Congratulations, Graduates of 2013!

Congratulations to our 2013 graduates, and to all of our students who are completing another semester here at Jefferson College.

We are confident that as Jefferson College graduates, you will be going forth with a wide variety of skills and experiences that will bring you success in your career in healthcare. The Jefferson College mission is to prepare ethical, competent and caring healthcare professionals, and you are our proof that we are doing so.

We hope that you will carry the values that we have tried to instill during your time with us out into the communities we live and work in, and that your service and contributions to others will be fulfilling to you, and inspiring to others.

Good luck to you! See you at graduation!

What does DETERMINATION mean to you? By Kelly Berry

The definitions of determination are willpower and strength of mind. So, think back to the title of this article, which definition would you use? Another question to think about, as this semester ends, is: are you determined to finish up strong like you hope to do?

My whole life, I was determined to prove everyone wrong who said I was not going to be able to do things such as walk, talk, play sports, and go to college. I have made great strides in my life. I speak more clearly now with the help of years of speech therapy from grade school to high school and then college. God has given me the willpower to succeed in life and overcome my handicaps, speech barriers, physical challenges, and learning disabilities. I am determined to pass all of my final exams and classes this semester. Are you?

Remember to say to yourself, “NEVER GIVE UP” and be determined to succeed.

JCHS Hosts Fifth Annual Interprofessional Education Day Simulation Activity by Mark Lambert

On Friday, April 19, 2013, JCHS hosted the fifth annual Interprofessional Education Day Simulation Activity in the labs on the ninth floor, and classrooms on the fifth and sixth floors of Carilion Roanoke Community Hospital on the JCHS campus. This activity allows students and other healthcare professionals to experience what it’s like to work as a team during a simulated emergency situation involving many patients with a variety of injuries. This year, the event centered on an explosion. During the event, programs and classes—including Assistant, Medical Lab Sciences, Therapy Assistant, Emergency together and assigned a mock this simulation activity are encourage interprofessional

Flag Football is coming! Games begin Sunday, 4/28, at River’s Edge—Check the Parks & Rec website @ w.roanokeva.gov/playonline
Tips for Keeping Anxiety in Check  
*By Jillian McCay*

Anxiety is adaptive—it is a system in our body that helps us to deal with real danger. When you experience anxiety, your body's “fight-flight-freeze” response (also called the “adrenaline response”) is triggered. But, if it goes off when there is no real danger, it is not only scary, it is also very exhausting. We DO NOT, however, want to get rid of the alarm (or eliminate anxiety) because it protects us from danger. We want to bring the anxiety down to a more manageable level so it works for us! Research suggests that yoga can:

- Decrease cortisol levels
- Increase levels of GABA, serotonin & norepinephrine
- Improve memory, cognitive functioning, perceptual motor skills
- Decrease muscle tension
- Calm the sympathetic nervous system, while activating the parasympathetic nervous system
- Improve emotional regulation
- Decrease insomnia
- Decrease anger & hostility

In order to decrease anxiety you need to calm your body down—yoga can do this through breathing and exercises that require you to focus on balance. Balancing postures require grounding and focus, and this reduces your anxiety.

**Resources**


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**Tips for Handling Exam Stress  
*By Gayle Clary***

Test stress can be good. Anxiety can motivate you to do your best and help keep you alert. It may also keep you studying until you achieve the grade you want. However, too much anxiety can slow you down and may prevent you from demonstrating what you know. Here are five key factors that can help you reduce your test stress during finals, or anytime you test:

1. **Be prepared.** Good preparation is the most effective way to reduce test-taking anxiety. Begin studying in advance and study a little each day.

2. **Get plenty of sleep.** Research demonstrates at least 6 hours of sleep are needed to keep your memory in top form.

3. **Arrive early.** Even if you are familiar with the test environment, arriving early allows you to relax a little beforehand.

4. **Practice relaxing.** If you become anxious before or during your test, take a few moments to practice relaxation techniques. One way is to take slow, deep breaths, arms at your sides.

5. **Keep your perspective.** Each test is only one part of your grade—it’s not your last chance for success or fulfillment.

**When all else fails, use good testing strategies!**

1. **Read directions slowly**—always read them twice!

2. **Start with the easiest, least time-consuming questions,** then move to the more challenging, time-intensive questions.

3. **Write formulas down before you begin,** while they’re fresh in your mind; outline essay questions before you begin writing.

4. **For multiple-choice questions,** be especially aware of absolutes such as “always,” “never,” “every,” “none,” “all,” or “only.” They are usually incorrect.

5. **For true/false questions,** remember that if any part of the question is false, the answer is false.

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**Starfish solutions**

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The Library begins Summer Hours on May 6

8am-5pm, Monday- Friday

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The transition for student email continues and will be final on May 9. Please check the JCHS Helpdesk tab in Blackboard if you have any questions.

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