College Library Accessibility?

This question has been commonly asked by students especially when it is in need. The college library is made to be right at your fingertips.

There is a virtual library, which is located on the St. Vincent’s College’s Website under the Current Student’s Tab. In that list you will find the Library Resources link. Here you have access to various library catalogs at schools and universities and local libraries. The APA manual is online in an Online Writing Lab (OWL) through Purdue University. APA online tutorials are also provided. Links to the college’s online subscription databases offers access to iCONN (Connecticut’s Research Engine), OVID (a Wolters Kluwer Health Medical Database), CINAHL (Cumulative Index for Nursing and Allied Health database), Nursing Reference Center, and Ebrary (an electronic library that houses over 84,000 electric books in 16 disciplines.)

The virtual library is at your fingertips 24/7.

The physical library is located at the Daniel T. Banks Library in St. Vincent’s Medical Center. It is open 8:30am-5:00pm Monday through Friday. Also, the Sacred Heart University, which is nearby, is available for your use. The College Librarian is Vicky Jacobson and she is available by email (24/7): vjacobson@stvincentscollege.edu, phone: 203-576-5869, or by appointment. Her office hours are Monday - Thursday, 10am-3:30pm.

Late Night Studiers

Curbside Parkers! Did you know that SVMC Security officers are available to escort you to your vehicles? Just call 203-576-5543. If you park in the neighborhoods of SVMC remember to keep the security office phone number in your cell phone and PARK SAFE!
P - Park in visible areas
A - Ask for an escort
R - Remove valuables from the car
K - Keep Calm and alert
S - Start your car after locking doors
F - Find your keys before you walk
E - Examine your surroundings and your vehicle

Check Out Your Rights - Student Rights and Responsibilities Drafted

St. Vincent’s College is creating a document to outline Students Rights and Responsibilities through a Student Code of Conduct. Recently the Dean of Students, Dr. Christie Boronico sent students and faculty a draft document for input. Students who want to discuss the Student Rights and Responsibilities document should plan on attending an open forum for discussion on Thursday, March 20th from 3 – 5pm in 2660. (room will be posted) If you are unable to attend, please send your feedback to linda.boronico@stvincentscollege.edu

Help Make Plans at Strategic Planning Meeting

Dwight Eisenhower said that “Plans are nothing; but Planning is everything.” St. Vincent’s College is closing our current strategic plan and President Martha Shouldis invites you to participate in the planning for SVC’s future Monday, April 14th from noon to 1:30. Students provide an important voice in the process; please contact Dr. Christie Boronico at linda.boronico@stvincentscollege.edu if you are willing to help us shape the future for SVC.
Interesting Events at Lunch

St. Vincent College invites you to attend discussions designed to inform and invigorate you on current topics of health care. Last fall the Event Committee sponsored discussions entitled, “More than a Diagnosis; Our feelings About Working With the Dying,” presented by Hank Mandel. “Health Care Professionals/Patient Etiquette” presented by Dr. Frank Scifo. This spring we have learned about “Cutting Edge Technology an Introduction to PET/CT Scanning”, presented by SVC Alumni, Chris Tynan, and participated in “Stress Reduction through The Healing Touch”, presented by SVMC RN Marilyn Faber. Don’t miss the opportunity to broaden your own horizons and enjoy lunch with SVC colleagues at the March 31st presentation on “Resume Writing/Interview Skills” presented by Vicky Jacobson and Nancy Musante (date moved from 3/24 to 3/31) and April 21, presentation on Domestic Violence.

St. Vincent College Nominees for the CT Community Service Award

As the Dean of Students it is my privilege to submit nominations for the 2014 Serve Connecticut Community Service Award sponsored by the Connecticut Commission on Community Service, Office of Higher Education. Finalists and nominees will be recognized at an Awards Dinner April 8th. The SVC administration and faculty are proud to have two nominees representing SVC this year. Please join me in celebrating these students and their commitment to our communities: Jill Garrett and Johanna Gonzalez.

Student’s View on Healing Touch

As students of St. Vincent’s College we are offered a program called Lunch and Learn. This program meets once a month and each month there is a different topic. For the month of February the topic was Stress Reduction Through Healing Touch. It was presented by Marilyn Faber, RN, certified holistic nurse, certified healing touch practitioner and St. Vincent’s Parish Nurse Coordinator.

Stress reduction is a topic that many students and faculty were looking forward to because stress is something many of us suffer from on a daily basis. In the beginning of this session we watched a video about healing touch and where it originated. Then we got to pair up and try it on each other. I was very fortunate to be partnered with the Vice President of the college. At first I was the “patient” and Dr. Boronico was my provider. When we were done, I felt very relaxed and surprised to see how my bodies energies reacted with her energy. After being the patient, I became the provider. This was an experience I will never forget. I focused on my patient and followed the techniques step by step. When we were finished, I was happy to see how relaxed she was. During the steps I felt like I was shaking and felt very warm. Both of these things would make my patient uncomfortable but I found out that I was the only one feeling this. In the end of the session we both felt relaxed, and, for me, I learned that healing touch has powers that many of us do not know and that healing occurs on many levels. The steps for healing touch only took around 5-10 minutes each but the effects of it were so much greater. If I was partnered with someone I knew I don’t think I would have been able to focus as much as I was able to focus on the Vice President. This was a great learning experience and a good way to connect through body, mind and spirit.

Stephanie Burt
Radiology Class of 2014

This spring we have learned about “Cutting Edge Technology an Introduction to PET/CT Scanning”, presented by SVC Alumni.
Jill’s Foundation Worthy Cause

Jill Garrett, a Radiology student

Jill Garrett, a Radiology student at St. Vincent’s College was inspired to create and coordinate a fund raising foundation, the Sean Bertanza Foundation in 2013 when her brother died at the age of 22 of unexpected heart complications. Jill organized family, friends and colleagues to raise money for an educational scholarship in Sean’s name, which also provides financial support to families who are hurting or in need. The donations collected far exceeded her initial expectations, collecting over $9,000. This allowed Jill, through her foundation to make contributions to Sean Bertanza Scholarship Fund (for need based students at Seymour High School); The Nina Strong Foundation (a foundation set up for a child diagnosed with brain cancer and her family); and The Spooner House (a homeless shelter that provides food and support services for the homeless, in Shelton). Jill’s foundation plans to organize and coordinate a fund raiser every year hoping to dispense the money to various Connecticut shelters or where it is needed most.

Fisher House Program Honoree

Johnna Gonzalez, Nursing student

The Fisher House program is a unique private-public partnership that supports America’s military in their time of need. The program recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond what is normally provided by the Departments of Defense and Veterans Affairs. Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, Fisher House Foundation donates “comfort homes,” built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful time – during the hospitalization for an unexpected illness, disease, or injury. St. Vincent’s College nursing student, Johnna Gonzalez, collaborated with the Fisher House and Fred Astaire dance studio to help raise money by participating in the Dancing with our Heroes Gala. Connecticut does not yet have a Fisher House and this event was held in effort to raise money to build one on the West Haven campus. Johnna donated her time as a “dancing hero” to this event which ultimately raised over $100,000 towards the construction. Her direct fundraising efforts and voting by the judges won her 2nd place in the competition of over 50 Veteran participants. Twelve hundred people attended the Gala held at the Connecticut Convention Center on November 10, 2013 and Fourteen hundred people streamed in live to watch the event and vote/donate to their favorite Veteran contestant.
Wellness Crossing

At times, being a student in the healthcare field invokes feelings of being overwhelmed and stressed. As a student, it is important to have outlets to manage and reduce stress. Healthcare can be an extremely rewarding career but in order to take care of others, you have to look out for number 1—yes that means YOU! Self-care can seem like an unreachable practice when we are trying to balance our family, work, and education, but is essential to combat the impact of stress on our mind-body-spirit. Starting a practice of self-care, whether exercising, socializing, eating well, relaxation, yoga, or meditation, has been shown to have beneficial effects on your wellbeing and will help in all areas of life (Dusek & Benson 2009). Find what activities make you feel your best. Start your practice for several minutes a day or several times a week. Schedule your self-care practice into your daily activities or calendar.

One idea for self-care practice is to start with Relaxed Breathing. We all need to breathe to survive and this self-care practice can be done anywhere, anytime during the day and can be done in as little as 30 seconds.

Breathing to Promote Relaxation

1. Sit or lie down comfortably. Close your eyes if you want to.
2. Breathe slowly and steadily in through your nose for a count of 4.
3. Hold your breath for a count of 2.
5. Repeat at least 3-4 times or for several minutes.

Notice how you feel different than before you started the deep relaxed breathing. Practice relaxation breath when you are studying, waiting for class to start, sitting in traffic, lying in bed or waiting in line. Practicing this calming breath can help you focus and promote a sense of relaxation even when in stressful situations—like taking exams or working with patients. If you want to learn more about self-care practices or want to seek therapy, drop by my office H413 or make an appointment. I am here to promote student success!

Resources


St. Vincent’s College

Would like to

CONGRATULATE SVC STUDENT

**VIVIAN LOUNSBURY**

On being named to the 2014

Phi Theta Kappa All-Connecticut Academic Team

The All-Connecticut Academic Team recognizes the academic accomplishments, scholarly achievements and leadership roles of students enrolled in Colleges in the state of Connecticut. This year only twenty-one students in the state were named to the All-Connecticut Academic Team.

We are so VERY proud of your accomplishment!
Dr. Anne T. Avallone Leadership Award

This award has been established in the name of Dr. Anne Avallone, the founding President of St. Vincent’s College to commemorate Dr. Avallone’s service to the College from 1977 through to her retirement in 2004. Dr. Avallone led the historic transition from a School of Nursing to a College of Health Sciences in 1991 and brought the College into a new era as an accredited institution of higher learning. Under her leadership learning and career possibilities for a new generation of students were expanded.

In times of constant change in the healthcare delivery system, Dr. Avallone led the College to accept new challenges and embrace opportunities which have brought the institution distinction as a specialized health science college whose programs and graduates contribute through service to the local community. Dr. Avallone was unwavering in her dedication to students. She shared their struggles and celebrated their achievements as they grew personally and professionally during their years at St. Vincent’s College.

Dr. Avallone was a visionary leader who fully embraced and encouraged the diversity of the student body and understood its importance for the future of healthcare. Few were better prepared to work with a variety of students than Anne; she had a deep regard for the contributions every graduate could make in the field of healthcare.

Dr. Avallone died in May of 2013. In remembrance of her service to St. Vincent’s College and her commitment to the eduction of others, this award recognizes an outstanding St. Vincent’s College student who embodies the characteristics of Dr. Ann Avallone.

Who is eligible to be nominated?
Any student graduating from a degree program, at any time during the academic year the award is given, is eligible to be nominated. (October, December, May and June graduates).

Who can nominate?
Any member of the St. Vincent’s College community may nominate a graduating student. Students are encouraged to nominate fellow students or self-nominate.

What are the criteria for nomination?
The nominee must have distinguished herself/himself in one or more of the following areas:

- Living the mission and vision of the College: Service of the Poor, Reverence, Integrity, Wisdom, Creativity, and Dedication, i.e. advocacy for systemic change for underserved, vulnerable populations; care of the sick, poor, and/or other underserved individuals through service
- Outstanding contributions to the St. Vincent’s College community through the student’s leadership of and/or participation in campus activities which demonstrate initiative, integrity or intellectual depth i.e. distinguished leadership and/or participation in SVC community service activities, student organizations, service on committees, volunteer services
- Demonstrated commitment to learning despite various obstacles, i.e. personal or family illnesses, physical limitations, language barriers
- Demonstrated outstanding contributions to preparing, motivating and otherwise positively impacting other students, i.e. recognized by her/his peers as one who has supported the academic and personal achievement of her/his fellow students through such activities as mentoring, tutoring, formation of formal or informal support/study groups

A call for nominations will be presented to the College Community no later than March 1 of each year (including an invitation to students who completed their degree requirements during the fall semester) by the Chair of the selection committee. Nominations will be invited from students (nominating another or self) faculty, staff or other members of the St. Vincent’s College community. Nominations will be due no later than April 1st of each academic year.

Candidates for this award must be students enrolled in a degree program and graduating during the academic year in which the award is given. Nominees are expected to be academically strong and the selection committee will consider the St. Vincent’s College cumulative grade point averages of nominees when selecting the award recipient. The award will be given at the annual commencement ceremony in May of each year. If no suitable candidate is nominated, the award will not be given that year.

The recipient of the award will be chosen by a committee chaired by the VP of Enrollment Services/Dean of Students. The other members of the selection committee will include; one member of the Board of Trustees’ Planning, Mission and Vision Committee, the previous year’s award recipient or a recent graduate, one faculty member and the VP of Academic Affairs/Dean of Faculty. The recipient will be given $500 and an inscribed award which will be bestowed at the annual May commencement ceremony.

Nominations are due no later than April 1st and are to be emailed to Vice President of Enrollment Services/Dean of Students.
Looking for a *quiet* place to study?

**Sister Marie Burns Student Learning Center**

St. Vincent’s College  
Hunting Building, Room H101

*Or*

**Quiet Study Area**

On the fourth floor of the Hunting Building, Room 407

Monday-Saturday:  7:30 AM – 11PM  
Sunday:  7:30 AM – 6 PM

*Learning assistance & remediation* in writing, learning styles, study skills, time management, and test-taking are available. For nursing and science tutoring, please see your instructor or postings throughout the building. For math tutoring, please contact Vicky Jacobson at vjacobson@stvincentscollege.edu.

**For an appointment, please contact:**

Angela Di Sano, M. Ed.  
adisano@stvincentscollege.edu

Visit our **Learning Kiosk** in the Hunting Street Fortin Study Lounge, 1st Floor for timely handouts for success in your studies.

*Be Proactive…Seek the help you need early in the semester!*
COMING UP!!

Are you a high school student who is interested in a career in healthcare? Thinking about changing careers? Are you considering transferring to St. Vincent’s College? Would you like to learn more about our degree and certificate programs?

If you answered yes, don’t miss the SVC Open House on Saturday, April 5 at 9:00 am.

- Coffee/Breakfast and meet and greet with students, staff and faculty
- Panel Discussion presented by current students, hear what they have to say about their St. Vincent’s College experience.
- Learn about the admission process
- Hear about financial aid options
- Learn more about our degree programs in Nursing, Radiological Sciences and General Studies

Get important information about our Certificate Programs

Our department chairs have put together an informative presentation that will answer all of your questions about the program that you are considering. We hope to see you on April 5th!

To register complete our Open House Registration Form, [http://www.stvincentscollege.edu/news-events/event-listings/open-house-registration/](http://www.stvincentscollege.edu/news-events/event-listings/open-house-registration/) or you may call 800-873-1013.

Looking for improvement.

Please email me improvements in the Newsletter so it will be better suited to your reading. Also if you would like to send articles of wellbeing email vjacobson@stvincentscollege.edu.

Looking for Help.

Looking for students to help comprise newsletters for the college. Good to put on resume.

Looking for Title.

Email vjacobson@stvincentscollege.edu to provide your help for a new and improve newsletter title.