



# AIAM HOLISTIC PULSE



January/February 2024

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## WELCOME TO THE NEW YEAR!

Happy 2024! We hope you all had a wonderful New Year holiday. Welcome back to those who are moving into second quarter and beyond and Welcome to all the first quarter students!

We know it can be tough coming back to school, whether from a break or from a career switch or whatever inspired you to return to college. Make sure you check out our [Student Success Resources](#) that are available to help you succeed. Your success is our success!

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*" New Beginnings are in order, and you are bound to feel some level of excitement as new chances come your way. " – Auliq Ice*

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## MULTI-FACTOR AUTHENTICATION (MFA)

As you all have figured out by now, Populi requires Multi-Factor Authentication for your initial login or any time you login from a public computer. At the end of this newsletter you can find the full [step-by-step instructions](#), which can also be found on your Populi dashboard. You will have to reverify every 90 days on your personal devices, so make sure to save the instructions somewhere convenient for you.

If you have any issues with the authentication, you can reach out to Student Support at [studentsupport@aiam.edu](mailto:studentsupport@aiam.edu). Campus Support Specialist, Angela Falasca can also be emailed, [afalasca@aiam.edu](mailto:afalasca@aiam.edu).

## 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?

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

*Myra Robinson*

- **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.

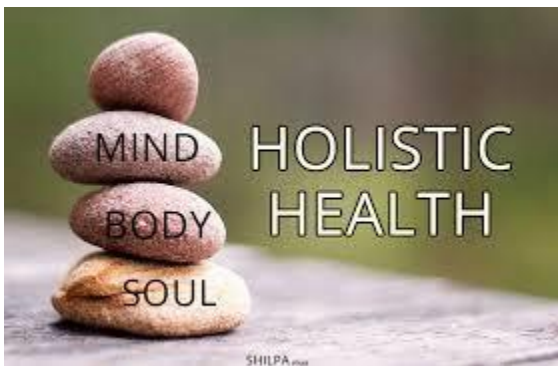
## MESSAGE FROM THE DEAN

### Holistic Healthcare

While it is a common perception that “holistic healthcare” means the use of specific methods which may be outside of conventional Western Medicine, the treatments and health practices utilized are not what makes something “holistic”. Holistic healthcare is more clearly understood as the *approach* of addressing the healthcare and wellness of the whole person rather than solely focusing on treating symptoms and conditions.

In the AIAM Conceptual Framework for our nursing programs, which is founded in nursing theories, this involves four domains that interact with the nurse and the environment:

- **Spiritual Domain** gives life meaning and purpose and therefore power. Spirituality is not synonymous with Religion but a manifestation of homeodynamic principals including:
  1. Integrity: interconnectedness of individuals and/or communities that provide a process for change
  2. Helicy: nature of change, and resonancy—how change takes place (valuing and relating patterns).
- **Biological Domain** the physical or bodily functions of life including patterns of human functioning (fluid/gas exchange, movement, communicating and knowing patterns).
- **Psychological Domain** includes the mental and emotional components of life and change (perceiving, choosing, feeling, relating patterns).
- **Sociocultural Domain** includes aspects of the human, environmental and cultural domains that have direct or indirect effects on health (healing) and/or change within an individual. (AIAM School Catalog, WI22 p. 45)



These domains represent what is often referred to as mind/body/spirit, additionally including the recognition that environmental and cultural domains we exist within also impact our state of health.

A holistic approach will go beyond medical solutions to treat symptoms and seek underlying causes of disease or symptoms. This is where multiple therapies may be involved, which may still include prescription medication or surgery for the biological domain, while stretching into areas of the other domains using a wide range of conventional, integrative, and alternative therapies.

The holistic approach to healthcare involves considering the whole person for more personalized care and treatments. Integrative medicine is the merging of conventional science and modern treatments with a variety of holistic treatments which may include acupuncture, aromatherapy, Chiropractic care, Massage Therapy, nutrition counseling, mental health counseling, osteopathy, reflexology, yoga, and many others.

At AIAM, we believe in the holistic approach to wellness to deliver more personalized treatment and to empower clients and patients to help take control in their health and wellbeing. This philosophy underlays all our education programs. By recognizing the wholeness in each other, we come to recognize our interconnectedness as a community and to be an agent of the process of change in healthcare.

## DEAN'S LIST FALL QUARTER 2023

# CONGRATULATIONS!!

*The following students achieved a 3.7 or higher for the Fall 2023 quarter:*

First Name	Last Name
Juliana	Abere-Inga
Aimee	Adams
Racheal	Akpalaba
Dana	Applebaum
Karen	Asare
Racheal	Ashaba
Adele	Atehnchong
Rebecca	Bekoe
Fatu	Bolay
Augustina	Brobbeey
Anastasia	Congdon
Jessica	Deavers
Alva	Ervin
Elizabeth	Francis
Xiumei	Geng
Puspa	Ghimiray
Sarah	Griswold
Lisha	Guminey
Katrena	Haney
Jessica	Herman
Tyrone	Hogan
Jaremie	Horn
Hamida	Hussein
Tara	Jacobs
Lawanda	Lott

Xin	Lu
Rose	Malloy
Maloke	Mbongo
Myju	McDonnough
Leslie	Meinert
Marianne	Michael
Maryam	Moghaddas
Brittany	Molnar
Jasmine	Myles
Carisa	Naylor
Sarah	Neumeister
Jonathan	Nimneh Dixon
Martin	Nkong
Ngozi	Nwachukwu
Bunmi	Ojo
Audience	Owokushaba
Elizabeth	Owusu
Amy	Patterson
Donald	Rankey
Makiah	Russell
Nasra	Shil
Elena	Sim
Katherine	Strader
Peindel	Sy
Monee	Wright

## AIAM STUDENT SUCCESS RESOURCES

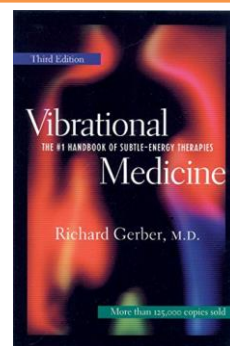
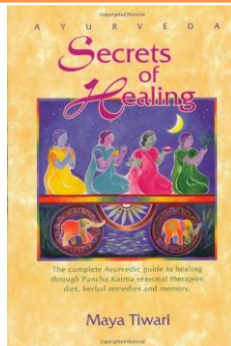
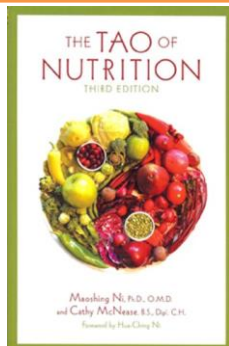
We want the same thing you want – for you to succeed here at aIAM, pass your boards, and get started on your new career. Take advantage of everything aIAM has to offer!

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 don't make 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. To get started with tutoring, email your instructor first.
2. **Library resources** – aIAM has a library with digital resources. In Populi, click the word "Library" at the top of the page in the black bar. Under "Links" you'll find databases you can search for articles, or you can search the catalog and place a book on hold. 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](mailto:ehiatt@aiam.edu)) so she can discuss your options with you.
4. **Nursing Students** – Test taking strategies are offered throughout the week every quarter and are open to all students (and graduates!) See the Populi home page for the schedule and zoom links.
5. **Additional help** – The Assistant Director of Education/Student Services has office hours by zoom and in-person where you can ask questions and get guidance on academics, test anxiety, study skills, note taking, and more. If you have a learning disability or other disability and require accommodation(s), you can also reach out to Ms. Fischer for assistance. Email Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu) to connect.
6. **AIAM Student YouTube Channel** – There are a variety of videos on the Student YouTube Channel, and among the most popular are the Stress Busters series! These short videos give students important information about ways to manage stress, study effectively, stay calm during tests, and more. There are also videos about populi, and the Playlists section includes information on Evolve, board exams, Populi, and NCLEX prep. There is a link to the channel on every course page under "Links," or head to <https://www.youtube.com/c/AIAMStudents>. 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](mailto:afalasca@aiam.edu).
7. **Time Management** – One of the most important factors determining your success is your ability to effectively plan and manage your time. If you need help with this, please reach out to Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu).
8. **Great Start Classes** – First quarter students are automatically enrolled in a self-paced Great Start class, accessible under "My Courses". Each lesson has important information about school policies and other knowledge you'll need for success.

#AIAMSTRONG



## Library Spotlight: Winter Reads



**The Tao of Nutrition/ Maoshing Ni**

**Ayurveda Secrets of Healing: The Complete Ayurvedic Guide to Healing/ Maya Tiwari**

**Mindful Thoughts for Students: Nurture Your Mind, Flourish in Life/ Georgina Hooper**

**Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies/ Richard Gerber**

You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords or by emailing [mfischer@aiam.edu](mailto:mfischer@aiam.edu) with your request. You will be notified when the book is available for pickup from the lobby area (same day service Tuesday through Friday). 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](mailto:mfischer@aiam.edu)

**Questions about library resources? Email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)**

## IMPORTANT DATES AND OTHER INFO

# AIAM IMPORTANT DATES AND OTHER INFO

January 8<sup>th</sup> – Quarter Begins  
January 12<sup>th</sup> – Last Day to Drop Classes  
March 30<sup>th</sup> – Quarter Ends

## Test Taking Strategies



[Tuesdays at 3 pm January 23 - February 20](#)

[Thursdays at 3 pm January 25 - February 22](#)

## 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.

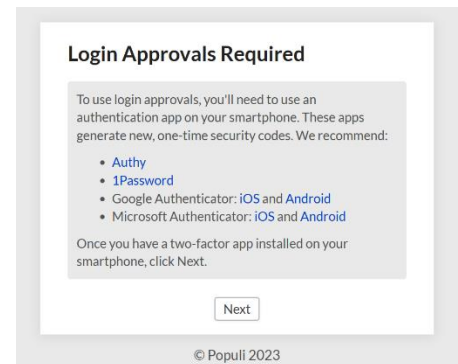
## MFA POPULI INSTRUCTIONS

Populi now requires a Multi-Factor Authentication (MFA) to login for additional security.

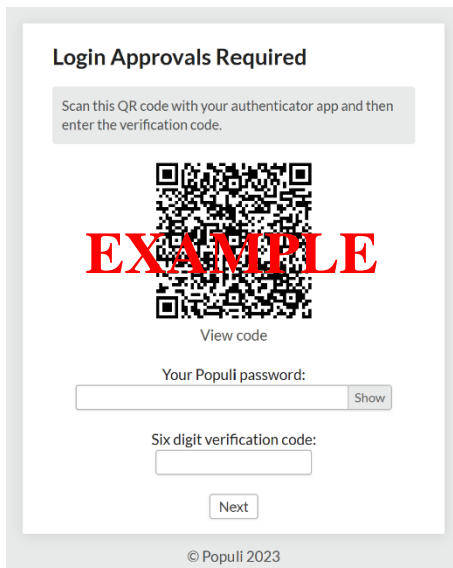
1) Download the Google Authenticator app on your phone from your app store (if you are familiar with authenticators and already have another that you use, you can continue to use that, however, all students will be instructed on Google Authenticator, so please be familiar with it to be able to assist any issues that arise with students).



2) Once you have the app downloaded, go to [iam.populiweb.com](https://iam.populiweb.com) to sign in. On your first sign in you will see a message to download an app, but you can just click next as you have already downloaded Google Authenticator



3) Next you will get a screen to scan a QR code and enter your password again, and you will need a six-digit code from the authenticator app.

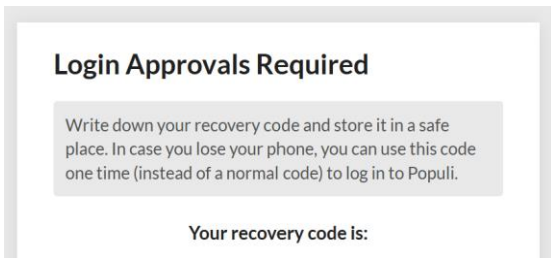


Scanning the code will open the app for you so you can get the six-digit verification code.

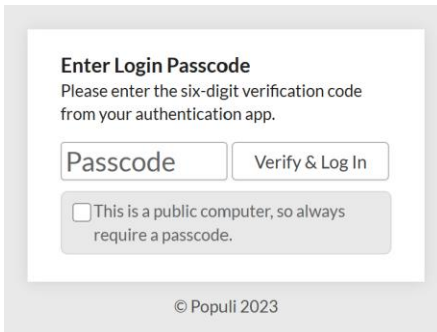
Example image - do NOT scan QR code on these instructions. You will receive your own code to scan.



4) You will then get a screen with a one-time recovery code, you'll click 'done' beneath the recovery code.



5) Then you will get a screen for another six-digit code



If you are on a public computer - CHECK THE BOX. If you are on your personal computer, you can just enter the code to progress into Populi.

If you are using your personal computer, you will not have to repeat all these steps each time you login. You will be able to simply go to Populi, login, enter a six-digit code, then you'll be in Populi. You will then be able to login normally for 90 days before you will be required to reverify.

If you are using a public computer, you will have to do the above steps each time as it will not store your information.

AIAM classroom instructor and office computers are *not* considered public computers since we each have our own login credentials.

AIAM student laptops for testing and in the library are considered public computers since they do not require individual login credentials.

**For any issues, please email [studentsupport@aiam.edu](mailto:studentsupport@aiam.edu) for assistance.**