Welcome Back! Happy New Year!

Do New Year’s Resolutions Really Work?
By Jennifer Slusher, Ph.D., LPC, Director, Counseling and Wellness

In short, it depends. There is much debate about whether or not people are successful in their New Year’s resolutions. Toronto psychotherapist Kimberly Moffit says they work in a very few cases and only for those who have “a will of steel” (as cited in White, 2011, para. 1). People tend to set themselves up for failure by setting goals too high. For example, you decide that you are going to go from being a couch potato to working out for two hours every day, or you may want to eat healthier but not really define what that means for you as an individual. Eating healthy can encompass lots of different things! If we set our goals too high, we become overwhelmed, focus on what we can’t do and then give up. On the other hand, John Norcross, PhD, a University of Scranton psychology professor believes differently. Norcross believes that New Year’s resolutions can be successful, but it all depends on a person’s readiness to change or how prepared someone is to actually put forth effort and action into their goal. Sometimes we like to simply think about what we need to do, hoping it magically happens. Action is key to success. Norcross notes that “those who make resolutions are still 10 times more likely to successfully change their behavior than those who do not” (as cited in Dingfelder, 2004, p. 34). So if you have set a New Year’s resolution, stay strong and put forth some effort. Small changes can go a long way! Make sure your goals are specific, measurable, and attainable. Also, don’t surround yourself with energy zappers! Sometimes the people in our lives sabotage our hard work. The new year may also be a good time to evaluate who you want to keep in your life and who you want to take away. Get rid of those obstacles and start fresh!


Blackboard Mobile Learn App: A New Tool to Help You Succeed in the Classroom and Beyond

The Blackboard Mobile Learn app is now available for students and faculty! This application gives students access to their Blackboard courses on a variety of mobile devices. Using the mobile app, much of the core content of your Blackboard courses will be available from your mobile device. If you have an eligible smartphone or mobile device, you can now use it to access your grades, handouts, assignments, and more using the Blackboard Mobile™ Learn application.

The Blackboard Mobile Learn application is available for the following devices: iPhone, iPod Touch, iPad, and Android devices but will not work on Blackberry or Web OS devices. The cost for the app is $1.99 per year or $5.99 for life. For more information about what you can do with Blackboard Mobile Learn, visit http://www.blackboard.com/Platforms/Mobile/Products/Mobile-Learn/Features.aspx

JCHS Emergency Services Program Student Public Service Announcement Featured on WSLS 10
On January 1, 2013, a safety video produced by a group of our Emergency Services students was featured in a segment by Karen McNew on WSLS Newschannel 10, the local NBC affiliate. Way to go EMS students!

You can view the PSA online through YouTube: http://www.youtube.com/watch?v=nhD49i2Cqgg

JCHS School Spirit Day is January 29
It will be held from 11:30 a.m. to 1:00 p.m. in the main lobby of CRCH and the Doghouse. Don’t miss it!
**Student Safety on Campus**

**Emergency Phones and Towers Now Available at CRCH on the JCHS Campus**

New emergency phones and towers have been installed on campus at Carilion Roanoke Community Hospital (CRCH) and are now available for use. You can identify the emergency phones and towers by the bright blue lights located at the top of the boxes, which are available for use by anyone in need of assistance, including members of the college community, Carilion Clinic employees and the public. They are located at the parking lot beside the old Registrar’s Office at 915 South Jefferson Street, the intersections of Reid Dr. & Jefferson St., Elm Ave. & Jefferson St. and the upper and lower entrances of the CRCH Parking Garage. To operate the phones, a user pushes the red emergency call button, which will send an alert to the Carilion Clinic Police Dispatch Center. The Center is monitored 24 hours a day, seven days a week. Dispatchers receive a readout showing the location of the phone or tower where the emergency call is coming from. Users then have two-way communication with the dispatcher who will respond to the emergency. Closed circuit cameras are mounted near each emergency phone and tower, which are also monitored in the Dispatch Center.

**Congratulation to the newly inducted JCHS members of the Sigma Theta Tau International Honor Society, and to the new officers serving the JCHS chapter!**

The funding and installation of these new phones and cameras was coordinated by the JCHS VOICE (Violence Can End) Program in cooperation with the Carilion Clinic Police Department. A special thanks also goes out to the CRCH Engineering Department and the Carilion Clinic Technology Service Group for their assistance in installing this equipment.

**Inspiring Healthy Options with a New Bike Rack!**

JCHS has installed an additional bike rack conveniently located in front of the CRCH 3rd floor main lobby entrance. This location is protected from weather and in view of passing traffic, activities and office windows to reduce theft and vandalism. A second bike rack is located in the CRCH Parking Garage on the upper Level E entrance.

**Special thanks to President Dr. Nathaniel L. Bishop for providing funds to purchase the new bike rack to promote health and wellness. And thanks to Student Affairs for purchasing the bike parking signs!**

**Department of Arts & Sciences Student Awards**

The Department of Arts & Sciences celebrated its Student Award Ceremony on Thursday, December 13, at The Hotel Roanoke. Jonathon Childress received the Outstanding Student Award. The 1st place award in the 2nd Annual Essay Contest went to Joanna Murray, and Crystal Williams was awarded 2nd place.

**Introducing the Learning & Writing Center’s new Writing Specialist, Elliott Freeman!**

Elliott Freeman completed his M.F.A. in Creative Writing from Adelphi University, with a concentration in poetry. He earned his B.A. in English at the University of Southern Mississippi. Before coming to JCHS, Mr. Freeman worked as a writing tutor and adjunct professor in New York. As Writing Specialist, Mr. Freeman will work with students to support them throughout all stages of the writing process—from the first outline to the final draft. We are so happy to welcome Elliott to our Student Affairs team!