

FELBRY FOCUS

STUDENT NEWSLETTER

ISSUE 01/ August 24, 2017/ By Syreeta Mitchell

WELCOME Our New Staff Members!!

Abby Allert is our new full-time receptionist. She is a wonderful planner and a great addition to the Felbry team. Abby is currently pursuing a degree in Psychology. She loves spending time with her eleven-year-old son and her horses.

Julian Robinson is a new addition to our admissions department. He is an excellent conversationalist and always has a good word to lend. Julian loves people and is enthusiastic about working with students.

Be sure to welcome Abby and Julian when you see them around campus!!



Sam Harris Student of the Month

Anytime you see Mr. Harris on campus he is smiling. He is quick to help others and knows when to offer a kind word. Mr.

Sam Harris is a hard worker with a huge heart. Felbry is blessed to have him and we are honored to call him our Student of the Month for July 2017! Please give Mr. Sam a big "congratulations" when you see him.

Seeking Student Ambassadors

Get Involved! What changes would you like to take place on campus? What events and resources would help you to thrive as a student? Apply to the Student Ambassador Leadership program and help make Felbry Campus a better place while stimulating your own personal growth.

Develop Leadership Skills through attending bi-weekly leadership meetings that will allow you to grow personally and professionally while making an impact on campus.

Build your resume with the Student Ambassador Leadership program. Learn transferable leadership skills that employers are seeking!

Interested? Pick up an application from the front desk and return the completed form with all required documents to Syreeta by September 22nd.

Job Opportunities

Looking for a job that will allow you the flexibility to attend classes full time and gain experience in the nursing industry?

Be sure to check the bulletin board, visit our new Student Services Facebook Page and talk with Syreeta to get an idea of the employers who are looking for hardworking students to join their team.

The employers below have stopped by Felbry in person hoping to add some of our students to their company. Check out the links below for more information.

Interim Health Care of Columbus

<http://www.interimhealthcare.com/columbus/oh/careers>

Nuero Restorative

<http://www.neurorestorative.com/careers/>

Home Instead

<https://www.homeinstead.com/home-care-jobs>

"It always seems impossible until it's done."

Nelson Mandela

FYI- What's Happening on Campus?

Westerville Library has a growing relationship with Felbry and a great reputation in the local community for offering helpful resources and free classes. Stop by the library learn the latest happenings with technology. Some of the available classes cover the topics of Microsoft Excel/ Word, Windows 10, iPhone & Android Basics and ESOL. Sign up while space is available.

Student Services & Student Records have moved!

Just in case you've not yet noticed...Surbhi and Syreeta have moved! They are no longer located in the administrative hallway. You can find your friendly Student Service/ Student Records representatives in the "Lab Room" in the back of the SIMS lab. Please see Abbey at the front desk if you need to schedule a face to face meeting with Syreeta.

Student Services Facebook

Guess What?! Student Services has a Facebook page! The page was created to provide students with links to resources for jobs, daycare and much more. Please see Syreeta if you have ideas about other useful information that you would like to see on the page.

Upcoming Workshops

Wed. 9/13/2017- 3pm

How to Build Strong Study Habits

You can take good notes, pay attention in class, read ALL the assigned material, but are you studying properly?

Developing and Organization Plan

Fri. 9/15/2017- 3pm

You're a parent, a spouse, a student, and employee and even more in some cases. To thrive instead of merely surviving you've got to find a way to keep it all organized.

Active Listening

Wed. 9/20/2017- 3pm

Have you ever listened to someone speak but you didn't really hear them? Are you ready to respond before the person speaking to you is done talking? This workshop is for you.

Stress Reduction

Fri. 9/22/2017- 3pm

Sometimes we are stressed out and we don't even know it. This workshop offers techniques and strategies to help you identify and reduce the stress in your life. To do your best you must be your best!

NCLEX Success Tips

Find more at

<http://www.rasmussen.edu/degrees/nursing/blog/nclex-tips-beyond-review-books/>

Tip 1: Focus on Memorization A good number of questions you face on the NCLEX will require you to rely solely on your memory. Use flashcards, mnemonic devices and other memory tools to assist you in remembering disease symptoms and side effects to pharmaceuticals.

Tip 2: Study the NCLEX Exam itself

To pass the NCLEX it would be of great benefit for you to understand the exam itself. How many questions are on it? What types of questions will it have? What the heck is Computerized Adaptive Questioning and why should it matter to you? Find out more about the exam, it's content and structure using the following link:

<https://www.ncsbn.org/index.htm>

Tip 3: Take Several Practice Tests

You've heard it before. Practice makes perfect, so make sure you are practicing. There are free and paid practice tests, online and paper tests; There are study guides, workbooks, and websites and blogs full of nothing but information to help you pass the NCLEX.

Healthy Recipe of the Month: THAI CHICKEN SALAD

WRAP WITH BLUEBERRIES

Ingredients

For the chicken:

- 2 boneless skinless chicken breasts
- 1/3 cup soy sauce
- 1-inch fresh ginger, peeled and minced
- For the dressing:
 - 3 tablespoons soy sauce
 - 2 tablespoons honey
 - 2 limes, juiced
 - 1/2 teaspoon red hot pepper flakes
 - 1/2 cup peanut butter
 - 1 tablespoon water plus more as needed

For the wraps:

- 4 (10 inch) wraps or tortillas
- 1 cup romaine lettuce, chopped
- 1 cup cooked and shelled edamame
- 1 cup fresh blueberries
- 3/4 cup shredded cabbage
- 3/4 cup shredded carrots



Get the full recipe at:

<http://www.spoonfulofflavor.com/2014/07/14/thai-chicken-salad-wrap-with-blueberries/>