

PRESIDENT'S & HONORS LISTS

Congratulations to the following full-time students who achieved honors for quarters finished in October & November.

PRESIDENT'S LIST

Kristen Akins	Rhonda Dum	Megan Kellem	Kathy Onsager	Sara Smith
Kurt Albright	Selena Duncan	Sandra Kennedy	Kristina Onsager	Tammy Smith
LaKeshia Alexander	Janice Epps	Stephen Kester	Amber Patterson	Amber Snyder
Teresa Allen	Felicia Farmer	Jena Kim	Athena Pellman	Lilia Sosa
Ashley Anderson	Lanita Fowler	Victoria Kirchner	Tanna Pendleton	Lauren Soto
Rebecca Baldwin	Jenna Freudenberger	Selina Kinyeki	Denise Phegley	Emalee Spalding
Cathy Barnett	Kimberly Fuchs	Alicia Krages	Nicole Pierce	Monica Stearns
Curtis Bass	Shela Fuentes	Eugenia Lay	Jasmine Presley	Brian Terry
Todd Beikman	Teresa Gilfillan	Judy Leake	Mindy Presley	Gina Thompson
Erica Beltre	Apryl Graham	Krystal Light	Stephanie Pulido	Kimberly Tingle
Cara Bennett	Jaleesa Green	Veleska Lipford	Cara Raisor	Sheila Todd
Rebecca Benson	Theresa Griffiths	Keith Livermore	Cynthia Reyer	Andrea Vaca
Erika Blair	April Gross	Carolyn Lockard	Angela Reynolds	Leslie Walker
Dawn Blanton	Crystal Guynes	Ashley Martin	Brook Rose	Andrea Ward
Donna Bodi	John Hall	Melissa Marvel	Lawrence Samson	Cynthia Washington
Tiffany Booker	Kim Hall	Andrea Mason	Hope Sargent	Brittany Weatherford
Karla Brightwell	Amber Harris	Kim Mattingly	Amber Scalf	Sheila Weihe
Stuart Burch	Jamie Harris	Melissa Mattingly	Angela Scruggs	Priscilla Westmoreland
Carmen Cartee	Jaclyn Hedden	Amy McAnelly	Michael Shane Seamans	Tacara Wheeler
Angela Chhetri	Erin Helm	Mary Jane McCrady	Kendra Shamburger	James Williams
Fawn Childers	Kimberly Herdt	Lori McMullan	Cassandra Shields	Pamela Williams
David Colgate Sr.	Bridget Hilger	Jennifer Medley	Darlene Shoulders	Michelle Wilson
Jamie Combs	Kelley Hoff	Rachel Meredith	Kandiss Sigler	Christy Wright
Latoya Conley	Jennifer Holsapple	Jessica Merideth	Felicia Simpson	Quintanna Yelverton
Suzanne Crouse	Cari-Lynn Horn	Debbie Michum	Suzanne Sims	Lisa York
Melissa Dettlinger	Ashley Houchens	Brittany Miles	Brandy Smith	Rachel Zetko
Amber Dillander	Estella Hunter	LaTanya Montgomery	Jennifer Smith	
Karen Dobbs	Chris Illar	Yuselys Morrell	Kimberly Smith	
Keisha Douglas	Amanda Johnson	Nicole Navarro	LaDonna Smith	
	Zhasheika Jones	Sarah Norris	Porsche' Smith	

HONORS LIST

Mark Altemeyer	Anieka Clemons	Heather Hye	Dana Newton	Wesley Stein
Kara Baity	Angela Coffee	Kendrick Jackson	Stephanie Peeples	Jasper Stewart
Casey Baker	Michael Coleman	Amber Jones	Melinda Pike	Christopher Stinson
Becky Basham	Brittiany Coley	Heather Kiefer	Debbie Purvis	Dijana Stjepic
RaTonya Blue	Sametha Cunningham	Tanya King	Pamela Rader	Kerry Summers
Brittany Brewer	Malika Dean	Darcie Lathery	Caroline Ritter	Justin Tankersley
April Brown	Joseph DeGrella	Erin Lawson	Shonda Robinson	Tanisha Trice
Cortney Brown	Ashley Dickman	Gayla Liddle	Rebecca Sanders	Samuel Ulor
Meagan Campbell	Kathleen Dobson	Melissa Logsdon	Bridgette Schaefer	Neilecia VanWinkle
Alexandra Carter	Krystal Ferguson	Michelle Lopez	Alisa Sexton	Danyle Washington
Jody Casey	Jessica Gordon	Jennifer Lovelace	Jessica Shelman	Lauren Whisman
Shayna Casey	Carla Gray	Jessica Marvel	Jacqueline Shepherd	Deanna Whobrey
Anthony Catlett	Elizabeth Gray	Susan McCormick	Davina Smith	Antwan Wigginton
Ayana Causey	Ebony Harding	Trish Medlin	Glenna Sparkman	Shayna Yates
Erica Chavez	Jeanette Harrison	Christina Miller	Allison Speer	Sherry Yarbrough
Summer Chiles	Felecia Hester	Christal Monahan	Kayla Steele	Ellen Young
Crystal Clark	Reena Humphry	Joelene Nelson	Shaun Steiger	

CAREER COURIER

01.2010 | A PUBLICATION OF ATA COLLEGE

PRESIDENT'S PEN



Great news! As we begin a new decade, we are encouraged by a survey from the Bureau of Labor Statistics which projects the health care sector will lead the way in creating new jobs.

As future health care professionals, you have an important role in our community and your health should come first. So we're focusing on *healthy living* in this issue of Career Courier. Let's face it. It only makes sense that as you prepare to be health care professionals, you take a moment to evaluate your personal health and make some improvements if needed.

Not only do we want to equip you with the skills and qualifications you need to succeed, we also want to be a resource for embracing healthy living - both professionally and personally.

Have a great session,
Don Jones, *ATA President*



LEARN WELL. LIVE WELL.

www.ata.edu

PROGRAM SPOTLIGHT

Phle•bot•o•my

ATA expects big draw from fast, new program

This past fall, we added *phlebotomy* to our list of diploma options. The fast-track phlebotomy program requires just 10-months and trains students in collecting samples from patients through classroom instruction and hands-on labs. Students are able to practice various phlebotomy techniques and learn to operate equipment.

According to the Bureau of Labor Statistics, employment for phlebotomists is expected to increase 14% over the next seven years. Phlebotomists enjoy flexible hours, good pay and are employed throughout the health care system. For those who want to work hands-on with patients and have a keen eye for detail, phlebotomy is an excellent way to get started in the medical profession.

For more information about Phlebotomy, speak with your admissions representative or call 371-8330.

Success Skills in action

Each term, students from the Success Skills class are broken into groups and given a project. They have to select, research and put together a 20-25 minute presentation on a local or national health care organization. They can be as creative as they want. A group from Evelyn Kaufman's Thursday morning class chose the American Red Cross.

As they were researching and preparing their presentation, Cathy Barnett, Janice Epps, Jennifer Medley, Angela Scruggs and Alethia Smith decided to take the project a step further and plan ATA's first-ever blood

drive. They took the initiative to get approvals, schedule the blood drive as well as create and distribute the flyers. After they finished, eight students in the class signed up to give blood while others planned to tour the bus. Needless to say, the project went over very well and the blood drive was a big success.

American Heart Month

February is American Heart Month. Show your support and wear RED on **FEBRUARY 5.**



Need to Know

Scrubs Central

ATA Students receive 20% off at two area Scrubs Central locations:

20% OFF

4600 Shelbyville Rd., Louisville, KY
897-3626
:: Next to Circuit City

3127 Blackiston Mill Rd., New Albany, IN
941-7278
:: Corner of Charlestown & Blackiston Mill Rd. 1/2 mile south of I-265.

Referral Program

Refer a friend to ATA and you could win a \$25 gas card. See admissions reps for more details!

Class Attendance

Please remember that you are expected to attend every class for which you are scheduled. If you accumulate absences totaling more than 20% of the scheduled class meetings, you could be removed from the class. If for any reason you are unable to attend, please call **Brittany Becht @ 371.8330 x365**.

UPS Delivers Education



For more information about our tuition reimbursement partnership with UPS, please call UPS Jobline at 502-359-1877 or visit www.upsjobs.com.

Resource Room

A Resource Room for students is located in room E308 on the east campus. Please feel free to do homework, research or use the computers in that space anytime during school hours.

RideShare

There are forms available on the bulletin boards in the break rooms of both campuses if you are interested in rideshare with fellow students. For more information, contact **Front Desk @ 371.8330 x0**

Free Computer Workshop

ATA offers free computer workshops every Thursday at 1:00pm and 4:00pm. Topics include: Internet research, Microsoft Excel, PowerPoint and troubleshooting. Questions? **Contact Brittany Becht @ 371-8330 ext. 365 to sign up.**

Free Tutoring

Need some help with coursework? We understand everyone needs a little help sometimes, so we offer free tutoring. **Contact Brittany Becht @ 371.8330 x365**

HEALTHY LIVING STARTS WITH YOU

We're serving up our best health & fitness tips. If a lifestyle change is what you need, don't feel like you have to change everything all at once. Baby steps is the approach to take to make healthy changes stick - for good:

DID YOU KNOW?

- Adults need 30 min. of physical activity 5+ days a week.
- 30-60 min of activity broken into 10-15 min bursts throughout the day has significant health benefits.
- Daily physical activity can reduce the risk of heart disease, type 2 diabetes and certain cancers.
- Daily physical activity helps lower blood pressure and cholesterol, prevents or slows osteoporosis, reduces symptoms of anxiety and depression and symptoms of arthritis.



GREAT WAYS TO IMPROVE YOUR DAY:

- Start with breakfast (always)
- Move it!
- Snack smart
- Work up a sweat at least once a day
- Don't eat too much of one thing
- Balance is key
- Get fit with family or friends
- Eat more grains, fruits & vegetables
- Make healthy eating and exercise fun
- Get 5-7 servings of fruits & vegetables
- Get 2 servings of dairy
- Drink 8 glasses of water, one before each meal
- Eat lean proteins
- Fix your own food
- Plan ahead
- Get plenty of sleep
- Check with your doctor before starting an exercise routine



small talk with...

Stephanie Hankins (Medical Coding)

What's your motto?

Stay ahead of the game

What advice would you give to potential students?

If you're a mother, do something to better yourself for you and your children.

What advice would you give to current students?

Manage your time and stay on top of your studies...if you don't you will quickly fall behind. Remember it is OK to focus on yourself and to take care of yourself. If you do that, it makes taking care of others easier.

STUDENT'S "STATS"
FROM TACOMA, WASHINGTON –
FUTURE MEDICAL CODER –
ATTENDING ATA SINCE MAY 2009 –
MOM TO ELIJAH - HER MOTIVATION & –
INSPIRATION FOR FINISHING SCHOOL –

Home Health Care CEUs

ATA will offer the following Home Health Care Continuing Education Units in March:

- Nuts and Bolts of performing a thorough assessment in Home Health (2 CEUs)
- Practical applications of the nursing practice model for managing chronic diseases in Home Health (2 CEUs)
- Connecting the dots for applying critical thinking to improve patient outcomes (2 CEUs)

Dates and times are still to be determined.

ATA TIPS

Setting Goals

What are your goals for 2010? When considering what you want to accomplish this year, here are a few pointers to organize your thoughts:

1. Make sure the goal you are working toward is something you really want, not just something that sounds good.
2. A goal can't contradict any of your other goals.
3. Develop goals in the 6 areas of life:
Family & home
Financial & career
Spiritual & ethical
Physical & health
Social & cultural
Mental & educational
4. Write your goal in the positive instead of the negative.
5. Be specific and realistic - think your goal through.
6. Set your goals at the right level - not too high, not too low.
7. Write your goal out in detail with measurable outcomes such as dates, amounts, etc.

Horoscopes

Aries (March 21-April 19)

It's all about you and the other person. Focus on nothing else until it's resolved.

Taurus (April 20-May 20)

The attention is nice, but don't get greedy. Give someone else the mike.

Gemini (May 21-June 21)

Tell the busybodies to back off. It's none of their business what you're working on.

Cancer (June 22-July 22)

This issue may seem small to you, but it'll balloon if you don't resolve it quickly.

Leo (July 23-August 22)

Plan A isn't working out as you'd hoped. Time to come up with a new strategy.

Virgo (August 23-September 22)

Suddenly, things click into place. Who knew the answer would be so obvious?

Healthy New You

Motivation for exercise haters:

- :: Find something you enjoy
- :: Set goals - write them down
- :: Try morning exercise
- :: Schedule your workout
- :: Find a partner
- :: Chart your progress
- :: Reward yourself
- :: Abandon all-or-nothing thinking

Tips for veggie haters:

- :: Add veggies you almost like to dishes you already love
- :: Try them in soup
- :: Eat them raw with light dip
- :: Sneak them into spaghetti or pizza
- :: Drink them
- :: Grill 'em
- :: Sprinkle a bit of cheese



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NEED ASSISTANCE FROM CAREER SERVICES?



Schedule a one-on-one interview with Mabel Sebastian in the last quarter of school.

Dress professionally and bring in a copy of your resume. The Career Service Office will conduct a mock interview and talk with you about your career goals. It's never too early to start working with Career Services at ATA. Even if you're a new student, schedule your appointment today!

371-8330 x353

**NEW CLASSES START
February 8**

Practical Nursing, Limited Medical Radiography, Medical Assisting, Dental Assisting, Medical Coding, Medical Office Assisting, Phlebotomy
502.371.8330 or online ata.edu