2012 Walk for Mental Health
by Gayle Clary

Several members of the JCHS faculty and staff participated in the Walk for Mental Health on Tuesday, May 15, in Wasena Park. This walk was founded to raise awareness for the mental health issues faced by both children and adults, and it also helps to raise money to fund support for mental health needs. The JCHS team raised $250 in contributions.

New Library Resources
by Carole Porter

LibGuides are online subject guides compiled by your friendly JCHS Librarians to provide research assistance and subject specific resources to aid your studies and help make writing that paper a little easier. Visit http://libguides.jchs.edu to see what your Librarians have created so far!

JCHS Library is now offering online reference assistance via chat! Chat with a Librarian from 8 a.m. to 9 p.m. Monday - Thursday and 8 a.m. to 5 p.m. on Friday. Just look for the Ask A Librarian box on our webpages to get answers now!

Enthusiasm

What does enthusiasm mean to you? My definition of having enthusiasm is being energetic, having a “never-give-up” attitude, and remaining outgoing about the opportunities that life or school has in store. Here at JCHS, we will need to have enthusiasm, along with the other seven community values and standards, to succeed in our classes, homework, clinical work, as well interactions with instructors, co-workers, and fellow students. For example, I am in the Health and Exercise Science (HES) Program. I am starting clinical rotations this semester, and I show enthusiasm towards the people I meet and work with in the gym that I belong to. Also, when we are in the community wearing Jefferson apparel, we are ambassadors of the College and show enthusiasm for our school. Always have a smile on your face!
**Book Review:**

**Are You On Course for Success?**

by Gayle Clary

On Course by Skip Downing (2011) reads like a roadmap for success in college and in life. It offers strategies for personal development that will serve one well throughout college and careers. Downing identifies these traits for success:

Successful Students.....

- accept personal responsibility, seeing themselves as the primary cause of their outcomes and experiences.
- discover self motivation, finding purpose in their lives by discovering personally meaningful goals and dreams.
- master self management, consistently planning and taking purposeful actions in pursuit of their goals and dreams.
- employ interdependence, building mutually supportive relationships that help them achieve their goals and dreams (while helping others do the same).
- gain self awareness, consciously employing behaviors, beliefs and attitudes that keep them on course.
- adopt lifelong learning, finding valuable lessons and wisdom in nearly every experience they have.
- develop emotional intelligence, effectively managing their emotions in support of their goals and dreams.
- believe in themselves, seeing themselves as capable, lovable, and unconditionally worthy human beings.

It’s interesting that these traits are the ones people like to find in colleagues and friends, and they mirror the JCHS Community Values and Standards. I liked this book and think students will enjoy it, too!

**Student Spotlight:**

Any bright, intelligent student is a great addition to the JCHS community. This is a perfect description of Les Powell. Les is a current Emergency Services student who holds a strong GPA. He sets a path for students to follow when striving toward success in their studies as well as outside of the classroom.

Les works for the Admissions Office at JCHS, giving tours to prospective students. He showcases the college in a positive way and explains to those touring that this is a great place to earn a healthcare degree.

Les also excels within the classroom, lab, and clinical settings. He is readily available to help other classmates if needed. He is a great addition not only to the Emergency Services program but to JCHS as a whole.

Les is also involved in his local rescue squad, fire department, and Boy Scouts of America as an Eagle Scout. Les is an all-around great guy; he is always willing to help with anything that is asked of him.

Les will graduate from Jefferson College of Health Sciences in May of 2013. He plans to continue his education further to earn master’s and doctoral degrees.

Note: Nominations for Student Spotlight should be sent to Gayle Clary no later than the 15th of each month for consideration in the next issue.

**Calling all singers & musicians!**

Do you like to sing or do you play an instrument? Jefferson is in the process of starting a Choir/Glee club. Email Al Overstreet at awover-street@jchs.edu or Jeanie Garber at jsgarber@jchs.edu and let them know. They will be scheduling a planning meeting soon!

**Certified Personal Trainer Workshops**

Friday-Sunday, Sept. 14-16, 2012, CRCH 501

(JCHS Health & Exercise Science (HES) Faculty Johanna Ferguson will lead these workshops. Learn more at http://www.jchs.edu/page.php/prmID/1035)

**Zumba!**

Wednesdays, 12:00-1:00 p.m., CRCH 617

**Academic Skills Workshop Series**

Thursdays 12:00-1:00 p.m., CRCH 514

9/6 Efficient Reading, Note-Taking & Studying; 9/13 Basics of APA Style