October is Domestic Violence Awareness Month

The Red Flag Campaign

By Sarah Higginbotham
JCHS Program Coordinator for VOICE

The Red Flag Campaign is a public awareness campaign designed to address dating violence and promote the prevention of dating violence on college campuses. The campaign was created using a “bystander intervention” strategy, encouraging friends and other campus community members to “say something” when they see warning signs (“red flags”) for dating violence in a friend's relationship. The campaign posters reflect racially and ethnically diverse models, and illustrate both heterosexual and same-sex relationships. For more information on the campaign, please visit www.theredflagcampaign.org. The campaign is scheduled for the week of Monday, October 28th – Friday, November 1st. During this week, we will host a number of events, designed by participating students, to encourage and raise awareness about healthy relationships.

The VOICE Program is looking for students to help with the upcoming Red Flag Campaign. Please email Sarah Higginbotham at sehigginbotham@jchs.edu to volunteer this year.

Join us for the 6th Annual “A Walk in Their Shoes” Friday, October 11.

JCHS will be holding an Influenza Vaccine Day on Wednesday, Oct. 30 from 11am-1pm. Students will be notified by email, and flyers will be posted with the location. Please contact Dr. Diana Willeman-Bukelew if you would like more information—dwilleeman@jchs.edu

Students may also get flu shots at the flu shot clinics throughout October at CRMH. The clinics begin October 2 at CRMH with flu shots available 10:30am-4pm in the 6th floor auditorium, and October 5 from 3pm—7pm in the CRMH EH office 5 South. Please call 981-7206 for info.

Coming up ! November 9 ! Our second annual JCHS 5K Riverside Run & Wellness Walk !
Register Online now at https://jchs5k.com/

JCHS Named a 2014 Military Friendly School!
A Word to the Wise

By Sarah Cox, Coordinator of the Learning & Writing Center

So, I get it: You have an enormous writing assignment, or maybe a one-page paper, or maybe just a journal entry for Blackboard. No matter the size of your task, it can be daunting, and that’s okay. As Coordinator of The Learning and Writing Center (5th floor of JCHS), I have lots of experience getting people started on ... starting. The blank screen in front of you is just that -- not an enemy, not a judge, not a finger wagging a warning at you. Just sit down and free write. That means you that will let your typing fingers loose on the keyboard and have at it. If you happen to write about how ugly the green walls are, fine. Just keep at it. Don’t worry about spelling, full sentences, and all those annoying squiggly lines that Microsoft Word is using to hold you back. Don’t let it. Write down your thoughts about the chapters that you will eventually turn into a journal entry. Put down the information you have about your research or the article review. It doesn’t have to be in any certain order. The more you type, the easier it gets. Above all, don’t self-edit. That is your true enemy. Sometimes putting in ear buds and playing a really long song, while typing (and not letting your fingers stop) helps a lot.

Once you have a page or two of gobbledygook then peruse it. Cross out the nonsense. Highlight the good stuff, even though it’s not in its proper order. Those few gems are important. Take them, and expand them as you would in a brainstorming technique such as a list or a web (also known as clustering). After that, you may want to do more research or glance back through the readings. Now, you’re inching your way to a proper outline.

Here, I can hear you sigh. But outlines are a great opportunity to (of course) help you organize and discover areas where you can expand your thoughts. A complex outline will be as follows:

An introductory paragraph ending with a thesis statement

A thesis statement tells the reader what the paper is about as well as your handling of the topic

Body paragraphs—Each one has to start with a topic sentence – that’s like a mini-thesis for the paragraph; it helps you stay within that smaller topic, and indicates that supporting evidence will follow in the paragraph

A conclusion: Use this paragraph to reiterate (but don’t repeat word for word) your point, or make a suggestion or compromise. Once you’ve done your complex outline, you’re essentially halfway to having finished your writing project. And if you need help putting the final touches on it, come see us in the LWC –

Questions? Ask a Librarian!  By Carole Porter, JCHS Web Librarian

Finding resources for your assignments can be tricky. It’s time to ask a librarian if you’ve spent more than 15 minutes searching for resources and still haven’t found anything worthy of your paper! Stop by the JCHS Library or contact us by phone or email: http://libguides.jchs.edu/staff . You can also chat with us online! Chat with a librarian from 8 a.m. to 8 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!

Jefferson College of Health Sciences Hosts
SURGICAL TECHNOLOGY PROGRAM INFORMATION SESSION

Thursday, Oct. 3, 2013, beginning at 6:30 p.m.
Room 617 on the JCHS Campus at
Carilion Roanoke Community Hospital
101 Elm Avenue, SE, downtown Roanoke

JCHS offers the only Surgical Technology Program in Roanoke!
Earn your Associate Degree in just five semesters!

To attend this session, please RSVP by 5 p.m. on Wednesday, Oct. 2, 2013 by calling (540) 985-8483 or 1-888-985-8483.

Classes begin in January 2014!

Don’t miss the Academic Skills Workshop Series! Held every other Thursday
12pm-1pm in Room 514

Zumba is back!! Every Wednesday
12:00-12:50 in Room 517!

In the event of a fire alarm activation, we are to immediately evacuate the building. We are to immediately evacuate if an overhead announcement is not made. We are to immediately evacuate if an overhead announcement advises a Code Red or a Code Red Drill. The only times we do not evacuate are when an announcement has been made to disregard the ringing of the bells or if the bells sound once or twice and then cease ringing. We are working to improve the overhead system for audible ability and improvements throughout the facility. To prevent overcrowding of stairwells, please use the closest stairwell in your area. If a stairwell exits onto another floor, follow the overhead exit signs to proceed outside. Be respectful if in a clinical area by limiting noise. If you are in the process of leaving the facility via vehicle during a fire alarm evacuation, please utilize the lower garage exit (Level A) to prevent traffic hazards in the front driveway. ___By JCHS Safety Officer Susan Booth

The Paw Print is published monthly, September through May. Student contributions are highly encouraged! The deadline for submissions is the 25th of each month. Contact Gayle Clary at ghclary@jchs.edu for information.