

# Seton Hall of Knowledge LIBRARY NEWS FLASH

I WILL



## EVENT CALENDAR

**Movie Mondays** - Videos shown all day. Come enjoy healthy popcorn.

**Body Systems Tuesdays** - Anatomy books, 3D models, diagrams for coloring, and handouts.

**Math Wednesdays** - Focus on math. Workshops, tutoring, 1:1 help, and worksheets.

**Tutoring Thursdays** - Come meet with a tutor and work on anything you need help with.

**Study Fridays** - Prepare for a weekend of studying! Come learn new study techniques, discuss what works best, and work on note taking. Bring a study-buddy!

*All resources accessible at all times.*

## ACADEMIC COACH SCHEDULE

**Natalie Grigsby, RN**  
**Lucy Morado, LVN**  
**Corina Osorio, RN**  
**Kalina Patel, LVN**  
**Adriana Ponce, LVN**

## LIBRARY ASSISTANT

**Nia Naguit, BS**

*Appointments available!*

## CORINA'S JOURNEY TO BECOME A NURSE

My desire to become a nurse was instilled in me early on by my mother who was a Red Cross Volunteer in Mexico City. Her medical experience and medical jargon were common topics in our single parent home. My mother often told me, "once you get your bachelor's you can do whatever you want." Shortly after graduating from College, I was hired by Cedars Sinai as an Anesthesia Technician. Being able to work in an operating room was very exciting. The hospital trained me for three months. Seeing how a surgical team works to save a life empowered me to become a nurse.

As a wife and mother, going back to school to take prerequisite courses to enter an RN program was challenging. After finishing my RN prerequisites, I enrolled in and completed my vocational nursing diploma program. Immediately after receiving my letter from the VN Boards, I was ready for the LVN-RN Bridge program. Here, at SFCC I was blessed to receive a scholarship for the LVN-RN bridge program. Working through the nursing coursework was extremely demanding and it required a lot of support from my husband and two teenagers. My husband would often remind me, "Corina, stay focused and take one class at a time, you will be done soon." Working as an Academic Coach at SFCC helped me tremendously with classes at ELAC. The vast resources available in the library strengthen my academic knowledge. Being an Academic Coach-tutor to LVN and RN students allowed me to adapt to different learning styles. I would like to encourage all nursing students to pursue their dream and not to give up, but to pursue their passion for nursing.

By the grace of God, I successfully finished the RN program and passed the NCLEX-RN on my first time!

I love nursing because I am able to make a difference in my patients' lives. Becoming a nurse required a lot of hard work, but now I can empower others to live a healthy life style. Lord willing, I will enroll in the MSN program next year. To God be the glory.



**CONGRATULATIONS, CORINA!**

**December 2011**



**ST. FRANCIS  
CAREER COLLEGE**  
*our mission is life*



Member of Daughters of Charity Health System

## HIGHLIGHTS OF THE BODY

### The Large Intestine



The large intestine is composed of the **cecum**, **appendix**, **colon**, **rectum**, and **anus**. The colon can be broken down into 4 different segments. The ascending colon runs up the right side of the abdomen toward the liver, it then crosses the abdomen as the transverse colon and runs down the left side of the abdomen as the descending colon where it makes an S shaped bend into the pelvis forming the sigmoid colon. No digestion actually takes place in the large intestine. While it is capable of producing copious amounts of mucus, it cannot produce any enzymes. The main functions of the large intestine are the reabsorption of water, the synthesis of vitamin K, some of the B-complex vitamins, and the formation and expulsion of feces.

## LIBRARY HOURS

Monday - Thursday	7:30 AM - 7:00 PM
Friday	7:30 AM - 6:00 PM
Saturday & Sunday	9:00 AM - 5:30 PM

### Library Closures

The library will be closed from December 22 to January 2, 2012.

## MONTHLY WORDS OF WISDOM

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

~ Ralph Waldo Emerson

## ACADEMIC ADVISOR'S CORNER

### STUDY TIPS FOR ANATOMY AND PHYSIOLOGY

#### Tip 1: Read

Read chapter material before and after class. It is important that you read the chapter and PowerPoint material before you attend lecture. When you go to class prepared, you will have a better understanding of what your instructor is lecturing about.

#### Tip 2: Know your objectives

The objectives in the beginning of the chapter will guide your learning. When you are reading the chapter, answer or fill in the objectives and review the key terms.

#### Tip 3: Flashcards

Creating flashcards for anatomy and physiology will allow you to review material at any given time (the grocery store, the Laundromat, or when you are waiting in line). Flashcards are also useful if you have a study partner.

#### Tip 4: Use a coloring book and use color in your notes

Use your anatomy workbook and color the parts of the body. Coloring will help you remember anatomical structures and will definitely help visual and kinesthetic learners!

#### Tip 5: Review

Review class material and your notes on a daily basis. Schedule a time to review on your own or with a study partner.

#### Tip 6: Utilize the SFCC learning lab and tutoring services

The learning lab is equipped with electronic resources and anatomical structures/models that you can use to help reinforce what you have learned in class. Also, make an appointment to see an academic coach if you have questions.

