Lauren Bradshaw, Senior 1 in the traditional nursing program at JCHS, is a mother, a fulltime student, a tutor and a nursing assistant. She has learned that to be successful in the nursing program, she has had to treat her course load like a nine-to-five job. She transferred to JCHS as a sophomore three years ago, and one of the reasons she chose JCHS was that she fit here. She calls herself a nontraditional student, and she is, at age 33 with a 5-year old daughter. “This is a time-consuming program, and you have to be able to prioritize your life.”

She says her cohort of about 25 students is extremely close. “We study together, do all our projects together, and at the end of the semester, we go out together. We all get along and help each other get through this,” says Bradshaw, pointing out that they all share on-line resources and study material. Another angle that has helped Bradshaw is her tutoring, which she has done since her first year at JCHS.

She said that doing so has kept material fresh in her mind in preparation for the May NCLEX. Through tutoring she has also been able to reach out to other nursing students to help them explore their study and organization (cont. p. 2)
JCHS will be admitting its first cohort of students for the Family Nurse Practitioner (FNP) Program beginning in Fall, 2014! Applications are now being accepted in the JCHS Admissions office for the MSN degree in the FNP, or Nursing Administration graduate programs. Please contact Dr. Patty Vari or Dr. Rhoda Murray for more information.

JCHS is also offering a new Graduate Certificate in Healthcare Administration—you can learn more by visiting http://www.jchs.edu/degree/graduate-certificate-healthcare-administration.

News from the Library by Sonya Franklin, JCHS Circulation Coordinator

In 2010 the Roanoke Friends of the Library launched their first official community read along with A Lesson Before Dying by Ernest Gaines. The event was such a success; they are now in their fourth year of sponsorship. They estimated over 5,000 people participated in last year’s program. Support comes from local businesses, libraries, schools, as well as our very own Jefferson College of Health Sciences Library! This year Roanoke Valley Reads is sponsoring Wish You Well, by David Baldacci. JCHS Library has several copies available if you would like to participate in this worthwhile community event.

Show Your School Spirit!

JCHS Student Senate needs students who are willing to bear the freezing cold and be a part of the Dickens of a Christmas Parade in downtown Roanoke! If you are graduating you are more than welcome to come dressed in your cap and gown! Friday, December 13th, 2013

Zumba! December 4
12pm-1pm Rm 517

Spotlight on Lauren Bradshaw (cont. from p. 1)

Bradshaw says that one of the classes that “kicked me into gear” was her health assessment class. She had to learn how to do a head-to-toe assessment on herself, and then perform this in front of her professor. “It was one of the first things that we did that was nursing-related.” She says it was then that she realized how detailed nursing is. Her goal is to be a certified nurse midwife, or CNM, which requires a master’s degree, although she intends to earn a doctorate. But first, she says, she is eager to start working. “I’m having a hard time deciding what I want to do when I graduate. I feel that my options are so wide open; JCHS has shown me all that nursing has to offer.” One thing she is considering, due to her opportunity to take a critical care transport class Fall 2013, is to work in emergency care, critical care, or trauma. “I got to fly with the Life-Guard helicopter transport team from Carilion. And I’m on the neuro trauma unit right now. All this will be handy when I go into midwifery –