



# AIAM HOLISTIC PULSE

January 2022

## WINTER QUARTER CALENDAR

Quarter Begins.....Jan. 10<sup>th</sup>

Add/Drop Deadline.....Jan. 14<sup>th</sup>

Quarter Ends.....Apr. 2<sup>nd</sup>



## NEW YEAR, NEW BEGINNINGS

**Happy New Year 2022!** We hope you all had a wonderful holiday.

Welcome to our new students! What an exciting way to begin a new year – your first steps on your new career path.

Welcome back to all of our returning students! We hope you had a good break.

Coming back to school, whether from a break or because you're starting on your next journey, can be daunting. Shifting into student mode can be tricky but stay with it! This newsletter is your reminder of the resources that AIAM has to offer to help you stay focused and achieve your goals.

### AIAM Resources

Believe it or not, we want the same thing you want – for you to succeed here at AIAM, pass your boards, and get started on your new career. Take advantage of everything AIAM has to offer!

1. **Tutoring** – some classes are harder than others. Sometimes the way something is explained in class doesn't quite click and you need some additional assistance. Sometimes the homework readings just aren't making sense. Whatever your struggle may be, tutoring is offered to help you get that extra assistance. The trick is *you have to ask for the help*. Our faculty is more than happy to work with you to help you understand, but they're not mind-readers so you have to reach out to let them know you require some additional assistance.
2. **Library resources** – AIAM has a library, but even if you're not on campus you can access the resources. See below for more [library information](#).
3. **Academic Dean Advising** – The Academic Dean is available to assist when life has thrown some curve balls your way and it's causing you to struggle with your classes. Schedule an appointment with her (Dr. Hiatt, [chiatt@aiam.edu](mailto:chiatt@aiam.edu)) so she can discuss your options with you.

4. **Additional help** – The Assistant Director of Education/Student Services offers test-taking strategies sessions twice a week (schedule on last page) and has open office hours where you can ask questions and get help. Contact Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu) for more information.

## STAYING MOTIVATED

Staying motivated can be difficult at times. It's easy to be motivated and excited at the beginning of your new journey, but sometimes, somewhere along the way motivation may slip away. Maybe you didn't do as well on an assignment or test as you would have liked, or you failed a course and need to repeat it. Those things happen and you can't let those speed bumps knock you completely off track. Maybe something that you have no control over happened, so you can allow yourself some grace and get back on track. However, maybe you didn't study as much as you should have or thought you knew the subject matter so focused on other topics instead. Then it can be easy to kick yourself while you're down and keep yourself down. So, what do you do to resume motivation?

- **Remember your end goal** – when caught in the moment of trouble we can lose sight of the end goal. So remember why you began the program in the first place and what you want to achieve with your degree.
- **Set small achievable goals along the way** – the end goal is important but can be overwhelming. Set small goals to help you achieve the big goal. Some small goals can be dedicating 2-3 hours per day for studying and sticking to it, getting 15-20 minutes of exercise/movement in per day, creating an organized schedule each quarter to give yourself a visual representation of how you need to manage your time each quarter, etc.
- **Find a support network** – your classmates are with you throughout the program, and they are going through the same things. Support each other, listen without judgement when someone is struggling because maybe you have the key to help them understand a difficult subject or they may be your key to understanding if you're the one struggling. Hopefully friends and/or family are supporting you along the way as well, assisting you in personal life matters so you can focus on your educational goals. Talk with your instructors or reach out to your program coordinator or the Academic Dean if you're really struggling.

**Acknowledge your accomplishments** – it's so easy to focus on mistakes and berate yourself when you mess up. It's human to do that. But check out all of your successes along the way too: you survived a difficult quarter, you passed all of your classes, you got a 'C' on that difficult exam, you showed up! All of your accomplishments along the way, no matter how small, lead to your big accomplishment of getting your degree and passing your boards. Celebrate yourself – you've earned it!

- **When something doesn't go as planned, ask yourself if you did all you could or are there things you could have done differently?** – maybe you scored lower or even failed that exam. Ask yourself did you really study as much as you could/should have? Did you talk to your instructor when you realized you weren't understanding the topics while you were studying? This is not about assigning blame or getting angry with yourself; this is your opportunity to learn from what didn't work so you can find what does work.
- **Visualize yourself succeeding** – it may sound silly if you're not used to utilizing visualization tools, but even Olympic athletes use the power of visualization to achieve their goals! Take a little time each day (maybe right when you wake up or just before bed) and visualize yourself as having already earned your degree and passed your boards. See yourself as an acupuncturist, massage therapist, medical assistant, or nurse. Make the visualization as real as you can – see yourself dressed appropriately, seeing patients or clients, is it your own practice or are you working in a facility? Visualize on a smaller scale along the way – visualize passing your exams, understanding lectures, labs, and clinicals, etc. Have fun visualizing how a typical day will be for you as a student and as a licensed practitioner.



NOBODY  
CAN GO BACK  
AND START  
A NEW  
BEGINNING,  
BUT ANYONE  
CAN START  
TODAY AND  
MAKE A NEW  
ENDING.

*Maria Robinson*

Remember that mistakes and failures aren't reasons to give up. We all make mistakes, and we all fail at something. That's life. Failing or making mistakes means you tried. Take the opportunity from those mistakes and failures to learn and grow. You just learned that the way you did something didn't work for you, so now you have an opportunity to try again and improve your methods in order to achieve your success.

## MESSAGE FROM THE DEAN

*Your life doesn't get better by chance; it gets better by change.* – Jim Rohn

One of the themes for success I have often shared with students is the power of persistence and determination. Sometimes it takes longer to accomplish our goals than we expected, and there are often seeming roadblocks along the way. What makes one person successful, and another give up? At least a significant part of that answer lies in persistence and determination.

The key factor that underlays these two qualities is self-discipline. It's easier to do what we "feel like" doing than what we don't. Years ago, when I practiced as a Holistic Life & Wellness Coach, I often helped clients to realize that if you wait until you "feel like" doing something, you will rarely get much done. I used to help people reclaim their identities as non-smokers, for example. Often, they would say, "I have to wait until I'm ready, when I feel like I can do it." I knew this was a person unlikely to make change at this time, as they were really saying they didn't want to do the work.

Years ago, I was a regular exerciser. I ran, or biked, or lifted weights, at least 5 times per week, whether I felt like it or not. That's self-discipline. This is an area I struggle with myself again; once you stop something, it's not so easy to start again, and I remind myself that I may never "feel" like it or have "time" for it – I was a seriously busy person in those days, as well. I did it anyway.



I went back to college late in life. I worked full-time. I was a single mother of teenagers when I first went back. I did it anyway. I didn't plan on advanced degrees at the time, but it ended up being what I wanted to achieve. I was working a job that required 50-60 hours a week of work, and I completed my degrees on time.

Yes, it would have been easier to go to bed, or sleep in on days off, and not put in the many hours it took to complete a master's degree, and then a doctorate. I even knew people who paid someone to write their dissertations. That's the easy way out; self-discipline is not easy. And, it requires integrity.

Sometimes it really is just having a plan, and putting one foot in front of the other, day after day – in other words, doing the tedious tasks that in the end, make up the journey.

This is not to blow my own horn, but I hope to help you, a student who is working, perhaps with family obligations, dealing with financial concerns, to know that your teachers, staff, and even your academic leaders also once did what you are doing, and to share with you that it can be done. It won't be easy. And having the self-discipline to do what you need to do for all these responsibilities and obligations is a full-time commitment mentally, emotionally, and physically. You can do this.

2020 was a challenging year. 2021 proved to be just as challenging. New beginnings mean new levels of commitment and hope and a new perspective. Let 2022 be your year of celebration in accomplishing your educational and career goals, and perhaps more importantly, in achieving the inner strength that comes from your persistence and determination. Your knowing that you did this, and this demonstrates you can do anything if you are willing to persevere, be disciplined, and believe in yourself.

## DEAN'S LIST FROM FALL 2021

To make the Dean's List one must achieve a 3.7 or higher GPA for the quarter.  
Congratulations to everyone on all their hard work!



### FA21 DEAN'S LIST (3.7 OR HIGHER TERM GPA)

Michele	Abang
Delphine	Abongnwen Epse Buwake
Eunice	Acheampong
Rose	Acquah
Ayub	Aden
Tejumade	Adeyeye
Yaovi	Adjakpo
Koffi	Adjessode
Felicia	Asiedu
Synthia	Atsolekeu
Mohamed	Bah
Rita	Boateng
Fatu	Bolay
Alyse	Byrd
Ibrahim	Carew
Prisco	Chapajong
Rachael	Clary
Mabel	Collins
Akayla	Conner
Ebrima	Conteh
Kimberly	Craig
Birdie	Diggs
Aicha	Dondasse
Adama	Dozon
Aimee	Eklou
Briand	Ekola
Tecla	Eriyo
Tina	Eyong
Khadan	Goth
Abra	Greenberg
Claudius	Harding
Yasmine	Harmon

Henry	Herrera
Savanna	Hostetler
Deirdre	Huang
Reginald	Ibe
Isata	Jah
Hassana	Jalloh
Dorance	Jenkins
Leslie	Johanson
Veronica	Johnson
Vivian	Kalango
Elbetel	Kebede
Haja	Koroma
Madinatu	Koroma
Tutue	Kpoto
Shiloh	Lahai
Mavis	Larbi
Kara	Lee-Li
Grace	Lissa
Rebecca	Manga
Tendai	Mareya
Kaprise	Mason
Justine	Mbando
Britney	Miller
Dialle	Motale Pauline
Patience	Muankang
Eric	Namaky
Daniel	Netry
Shanceline	Ngbanji Njoh
Erika	Niewald
Jonathan	Nimneh-Dixon
Roseline	Nkembi
Nkechi	Nwankwo
Martha	Odrumsky

Isaac	Ofosu
Caroline	Olusola
Comfort	Opoku Konadu
Agartha	Opoku Mensah
Linda	Owusuaa
Monya	Robbins
Hawanatu	Sankoh
Allison	Sargent
Tity	Sesay
Mychael	Smith
Christopher	Stevens
Michelle	Stobart
Mareme	Sy
Precious	Taku
Adama	Tarawallie
Gladys	Thomas
Belinda	Torto
Ebere	Udeani
Christina	Valente
Maseray	Vandi
Ashley	Vicen
Elizabeth	Wallace
Ayane	Warsama
Alexander	Yimbilnyan



## LIBRARY SPOTLIGHT



# Library Spotlight: How to Use Virtual Library Resources

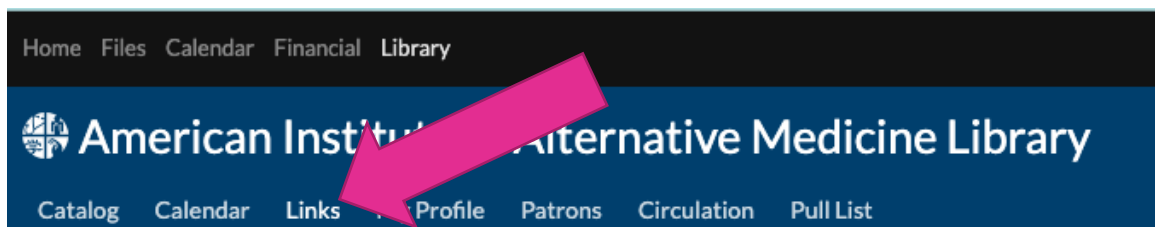
### Access the Populi Library:

Click “Library” at the top of any Populi page (after logging in)



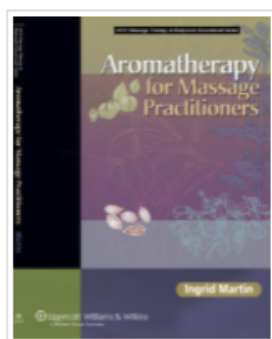
### Access Databases and Nursing eBook collection:

From the Library page, click “Links” and the list of databases will appear. Click the one you want to use.



### Request Library Materials:

Click “Catalog” and search for a book, click on the book to see its library page. Then click “Place a Hold” underneath the cover image area.



### Book: Aromatherapy for massage practitioners

Type: **Book**  
Replacement Price: **58.99**  
LCCN: **2005032888**

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**1 of 1 copy is available** at AIAM Library  
WB 925 M379 2006 **Available** in Physical and Occupational Therapy [View Copy](#)

[Buy on Amazon.com](#)

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Author

Martin, Ingrid

Place a Hold

Publisher

Have questions or need library help? Email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)

# AIAM IMPORTANT DATES AND OTHER INFO

## \*\*\* AIAM IMPORTANT REMINDERS \*\*\*

- Masks are required for everyone on campus until further notice.
- Check your AIAM email regularly for important communications from faculty and administration.
- When coming on campus, DO NOT park in front of any space with a sign. You will be towed.
- Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.



**The Winter 2022 Test-Taking Strategies Schedule is below.  
Just show up, no need to sign-up or email. Make sure you click the zoom for the exact day and time you will attend.**

**--Tuesdays from January 18<sup>th</sup> through March 15<sup>th</sup>, 3:00-4:00pm**

Join Zoom Meeting <https://us02web.zoom.us/j/82859567686?pwd=Z1U1WlNwZ2VEM3dwK3hxcWd0WjB0dz09>

**--Wednesdays from January 19<sup>th</sup> through March 16<sup>th</sup>, 12:00-1:00pm**

Join Zoom Meeting <https://us02web.zoom.us/j/84032632207?pwd=RzlvV016bHM1ckRtWFFla093cVdrZz09>

**#AIAMSTRONG**