

AIAM HOLISTIC PULSE



January 2023

Happy New Year.....	1
Staying Motivated.....	1
Message From the Dean.....	3
Quarterly Dean’s List.....	4
AIAM Resources	5
Library.....	6
Important Dates and Other Info	7
*** AIAM Important Reminders ***	8

WINTER QUARTER CALENDAR

Quarter Begins.....Jan. 8th

Add/Drop Deadline.....Jan. 13th

Quarter Ends...Apr. 1st



HAPPY NEW YEAR

Happy New Year 2023! 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 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.

“New year — a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.”

~Alex Morritt~

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.



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 underlies 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 at this point in my life; 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 teen-agers 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, as well as persistence and determination.

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.

New beginnings mean new levels of commitment and hope and a new perspective. Let 2023 be your year of celebration in accomplishing your educational and career goals, and perhaps more importantly, in developing and demonstrating the inner strength which comes from your persistence and determination. This demonstrates you can do anything if you are willing to persevere, be disciplined, and believe in yourself.

QUARTERLY DEAN'S LIST

FA22 Dean's List (3.7 CGPA or above)

Dorothy	Addison
Akua	Agyemang-Badu
Elizabeth	Appiah
Dana	Applebaum
Morgan	Argabrite
Margaret	Asabere
Noela	Asonganyi
Gift	Atubga
Olurotimi	Banjoko
Selina	(Serwaa) Berchie
Jacqueline	Boateng
Alicia	Brime
Anastasia	Congdon
Emmaline	DeMartini
Nicholas	Devol
Jordan	Elliott
Simon	Etong
Noella	Fornkeh
Jen	Fox
Donald	Frye
Charmaine	Gaiters
Xiumei	Geng
Abra	Greenberg
Sarah	Griswold
D'Shayla	Hall
Kara	Hartings
Lisa	Hopps
Veronica	Johnson
Mariama	Kabba
Stephen	Kasambo
Salma	Kasambo
Alex	Mbusop
Myju	McDonnough
Eric	Namaky
Eveline	Njenwie
Ngozi	Nwachukwu
Alice	Nyarko
Allison	Sargent
Nasra	Shil

Jacqueline	Shimirimana
Jada	Spears
Sara	Steinhausser
Emmanuel	Tabi
Gladys	Thomas
Sayo	Turay



Congratulations everyone!

AIAM RESOURCES

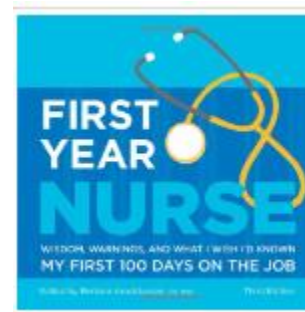
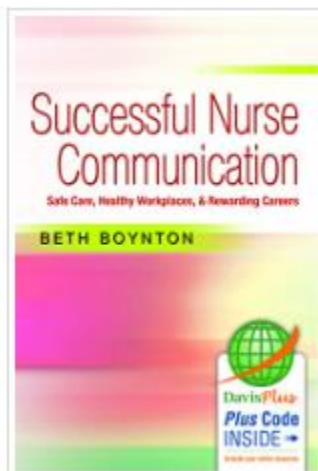
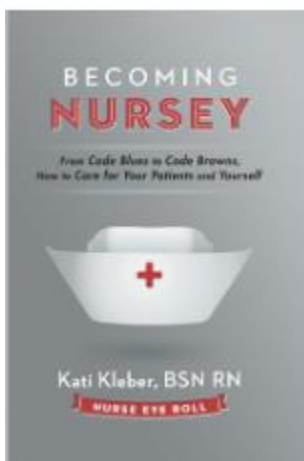
Believe it or not, we want the same thing you want – for you to succeed here at AIAM, pass your boards, and get started on your new career. Take advantage of everything AIAM has to offer!

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, ehiatt@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 for more information.
5. **AIAM Student YouTube Channel** – in every course on Populi, you should see a link for the [AIAM student YouTube channel](#). We post useful videos geared towards students. It is a work in progress, but if you have an idea for a video that you think would be beneficial for students, email the Campus Support Specialist, Angela Falasca at afalasca@aiam.edu.

LIBRARY



Library Spotlight: Books for New and Aspiring Nurses



Becoming Nursey: From Code Blues to Code Browns, How to Care for Your Patients and Yourself, by Kati Kleber, BSN RN

The Making of a Nurse, by Tilda Shalof

Successful Nurse Communication: Safe Care, Healthy Workplaces, & Rewarding Careers, by Beth Boynton

First Year Nurse: Wisdom, Warnings, and What I Wish I'd Known my First 100 Days on the Job, by Barbara Arnoldussen

You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords. You will be notified when the book is available for pickup from the lobby area. Databases, journals, nursing ebooks, and more are available at

<https://aiam.populiweb.com/router/library/links/index>

Is there a book you would like to recommend for the AIAM Library? Email recommendations to Melissa Fischer at mfischer@aiam.edu

Questions about library resources? Email Ms. Fischer at mfischer@aiam.edu

IMPORTANT DATES AND OTHER INFO

AIAM IMPORTANT DATES AND OTHER INFO



Mondays at 11:00am, January 23 – March 13

Eva Goubeaux's zoom link:

<https://us02web.zoom.us/j/81629448086?pwd=T2gvVlg2Y3VBS01mWnpJNkZnK2w5UT09>

Meeting ID: 816 2944 8086

Passcode: 154048

Tuesdays at 10:00am, January 17—March 14

Anne Malone's registration link:

https://us02web.zoom.us/meeting/register/tZ0qdO-origuHNa_ZSW9ult5_5vKbScmbgRG

Tuesdays at 3:00pm, January 17—March 7

Eva Goubeaux's Zoom link:

<https://us02web.zoom.us/j/82500046016?pwd=UVc5U2RjOVUxQTczeEpGY09PNVRadz09>

Meeting ID: 825 0004 6016

Passcode: 050925

Wednesdays at 12:00pm, January 18—March 8

Eva Goubeaux's Zoom link:

<https://us02web.zoom.us/j/81679020659?pwd=MHdQT0pDanNRNlZRQWQzOU02cVpEUT09>

Meeting ID: 816 7902 0659

Passcode: 760787

Wednesdays at 4:00pm from January 18—March 8

Anne Malone's registration link:

https://us02web.zoom.us/meeting/register/tZludOyhrjloGNscvKjWkt0aqiRW-_kgnEBI

Thursdays at 8:00am, January 19—March 2

Anne Malone's registration link

<https://us02web.zoom.us/meeting/register/tZ0udu-hpjMiGdNpyebcWbMGZSmc-nB9BPZB>

Fridays at 10:00am, January 27—March 10

Melissa Fischer's Zoom link:

<https://us02web.zoom.us/j/88171531158?pwd=aG9Ea2xNRUVEMWpvNOVITzkrdDRWQT09>

Meeting ID: 881 7153 1158

Passcode: 637281

*** AIAM IMPORTANT REMINDERS ***

- Masks are no longer required in administrative areas and classrooms; however, they are strongly recommended. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.
- In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.
 - 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 logo features the text "#AIAMSTRONG" in a bold, sans-serif font. The "#", "STRONG", and the second "A" in "AIAM" are orange, while the "I", "M", and "S" in "AIAM" are dark blue. Above the "M" in "AIAM" is a stylized graphic of a person with arms raised, topped with a plant-like structure with three leaves.