describing your situation (symptomatic or asymptomatic; when potential exposure; when tested or no test). This information will help in giving you the proper guidance as per the CDC and Bellin Health.
- Guidance will be provided by Dr. Nancy Burruss, Dean of Student Services and/or Leah Wiegand, LPN as we did during the fall semester.
- Notification of your absence will be communicated to your Program Director and Faculty.
- Rest assure, the faculty will assist you in make-up of missed class, lab, clinical if you are ill.

COVID VACCINATION

Please see the information attached on COVID vaccination for Bellin students spring 2021 semester. Getting vaccinated is optional but highly encouraged. Please follow this link to the COVID Vaccination Q & A document put together by Bellin Health System Medical Branch. Bellin Health does have an address covid19vaccine@bellin.org for questions. We want you to make an informed decision.



Join the conversation!

COVID QUARANTINE

Considered Health Care Workers, students follow the CDC*, Department of Health and Bellin Health quarantine guidelines. Right now, these are the guidelines for a student that is either Asymptomatic or Symptomatic. These guidelines will be used to determine your return to campus.

- **Asymptomatic** Unprotected Exposure (Positive test):
 - ◊ Quarantine/isolate 10 days from **test date (Day Zero)**.
- **Asymptomatic** Unprotected Exposure (Negative test):
 - ◊ Quarantine 7 days from **last exposure (Day Zero)**; with testing on Day 6 or later.
 - ◊ Fully vaccinated: No quarantine/testing required within 90 days of 2nd dose.
- **Asymptomatic** Unprotected Exposure (NO test):
 - ◊ Quarantine 10 days from **last exposure (Day Zero)**.
 - ◊ Fully vaccinated: No quarantine/testing required within 90 days of 2nd dose.
- **Symptomatic** (Negative test or Positive test):
 - ◊ Quarantine/Isolate 10 days from **symptom onset (Day Zero)**.

*CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. Bellin College will continue to evaluate new information and update recommendations as needed.



Bellin Health System Medical Branch COVID VACCINE Q&A

What are the side effects to this vaccine?

The most common side effects found in the Pfizer and BioNTech vaccine trials included pain, redness or swelling at the injection site, fatigue, headache, chills, muscle pain and joint pain. Side effects tended to be more frequent after the second dose, according to the analysis.

Among those between 18 and 55 years of age, 16% of participants who received the vaccine had fever after the second dose. Fifty-nine percent reported fatigue, 52% reported headache and 35% reported chills. Thirty-seven percent had muscle pain, 22% reported joint pain and 10% reported diarrhea. Those older than 55 tended to report fewer side effects. In general, side effects seem a bit more common and perhaps a bit worse than the typical flu shot, but tended to resolve in a day or two. No serious long-term effects of the vaccine have been found to date, and monitoring will be continued in trial participants for 2 years.

Can the COVID vaccine make a Covid-19 infection worse?

No, and COVID-19 vaccine researchers have been mindful of immune enhancement, which is seen rarely, primarily with Dengue fever vaccine. There is no evidence that any of the coronavirus vaccines in development worsen a coronavirus infection rather than confer immunity to it.

Does the vaccine actually protect against serious COVID-19 illness?

In the Pfizer study, of the 140 patients in the study who developed COVID, 132 had received the placebo (that is how they came up with the 95% effectiveness data). Importantly, of the 10 patients in the study who developed severe COVID-19 illness, nine had received the placebo, and one had received that vaccine. This suggests significant protection against serious illness with the vaccine

What ages are approved for the Pfizer vaccine?

It appears to be safe and effective for those 16 years and older, and is approved for those ages

When does protection against COVID begin after the vaccine?

There is evidence of protection 12 days after the first dose. The 95 % effectiveness data is achieved 7 days after the second dose

How many people were included in these studies?

43,000 people were in the Pfizer study, half received the active vaccine. Moderna included 30,000 patients.

What is up with those allergic reactions to the vaccine in England?

As usual with research studies, people with a history of allergic reactions were excluded from the study. As vaccine started to be given after approval, two health care workers in England developed allergic reactions.

Because of their history of severe allergies, they had carried adrenaline pens, both workers were recovering well after being treated for symptoms of anaphylactoid reactions that they developed shortly after their shots. Based on these two cases, it is now recommended that this vaccine not be given to those with a history of severe allergic reactions.

Note that allergic reactions can happen with any medication or vaccine. The generally recognized rates of these reactions is 1.3 reactions for every million doses of vaccine.

Does trial data clearly show that the vaccine's benefits outweigh any safety concerns? (Answer from the Advisory Board)

“Yes. The vaccine protects against a potentially fatal illness, and its only proven side effects are short-term and mild. Pfizer and FDA will monitor for any more serious risks that may emerge.. Here’s where I want to choose my words carefully. Some people may read the paragraph above and decide that, if there is any possible risk associated with this vaccine, they shouldn’t get it. That is, I think, the wrong reaction, for two reasons. First, it is impossible for any drug trial to prove absolute safety. That’s just how the math works: There is almost always some rare condition that occurs more frequently in vaccine recipients than

in placebo recipients, often only by random chance. (For context, in the Pfizer vaccine study, more people who received the placebo suffered from pneumonia, atrial fibrillation, and syncope — but nobody thinks the placebo caused those conditions! It was likely just a statistical fluke.) Scientists must do the best work they can within the constraints of this fundamental mathematical limitation. In this case, FDA's judgment is that the vaccine doesn't pose serious risks. This strikes me as both normal and appropriate, as long as it's accompanied by a plan for continued monitoring. Second, whenever you or I choose to take any drug, we're balancing risks and benefits.

The right question isn't, "Does this treatment carry any risks at all?" Rather, we should ask, "Do the benefits of this vaccine outweigh any potential risks?" That is, are we better off taking the vaccine and accepting a tiny risk of unforeseen side effects—or rejecting the vaccine and bearing a much larger risk of contracting Covid-19, which already has killed nearly 300,000 Americans?

The answer is clear. For most people, the vaccine's benefits appear to dramatically outweigh its risks."

Should we be worried that this vaccine is approved under Emergency Use Authorization? Is the vaccine less safe than other vaccines because it was developed so quickly?

No. The EUA process has been deliberative, and despite some experts' fears, the authorization wasn't rushed to meet the artificial deadline of Election Day. Plus, because the new coronavirus has surged so severely in recent weeks, we've seen a mounting number of COVID-19 cases among placebo recipients—even as those who received the vaccine enjoyed robust protection. In that sense, the worsening of the pandemic has actually increased our confidence that Pfizer's vaccine is effective. As with any new drug or vaccine, there will be ongoing monitoring and reporting of side effects.

How long does protection against COVID-19 last once I receive the vaccine?

We do not know how long protection will last following vaccination. But further information from ongoing clinical trials will become public over time. In comparison, immunity to two similar coronaviruses, SARS and MERS, lasted at least 3 years.

Can I develop COVID-19 infection from the vaccine?

No, the vaccines in development do not contain active viruses, but only small fragments of the spike protein that allows the body to develop an immunity to the virus. There is no chance of getting COVID-19 infection from these vaccines.

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How do we build trust in the vaccines?

The link below is a thoughtful essay exploring 3 categories of vaccine attitudes, and how best to approach them. Contrary to popular belief, very few Americans actually oppose vaccines. For instance, only a tiny proportion of parents forgo vaccination for their children. Prior to the pandemic, vaccination rates were generally high and stable for very young children and those of school-entry age. Pockets of hesitancy remain and improvement is needed on some vaccines, but we should not confuse the visibility of a small number of anti-vaccine activists with sentiment toward vaccines in the broader population.

https://apple.news/A_acM_QqBRuSa3mSvwxaTuA

Should the vaccine be given to those previously infected with COVID?

Yes, data from clinical trials suggest the Pfizer/BioNTech COVID-19 vaccine is safe and likely effective in people who were previously infected with the coronavirus, and vaccination should be offered to them. However, people with a current infection should not be vaccinated until a person has recovered, if they had symptoms, and if they're clear to leave isolation. There's no recommended minimum period between infection and vaccination, but since it appears reinfection is uncommon in the 90 days after initial infection, vaccination could be delayed until near the end of that period.

Can I finally stop wearing a mask after I get the vaccine?

No. For a couple reasons, masks and social distancing will still be recommended for some time after people are vaccinated.

To start, the first coronavirus vaccines require two shots; Pfizer's second dose comes three weeks after the first and Moderna's comes after four weeks. And the effect of vaccinations generally aren't immediate.

But the main reason is that it is not yet known whether the Pfizer and Moderna vaccines protect people from infection entirely, or just from symptoms. That means vaccinated people might still be able to get infected, and even though they would have no symptoms, it may be possible they could pass the virus on. This is a theoretical concern, and like most things COVID, more information and clarity will come with further studies.

Messenger RNA technology is new. How do we know it is safe?

There are several reasons why we know mRNA technology is safe. First of all, mRNA vaccine technology is not entirely new. Human trials of cancer vaccines using the same mRNA technology have been taking place since at least 2011. 'If there was a problem with the technology, we'd have seen it before now for sure.'

Secondly, mRNA vaccines do not alter your DNA. That idea is ‘completely false’ and has ‘no scientific basis’ or rationale for that to happen. Once the injected mRNA enters a human cell, it degrades quickly and only stays in the body for a couple of days. This is why people need two injections to develop the best immune response.

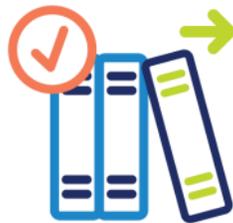
Third, mRNA vaccines are very specific. They are designed to only trigger an immune response to the virus’s spike protein, which is just one component of the viral membrane and enables the virus to invade our cells.

Finally, corners were not cut in the clinical trials and approvals process. Vaccine trials take place in stages, starting with trials on animals, and then three trials on people. Safety issues that would affect significant numbers of vaccines mostly appear within two months. The process was faster than usual because researchers had already built an mRNA platform – a way of getting viral mRNA into the body – for cancer and other vaccines under trial. It meant this could be put into action as soon as the genomic sequence of the virus was shared.

From the Bellin Health System Organizational Update 12/17/20



Mental Health & Substance Abuse Counseling



School/Life Resources



Critical Incident Response



StudentLife Assistance

(formerly LifeMatters Student Assistance Program)

Phone: 1-855-695-2818

Website: StudentLifeServices.com

Website password: (password BellinSAP)

App in the App Store and Google Play is named
"StudentLife" by Empathia

At Bellin College, your health matters. Through StudentLife, students who are struggling to manage challenges like balancing school and personal needs, family and relationship concerns, alcohol or drug dependency, conflicts at school or work, mental health, finances and financial aid, legal concerns and other daily stressors, will have convenient access to specialized support. These programs are confidential and provide 24/7 availability to in-person and virtual services. All are invited to engage with this program.



A Guide to StudentLife Services

When you or your family need useful ideas, helpful resources or reliable professional care, StudentLife is just a phone call away. Free, confidential StudentLife services include:

Telephone and face-to-face assistance with:

- Stress, depression and personal problems
- Balancing school and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Conflicts at school or work
- Any other issue of concern in your life

School/Life Resources:

- Financial consultation and resources to set up a budget, establish good credit, or learn more about student loan options or managing debt.
- Legal consultation with an attorney either over the phone or face-to-face for consumer law, traffic citations and fender benders, family law or landlord-tenant issues.

Online and assisted searches for:

- Child and elder care resources and guidance
- Finding new service providers after a move

- Volunteer opportunities
- Educational resources
- Personal security
- Online calculators for a variety of analytical questions and needs
- Veterinarians, pet sitting and obedience training

The program's user-friendly, confidential services are available to you 24 hours a day, every day of the year by calling: 1-855-695-2818 or visiting studentlifeservices.com - password BELLINSAP

Services provided directly by StudentLife are free. If you are referred to outside resources, you will be advised about your costs, if any.

Call StudentLife®* toll free anytime. **1-855-695-2818**

Assistance with Life, Family and Wellbeing / StudentLifeServices.com / Text "Hello" to 61295
Call collect to 262-574-2509 if outside of North America. TDD and language translation services are available.

 [facebook.com](https://www.facebook.com/studentlifecollege)

The above information is for educational purposes only and is not intended to take the place of medical advice.

*Known as LifeMatters Student Assistance in California





Creating School-Life Balance

Do you ever feel like your life is out of balance? When you have too many things going on at once, it may be difficult to maintain a sense of control. This can lead to stress, anxiety, or a sense of helplessness. It may even contribute to feelings of depression.

If you feel like you're overextended and need to bring your life into better balance, try these tips:

- **Make a list of the positives in your life.** These may include supportive family and friends, activities that bring you happiness, and studies or work that you find interesting. Review this list whenever you're feeling stressed or overwhelmed.
- **Identify where your life is out of balance.** Struggling to find study time, financial worries, or feelings of loneliness or isolation are some common challenges that students may face. Clearly identifying your problems will help you with determining what steps are needed to address them.
- **Face difficulties head-on.** Ignoring your problems won't make them go away. Instead, put your energy toward things you can control. For instance, you can't control when a paper is due, but you can control how you use the time leading up to its due date.
- **Ask for help.** Talk to a trusted friend, mentor, or counselor about your life balance concerns. They may be able to offer objective suggestions that will help you get back on track.
- **Be open to change.** When life gets out of balance, it is often a sign that something needs to change. Take a step back and consider how you might be contributing to life imbalance.
- **Be patient.** It can be difficult to see others thriving when you feel stuck. Stay focused on what you can do to make your life a healthy and positive one, not on what your peers are doing.

For more suggestions on how to bring your life into better balance, call or text StudentLife. Help is available 24/7/365.

Call StudentLife* toll free anytime. **1-855-695-2818**

Assistance with Life, Family and Wellbeing / StudentLifeServices.com / Text "Hello" to 61295
Call collect to 262-574-2509 if outside of North America. TDD and language translation services are available.

 [facebook.com](https://www.facebook.com/studentlifecollege)

Source: Life Advantages

*Known as LifeMatters by Empathia Student Assistance in California



Diversity, Equity, and Inclusion (DE&I)

Hello All,

Though we know you have been getting our weekly updates for Black History Month, we wanted to officially introduce you to DE&I!

Thank you to everyone who participated in the MLK food Drive. The college collected over two large boxes that were donated to St. John's Homeless Shelter.

Diversity, Equity, and Inclusion are and should always be at the forefront of our institution. The newly created DE&I committee is dedicated to ensuring the safety and comfort of our entire Bellin family. We have already done some behind-the-scenes work with getting things up and moving, and you are currently witnessing some of our involvement in action with the weekly updates this month.

We hope to have many more events throughout the semester and encourage you as students to not only participate in them but to feel free to approach faculty/staff or to reach out to DE&I specifically with your own suggestions and ideas.

Our deepest wish that the entire Bellin family works together to ensure that we are a safe, comfortable, and welcoming space for people from all walks of life.

If you have questions, ideas, etc. feel free to reach out to Benny Rieth at benjamin.rieth@bellincollege.edu or Deanna Shelby at deanna.shelby@bellincollege.edu



Coming this Fall...

Beyond the Rainbow will be a new student organization coming to Bellin College in the Fall 2021. This organization will serve to promote the acceptance of the LGBTQ+ community. The Rainbow Flag traditionally represents the LGBTQ+ community to reflect the celebration of diversity in society and within the LGBTQ+ community itself. The name was chosen to reflect the fact that all members of our community are invited to participate since we all should strive towards a more inclusive and diverse society. It's mission is to promote acceptance of the LGBTQ+ community throughout Bellin College and in healthcare. Supports social-justice-based education, resources, programming, and encouragement for students across the spectrums of gender and sexuality. Provides a safe space where members of the LGBTQ+ community and allies are free to express themselves in a non-judgmental environment. Empowering all to become agents of change in the healthcare field through service projects, campus events, and networking.

Contact: Chad Dall, Assistant Professor

Chad.dall@bellincollege.edu



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



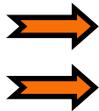
NCLEX-RN BOOT CAMP

All May 2021 Grads

Thanks for the great attendance at the first NCLEX Boot Camp sessions! Please keep your NCLEX prep going by viewing the Boot Camps #2, #3, and #4 recordings which can be found in a module on the NCLEX Success course on Canvas. If you have any questions about NCLEX or how to prepare, please don't hesitate to contact me. I'd be happy to meet with you.

In March the college will be having some mandatory RN licensure info sessions to provide you information on what you need to do to apply for state licensure and register for the NCLEX-RN exam. The dates of these licensure info sessions are on the timetables as well as listed below. Due to the need for social distancing in the classroom, a SignUpGenius was sent to the traditional/JTO students to sign up for one of the two sessions offered for them.

Traditional/JTO Students



Tues. March 2 9-10 am Classroom 113

Tues. March 16 11:30-12:30 pm Classroom 113

15 Month Students



Fri. March 5 11:30-12:30 pm Classroom 112

The purpose of these "boot camp" sessions is to increase nursing student knowledge about the NCLEX-RN test plan. The sessions are about two hours long and no preparation is necessary.

Questions regarding NCLEX preparation resources? Please contact Heidi Monroe, NCLEX-RN Coordinator at: heidi.monroe@bellincollege.edu or (920) 433-6674.



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

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. Security personnel will be patrolling the campus during nonbusiness 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 email and text message with details of the delay/closure.

The Bellin College website and/or local radio and television 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.

Hours are subject to change, namely, during holidays and summer months.

Student Access to the Building:

Monday – Thursday: 7 a.m. – 9 p.m.

Friday: 7 a.m.-8 p.m.

Saturday—8 a.m. – 4 p.m.

Sunday – Closed

Library Access:

Monday – Friday: 7:30 a.m. – 9 p.m.

Saturday and Sunday – Closed

Student Success Center:

Monday – Friday: 7 a.m. – 9 p.m.

Saturday—8 a.m. – 4 p.m.

Health Sciences Resource Center:

(Practice Lab):

Monday – Friday: 8 a.m. – 9 p.m.

Saturday—8 a.m. – 4 p.m.

Sunday – Closed

Wellness Center:

Monday – Friday: 7 a.m. – 9 p.m.

Saturday—8 a.m. – 4 p.m.

Sunday – Closed

BC Express:

Monday – Wednesday 7:30 a.m. – 1:30 p.m.

Saturday and Sunday – Closed



Join the conversation!