Centura College Chesapeake Medical Assisting students have been awarded nearly $20,000, combined, for their May semester! By attending the necessary intake sessions, completing paperwork, and passing the selection process with Opportunity Inc., these students have earned assistance—the best part is they won’t have to pay it back! Not only have the students been awarded funding to assist with tuition costs, but they now also have access to the skill enhancements and training resources that Opportunity Inc. has to offer. Utilizing campus workshops designed to aid students in the completion of the Opportunity Inc. process, students were able to compile necessary documents, complete required online orientations and assessments, while minimizing commute times. Their One-Stop to Success started at the campus and concluded at the Workforce Center in Norfolk.

North Chesterfield Career Services Hosts Career Fair

On Thursday, April 24th, Career Services from the North Chesterfield campus hosted its Annual Career Fair of 2014. Employers from across the state came to Sheraton Park South Hotel, located in North Chesterfield, Virginia, to participate in the community-wide event. This event provided employment and networking opportunities for not only our current students and graduates, but also for many Virginians with varied backgrounds and work experience. Thirty-one employers and over 300 job seekers were on hand for the event, which lasted from 10am until 1pm. Some of the employers present were: MCV Health Systems, VA Premier Healthcare, UPS, Virginia State Police, Sears Home Improvement, State Farm Insurance, T-Mobile, Westminster Canterbury, Old Dominion Home Health, Fed Ex, Virginia Dominion Power, and Randstad Staffing. Open to the general public, students, graduates, and area job seekers packed the ballroom of the hotel as employers

Virginia Beach Encourages Students to Think Outside the Box.

Centura’s Virginia Beach campus hosted a career workshop on Thursday, May 15. Shawn Hutchings, one of two Career Advisors, showed ways to locate employers and open positions. He encouraged students to think outside the box when seeking employment. For example, while Stihl may not be a company a Medical Assisting student is actively looking for; many locations do indeed have a medical office on-site. Students were motivated to network, visit and call employers, attend career fairs, and to start their job search the day they start classes. Students from all programs attended both the day and evening sessions and had valuable feedback and questions. All in all, CVAB’s Career Services department will certainly be seeing more traffic as our future graduates continue finding the next step in their career path.
For dental assistants, the pinning ceremony is an important milestone. It marks the end of a student’s education and the start of his or her formal introduction into the dental assisting field. Even after graduates have spent many years working in the industry, the experience of that pinning ceremony will always remind them to reflect on what the profession means to them. On Thursday, May 22nd, the dental assistant faculty at the North Chesterfield campus welcomed the program’s graduates into the dental assisting profession during a pinning ceremony. In addition to introductory remarks from the program coordinator, the ritual included a recitation of the Dental Assisting Creed, the American Dental Assisting Pledge and a statement of commitment. As the students were pinned, their achievements and memorable moments were read to their families and the faculty. That day, poetry was read and a few words about the important work that the graduates will go on to do were said. The students who attended celebrated their achievement together, and faculty and family members were thanked during the closing remarks. “It’s important to recognize the people that helped support the student,” Angie Pollard, a dental assistant faculty member, remarked. “Their support team makes sacrifices too, and they have given their support to the student to help them achieve the goal of becoming a dental assistant.”

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Pinning Ceremony Helps North Chesterfield Students Celebrate New Careers

BY DEBORAH BARRY, CRIM

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Spouses Being Rewarded for the Support They Show to our Service Men and Women

BY MATTHEW C. HIP舍ER, CCHE

A t the Centura College Chesapeake campus, a massage therapy student is excited to be earning her degree and starting a new career as a massage therapist. She is also excited to be using a little known VA Education benefit, Chapter 35, to make the financial load a little more bearable. Amy Planch is a spouse of a retired service member, whom upon his retirement was found to be 100% permanently and totally disabled, a designation reserved for those who sacrificed a great deal for their service to our country. As such, the veteran, his or her spouse, and their dependents are eligible for Chapter 35, also known as the Survivors and Dependent Assistance program or DEA. Mrs. Planch was unsure if she was eligible for any benefit, but she knew her husband had served and was designated permanently and totally disabled. Matthew Hipsher, the campus VA SCO, informed her of her eligibility and has worked with her through every step of the process. Centura Chesapeake appreciates our service members and their families and will continue to support Mrs. Planch on her journey to become a massage therapist!
Paralegal Law Students in the Real World

BY ANITA KESSLER, CCHC

The Chesapeake Paralegal Law students were busy legal eagles this quarter, as usual. There were several events they sponsored and participated in to keep the legal world rolling on campus. Being the only Paralegal Law Program at any Centura College campus, they go the extra mile to make sure the other departments and their fellow students know all about their program and their events.

Paralegal Law students attended a Tidewater Paralegal Association Open House, where they mingled with other paralegals in the working world. They have already begun their networking in order to be placed in their career of choice upon graduation.

To enhance their hands-on knowledge, the Paralegals sponsored two guest speakers for the month. Deputy Parker from the Chesapeake Sheriff’s Department came as a guest speaker. The students thoroughly enjoyed Deputy Parker’s visit, as he spoke and answered questions about life in the legal world from a law enforcement perspective. The students also sponsored Ms. Dollie Hicock, Paralegal, from the law firm of Crowley, Liberatore, Ryan & Brogan, P.C. Ms. Hicock provided a wealth of information and experience for the group. They received excellent information and a realistic view of exactly what life in a law office will involve once they begin their careers there.

As with every mod, the students ventured out to the Chesapeake Circuit Court where they were able to watch a live trial. This field trip is done every mod so students can get the feel of a real courtroom and see actual trial work in action. Additionally, they were able to meet with the Clerk of the Court and see the inner workings of the Clerk’s office which is the heart of the court system and the document flow for both criminal and civil litigation.

Effect of Pulse Rates on the Massage Therapist and the Person Being Massaged

Medical Assisting students in the Medical Terminology class at Centura College Chesapeake recently asked Massage Therapy students to help them with an experiment. MA students were learning about the skin. While watching a video, they learned the effect of human touch on premature babies. According to the National Geographic video, the babies receiving gentle massage while in the Neonatal Intensive Care Unit improved 51% better than babies who were not massaged.

The class wondered what effect massage has on both the person massaging and the person being massaged. So, they took a field trip to the Massage Therapy Department.

Over the course of a 40 minute massage, the pulse rates of the student massaging and the student being massaged were recorded. As shown in the experiment results, there was a significant trend in both the therapist and client pulse rates—they rise and fall at the same time throughout the massage.

A few notes to add to this experiment: The therapist had two disadvantages—first, there were five other people in the room observing her massage, and second, she was being evaluated by the instructor during this session. At the fifteen minute mark, the therapist was noticeably “into” the massage. Her face was flushed and her respirations were increased. At the thirty minute mark, the client received a long, firm stroke down her back and let out a huge sigh. Her pulse was taken immediately after that sigh and was 52 beats per minute. The control person sat in the room with no interaction.

The MA and MT students concluded that massage benefits both parties involved.
On March 19, 2014, the Virginia Beach campus held its spring career fair. Over 19 employers attended and every program was represented. One first-time attendee was the Jamestown-Yorktown Foundation. The students were amazed how an organization showcasing the past needed graduates with today’s skills and technologies.

There was a lot of positive feedback from both students and employers. The employers were impressed with the breadth of knowledge our students possessed and they asked strong questions. This event, along with the one we are planning for this fall, will give the students the insight into what employers are looking for so they can prepare properly. One-on-one interaction is the key and there was a lot of it that day.

On April 15th 2014, Centura Institute honored students with its first Spring Fling event! Hamburgers and hot dogs were served to all, along with grab bags full of useful and inspirational goodies. Students enjoyed Bingo and Jeopardy games. A scavenger hunt was held, allowing students to search for the five clues spread around campus to solve the scavenger hunt question in order to receive a prize. The Egg on a Spoon race was carefully executed by the top three finishers who received prizes for their successful completion of the race. A raffle was held and gift cards were awarded to the three winners: Akell Pink (HVAC Student), Santeria Harrison (MA Student) and Georgie Carroll (PN Student). The event was enjoyed by all!

In celebration of Cinco de Mayo, Student Services and staff prepared a nacho bar for the campus to enjoy. The fifth of May commemorates the Mexican army’s 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). A relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a celebration of Mexican culture and heritage and the students and staff here at CNOR decided to have a celebration of their own! There was festive music played and good conversation was had by all. Everyone enjoyed the spicy treat, and many came back for seconds! CNOR looks forward to continuing this tradition in the years to come!
What is a formula for true success?

Success + Dedication = Mindset, Action, and Perseverance.

M – Mindset

In order to succeed at anything, it is critical to have an empowered mindset.

A – Action

Taking massive action is critical to your career success. It’s easy to read how-to articles and say to yourself, that’s a great point. It’s a whole different ball game to try it out yourself. Without taking new action in your career, nothing new will happen no matter how much you read. So ask yourself, what are you focused on next for your career AND what action are you taking to get there? What action do you know you should take but are afraid to do anything about it?

P – Perseverance

Every long-term success takes perseverance. The journey to success is paved with failed attempts. Only those of us who keep going despite unexpected obstacles achieve the ultimate result we seek. The most successful people we know also have the most spectacular failure (e.g., Steve Jobs, Donald Trump).

On May 21, 2014 Centura College of Chesapeake hosted a Career Success Day, in which employers came out and spoke in a classroom setting about professionalism and the interviewing process in their work environment. Our students spoke to employers from In Motion Hosting, Massage Envy, and Food Allergy Association of Virginia Beach. Our students had the opportunity to do a one-on-one with the employers to ask any questions they may have had about gaining employment. Join Centura College on July 9th for our Summer Career Fair!

Virginia Beach Campus’ Easter Open House

This year’s Spring Open House/Spring Extravaganza was nothing short of a SUCCESS! The campus had the “Cheeseman” offering up grilled hot dogs, and other goodies, vendors lined the parking lot offering their wares, and kids were excitedly jumping away in the hard to miss Bounce House!

The campus’ Student Council was out in full force, manning the Bounce House and offering assistance wherever it was needed. Staff came together as a team, offering health screenings, overseeing the chair massages being offered, and providing information about each program offered at the campus Admissions Representatives were on hand to provide tours and change people’s lives!

This event was successful in more than one way. The campus once again proved that teamwork gets it done, and gets it done with efficiency, fun, and laughter. Our vendors shared in that spirit—one sending a thank you note afterwards: “We had a ball out there!!!!!!! Everyone from Centura was SOOOOO friendly, the other vendors were dynamic and informative and the atmosphere was just so positive. The food and fellowship was great and we just had an overall great time. ETHOS sold about 25 shirts and many have called to make purchases since that day. I can’t thank you enough for all of your support…”

At CPEN, our team loves what we do, and we love our student body and all we can do for them. We are so excited to share our ‘ingredients’ and have the passion to do it!

On April 16, 2014, the Virginia Beach Campus of Centura College hosted an Easter Open House, opening its doors to members from our community, prospective students and their families. Our prospective students were given tours of our facility, and providing information about each program offered at the campus Admissions Representatives were on hand to provide tours and change people’s lives!

The Easter Open House was an extravaganza! Additionally, over thirty children gathered outside for an Easter Egg Hunt led by our Campus Executive Director, Mr. Ben Clark. Inside the school, the children participated in the jump house, coloring pictures, and face painting. Everyone enjoyed delicious sandwiches, chips, cookies, candies and popcorn. There were many door prizes and two Easter Baskets given away to our guests. The highlight of the entire event was the appearance of one of very own, Mr. Matthew Ashby, also known as “The Easter Bunny”! The young, as well as the seniors, posed for pictures with “The Easter Bunny” and enjoyed his antics. The Virginia Beach Campus Open House was truly an awesome, well-attended event!

Chesapeake May Career Success Day

By Carmen Mckinnon, CCHE

Events

Peninsula’s Annual Spring Extravaganza!

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ZEN Garden Project: Vision Becomes Reality

For several years now, the Massage Therapy Department at the Peninsula campus has wanted to utilize an area of land between the Administration Building and the Education Building, creating a Zen Garden. Finally, this past Spring, that dream came to fruition!

Each MT instructor and all classes played an intricate part in the Zen Garden creation by lending their talents in areas such as plant life, building outdoor furniture, like the pergola and bench near the newly constructed waterfall, and even artistic abilities to create stepping stones. The stepping stones were made by instructors and students, incorporating their imprint and energy in an attempt to bring others peace. Other departments in the school were drawn in and either worked on the project or donated items to make it happen.

The Ribbon Cutting Ceremony was held recently to officially open the Zen Garden to the entire campus as a place to go to have a moment of quiet and experience the serenity that the Zen Garden offers.

Because the Ribbon Cutting Ceremony was held during National Child Abuse Awareness Week, the entire campus took the opportunity to join hands, not only offering support for the opening of the Zen Garden, but also offering a moment of silence for the children of our city in honor of those that have experienced abuse. The campus came together as one to offer peace and love to all.

Student Appreciation Day at Virginia Beach

On May 22, CVAB hosted its Student Appreciation Day. The staff wanted to express their gratitude to our population for choosing to enroll and finish their degree here. They hosted all sorts of party games: a bean bag toss, paddleball, four square, hopscotch, bowling, and a foot race while balancing a golf ball on a spoon. Students collected raffle tickets for prizes and could gain additional tickets by referring someone they know to an Admissions Professional.

Of course, games are not the only way to celebrate our students. Hamburgers, hot dogs, and veggie burgers were cooked on the grill and greatly enjoyed by students and staff. Additionally, students could get their faces painted and there was sidewalk chalk to create some art in the front parking lot. For just two dollars, students and staff could throw pies at the campus directors and other coordinators! Truly, there was no better way to bring in the Memorial Day Weekend.

NTHS Q&A CONTINUED

Q: How do you keep him active outside of school?
A: He reads a lot and we both volunteer. I like to keep him up-to-date on information regarding his allergies and medications.

Q: So why did you decide to attend Centura College?
A: I came to Centura College after a long procrastination process. I was worried about the cost of school and the hours required to complete my program. Centura College gave me more options for Massage Therapy. My grandmother always told me I had “healing hands” and great judgment. Remembering her words and all the lessons she taught me pushed me to return to school despite my obstacles.

Q: How has joining the National Technical Honor Society (NTHS) helped you?
A: NTHS provides me, a mother, an outlet for all that is going on in my life.

Q: If you hadn’t attended Centura College, where would you be?
A: (Chuckles) Somewhere pulling my hair out.

Q: If there anything you want others to know about FARE and your role within the organization?
A: I’m currently the Volunteer Coordinator at the Virginia Beach FARE. FARE does a lot to bring awareness about food allergies and Celiac disease. I do a lot of volunteering and walks in my spare time. If people want more information they can visit www.foodallergywalk.com.

Mother’s Day at Virginia Beach

Without mothers, none of us would be here today. Centura College Virginia Beach was excited to celebrate mothers at their May open house. Both prospective and current students enjoyed the event. Massage Therapy students gave free massages, paraffin hand waxes, and carnations were provided as well. While mothers were given the opportunity to relax, their children were given the chance to make beautiful Mother’s Day cards in the “kids craft corner.” Most importantly, mothers had a special room where they could get pictures taken with their children. What better way to appreciate all that our mothers do? Mother’s Day may be over; however, there should never just be one day to be inspired by these strong women. We here at the Virginia Beach campus thank all the mothers for their consistent care and support.

NORTH CHESTERFIELD CONTINUED

were busy greeting and recruiting prospective employees throughout the entire event. Some job seekers completed applications at our Document Completion station and were interviewed and hired shortly thereafter. Almost unanimously, the employers were very pleased and as one employer stated, “I am very impressed with the variety of and quality of job seekers that we saw today; and also the number of different employers from different industries!”

Overall, the event was a great success, positively impacting the labor force of our students, our graduates, and ultimately, our community.

EVENTS / COMMUNITY