SPRING COMENCEMENT
-- Marlene Teed, Director of Career Services

Fortis College proudly held the Spring Commencement Ceremony on March 26, 2016, at the historic Ohio Theatre in downtown Columbus. The sun was shining, as well as the graduates and their families and friends! There were hundreds of supporters in the theatre to acknowledge the great achievement of graduating from college.

The Key Note Speaker was Stewart Flaherty a current member of the Board of Trustees for Blendon Township. His speech was inspirational and moving for the audience and the onstage personnel. His message was to always keep striving towards success. The second guest speaker was Aumend Cunningham, a graduate of Fortis College from both the Practical Nursing and Associate Degree Nursing. She painted a realistic picture of what graduates can expect once entering the workforce and the importance of them in the community. The final speaker was Maurice Treadwell, Valedictorian. Maurice’s personal history was relatable to a great portion of the Fortis student body. He presented on the hard work and dedication it takes to become a college graduate. He discussed how he wanted to be a good example to his children and to improve opportunities for his family. His speech was encouraging to all.

Graduates represented the following programs: Heating, Ventilation, Air Conditioning, and Refrigeration, Medical Assisting, Medical Billing and Coding, Medical Assisting with Basic X-ray Operation, Surgical Technology, Radiological Technology, and Nursing. As the candidates for graduation walked across the stage, there was great excitement. Each candidate received a rose and a handshake from the program director and the campus president.

Following the commencement ceremony, the Nursing Pinning Ceremony was held on campus. It was a wonderful and heartwarming event. The nursing students are permitted to select a special person to place the nursing pin on them. Often times, those special people are moms, dads, sisters, brothers, husbands, wives, and children. The majority of Fortis graduates decide to continue their education to make better lives for themselves and their children. There were over 200 family members on campus to support their nursing graduates.
The students of Radiologic Program had a bake sale on March 24, 2016. The bake sale was a great success. The program would like to thank everyone who participated and especially those that donated baked goods. Students were able to attend the Ohio Society of Radiologic Technologists (OSRT) Conference in Cleveland, OH. This trip was a first for the radiology students and they were excited to attend this conference. The conference was their first exposure into what it feels like to be a real part of the career field they have chosen. The program leadership and students attended the conference April 6th to April 9th. Thank you for the support offered to the students.

Do you need money for college? Are you prepared to pay cash for your education? The 2016-17 FAFSA award year is fast approaching. In order to qualify, you must complete your FAFSA no later than April 15th. Every student who receives Federal Financial Assistance (grants & loans) MUST complete the FAFSA.

Do you file an extension every year for tax preparation? No Problem. You can still complete the FAFSA. You can estimate your income and select “will file” or you can use last year’s income and select “will file” and still make the deadline in completing the FAFSA.

If you fail to complete the FAFSA by April 15th, you will be contacted by the Financial Aid Department to revise your financial aid package that will include cash payments.

Avoid this call. Complete your 2016-17 FAFSA today! If you need assistance, please don’t hesitate to contact one of the financial aid representatives. We will schedule an appointment for you or call or stop by and schedule an appointment with the receptionist.
LEARNING RESOURCE CENTER  
– by Laura Cheng, LRC Manager

LUNCH & LEARN  
Don’t forget that every 3rd week of the month, we will have the Lunch & Learn event at the LRC. Pizzas and beverage will be provided to the participants. You have to sign up for the event.

STUDENT SUCCESS CENTER  
– by Scott Mullins, Student Success Center Coordinator

Memorization  
How We Remember

1. Memory itself probably cannot be developed; however, improvement in remembering comes from correcting certain habits or thoughts so that we use our memory to its fullest potential. Remembering is like seeing; improvement in either function does not depend upon how much we use it but, rather, how we use it.

2. The first and most important rule for remembering is: cultivate the habit of close attention to the thing you wish to remember. Be sure you have a clear, sharp impression of the face, name, date, or facts, which you will need to know at a future time. If you wish to remember a fact, make it meaningful to you.

3. When we are learning, we should try not only to get a strong impression but also to obtain as many different kinds of impressions as possible. Some people can remember colors distinctly, but have a poor memory for shapes. But anyone, by putting together and using all of the impressions our sense organs bring us about one thing, allows us to remember it much more clearly than if we were to rely on sight or sound alone. For example, try reading your lesson aloud. In doing this, your eye takes in the appearance of the printed word, your ear passes the sound of the words to your brain, and even the tension of the muscles of your throat
add their bit to the total impression which your mind is expected to store away.

4. Try to visualize it. Either remember a diagram or a picture of the material to be remembered, or take short notes about it, which help you to visualize.

5. Intend to remember. The mere intention to remember puts the mind in a condition to remember, and if you will make use of this fact in studying you will be able to recall between 20 and 60 percent more of what you read and hear than you would if you were not actively trying to remember.

6. Think about it. A fact doesn’t belong to you until you have used it. In making use of this principle, plan to spend no more than one-half of your study period in reading your lesson. Use the other half in doing something with what you learn. Think about what you have studied, write down notes on it, and explain it to somebody else.

7. Logical memory. One of the most important of all aids to the remembering process is the habit of associating a new idea immediately with facts or ideas that are already firmly lodged in your mind. This association revives and strengthens the old memories and prevents the new one from slipping away by anchoring it to the well-established framework of your mental world.

8. Remembering by brute force. We will forget more, on the average, during the first hour after learning than during the next 24 hours; and we will forget more, on the average, during the first day than we will during the next thirty days. Whatever is left after thirty days’ time, we will probably be able to hold on to without much further loss for years to come.

9. Reviewing is much more effective if carried out before memories have entirely escaped than it is after considerable time has elapsed. Repetitions should be strung out over as long a time as is available. We remember better if we pause a little between periods of study.

10. How much to study? You should study more than just enough to learn your assignment. Experiments have proven that 50% more study resulted in 50% better retention. After a week had passed, it was found that extra work had salvaged six times as much of the material as in the case when it was barely learned.

Bibliography

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IT TRICKS & TIPS

Where to find the APA Template?

The file of APA Template is available on computers at the LRC and in both computer labs.

At the LRC, it is on the desk top.
At both computer labs, it is in the shared folder called “Save Here.”

You can also download the file and upload to your personal laptop and/or desktop to use.

MEET THE NEW PEOPLE

Sarah O’Nesti, Career Services Advisor
Sarah joined Fortis in January 2016 as our Career Services Advisor. Sarah spent the last 10 years in the financial services industry. After starting as a financial advisor in 2004, she was promoted to Sales Manager in 2007 and was responsible for recruiting and developing a team of financial advisors. She has over five years recruiting experience. Sarah is a graduate of The Ohio State University and is an avid Buckeye and Steelers fan! She lives in Dublin with her two teenage boys. In addition to spending time with her family, Sarah enjoys working out, reading, and cooking. Sarah volunteers twice a month for Pregnancy Decision Health Centers and ONE Voice for Freedom.

Emily Fox, Admissions Representative
Ms. Fox received her bachelor’s from Urbana University in History and her master’s in Education from Antioch University Midwest. Before coming to work at Fortis, she sold real estate in the Troy, Ohio area. She just moved to Columbus in August and enjoys all that the city has to offer! She is a huge Buckeye fan, loves spending time with family and friends, traveling, and boating on the Great Lakes! She is excited to be a member of the Fortis team!

- Cynthia Parker, National Dean of Radiologic Program, promoted in November 2015.
- Nikki Pappas, Associate Director of Education, promoted in April 2016.
- Jackie Crandell, Director of Student Services, promoted in April 2016.
- Deidre Vance, Director of Finance, promoted in April 2016.
Amanda Hilliard, Allied Health Instructor
Ms. Hilliard is an instructor of the Allied Health Department and has enjoyed teaching for the last eight years. She earned her diploma as a Medical Assistant in 1999 from Fairfield Career Center Adult Education in Carroll, Ohio. Mrs. Hilliard earned her National Registered Certification for Medical Assisting and became a Registered Medical Assistant. Furthermore, she obtained her EMT-Basic training. Ms. Hilliard is an experienced medical assistant and educator. She is passionate about education and helping students achieve their goals. Mrs. Hilliard is a native of Ohio and is happily married with two children that are 17 and 18.

De’Onee O’Bryant, Allied Health Instructor
Ms. O’Bryant joined Fortis College a few months ago and enjoys the rewards from teaching. She has eight years of medical assisting experience and is a certified phlebotomist as well. She continues to work in the field as a paramedical examiner.

DON’T FORGET TO LAUGH!!!

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