



HACC YORK CELEBRATES THE ARTS



Students pose during their trip to the Philadelphia Museum of Art.



Art student, Michael Harper, finishes his final drawing

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Student artwork was displayed at the Fall 2013 Art Show held on December 4, 2013.



The show featured student art as well as a performance by the HACC Singers.

**COMING IN
FEBRUARY—IT'S
CAMPUS CLEAN UP
MONTH!!!**

FROM THE OFFICE OF THE CAMPUS VICE PRESIDENT

Welcome back to the spring semester!

Did you make resolutions or set goals for 2014?

We often hear about the many people who give up on their resolutions two months in, but I prefer to **think about those individuals who make resolutions and achieve goals because their resolve is strong and they are ready for change.** Trust me, I've been in both categories!

Goal setting has always been of importance to me. Back in the eighties, I came upon an article about the "1952 Yale Goals Study" that touted the common denominator of success for people in business—the ability to set and achieve goals. Graduates were interviewed and asked a number of questions about their goals and plans for the future. Ten years later, they were surveyed again and it didn't seem to matter how intelligent someone was, what their family influence was (this was Yale, after all), their career of choice, or their economic position, **those who had firm goals had achieved more in many areas and better met society's definition of success than those who didn't.**

I have evidence that goal setting works, not only in my life, but in the lives of many others. I shared the Yale goal study with the freshman in my Master Student classes for years and we worked together on identifying and committing to goals for health, relationships, personal growth, financial security, travel, spirituality, and material possessions. One year after the course ended, I would mail the original goal lists to the students and they would respond with feedback on what they had achieved. I often had over a 70% response rate from these classes. Although not a formal study, I can say that many students found this experience of goal setting to be life changing. **It was incredible how many of them accomplished things they said they never would have without setting a clear intention, developing a plan of action, and sharing the goal with at least one other person.**

Here's an interesting side note. Although the Yale study was used to motivate and inform business leaders, coaches, and educators for decades, Yale University eventually reported that they have no documentation that this study ever took place. So much for empirical evidence.

Here's a quick version of the original goal setting exercise I used with my students. Feel free to try it out for yourself.

Write down a list of what you want to do, be and have by 2024. Think of all areas of your life. Write quickly, don't censor your thoughts, and push yourself to fill the page. Now go back and read them aloud. **Imagine that only three of these will come true;** circle them. Do the same for where you want to be in 2019. Compare the two lists. Are you planning to be half way to your long term goals in five years? Are your ten year goals more inspiring than your midterm goals? Observe and make any necessary adjustments to these two lists. Now you're ready for your yearly goals. **What do you want to do, be or have by December 31, 2014?** Write it down. Say your goals out loud. Share them with someone who will support your success. It should feel like fun, not a chore. Then you can write yourself weekly notes, make a vision board, tack up images of your most significant goals—whatever will remind you and motivate you stay focused.

Have a great 2014!

Jean

DARING GREATLY! Who has stepped up, stood in the arena, and pushed beyond their comfort zones? Here's what you had to say for this month:

Kelli Kashner has served the students and faculty of the HACC York nursing program as the nursing skills lab coordinator, since 2008. **The contribution Kelli has made to the growth and success of the HACC York nursing program has been exceptional.** Cindy Donell states, "I cannot remember a time, when Kelli was not my 'go to girl' in the nursing lab. Kelli's professionalism, compassion, patience, organization, joyful attitude, attention to detail and exemplary nursing skill and knowledge, makes her a complete package; a true role model to the students she has served in our lab."

Kelli's role as the skill lab coordinator at our campus ended in December because she has started down an exciting new professional path and has accepted a position as a nurse practitioner. **KELLI IS DARING GREATLY BY MOVING INTO THIS NEW ARENA!** Cindy adds, "I am pleased that Kelli will continue to serve our students as a member of our adjunct clinical faculty. I believe I can speak for our faculty and the students Kelli has served, as I offer my **sincere appreciation for everything that she has done to support and contribute to the growth and quality of the nursing program, here at the York campus.**"

CONGRATULATIONS 2013 NURSING GRADUATES

The pinning of a new professional nurse is a time honored tradition of the nursing profession. Each nursing program crafts a unique design that represents that programs **values, philosophy and mission.** To the graduate, it is not just a piece of jewelry; it is a symbol of their entrance into professional nursing as a graduate of the HACC Associate Degree program. On Thursday, December 12th 28 new graduates received their pins at the celebration held at the Holiday Inn on Loucks Road.

The Class of 2013 chose Becky Warren and Danielle Fetrow to give the Address to the Class. The pair talked about the humorous events which marked key points in their pathway from acceptance into the HACC nursing program to the night of pinning. As well as, **spoke about how the program has shaped them to be quality health care partners** and meet the challenges of a changing health care environment. Graduate Renee Reese was pinned by her mother Alice Lippy, a registered nurse currently practicing at the Hanover Hospital. The moment that Renee and her mother shared with the audience, served as a reminder the **nursing is often a tradition that is passed through generations of a family.**

Although each graduate will be expected to engage in a modern, technology filled healthcare environment; the evening offered clear reminders that there exists a foundation of history to the profession, which was honored through the recitation of the Nightingale Pledge, and the Lighting of the Nightingale Lanterns. The evening reminded the graduates that they have an obligation to maintain the integrity of the profession and serve as a foundation for those who will follow them into practice.

Amy Wingert was the recipient of the Academic Excellence Award. This award is presented to member of the graduating class who has demonstrated consistent academic excellence throughout their student nurse career. Amy graduated with the highest GPA of all members of the Class of 2013.

Nonglak Steele was awarded the Florence Nightingale Award. This award is presented to the student who, throughout their student career demonstrated the core characteristics of the profession of nursing: compassion, community service, patient advocacy and competent patient care. The recipient of this award is someone who would make Florence Nightingale proud of their care at the bedside.



Left: Class of 2013, HACC York Nursing Program

Right: Speakers Becky Warren and Danielle Fetrow with award winners, Amy Wingert and Nonglak Steele; along with Cindy Donell, Campus Director of Nursing programs



SAFETY AND SECURITY SAFETY TIPS

WALKING SAFELY IN BAD WEATHER CONDITIONS

- When walking on wet, slippery sidewalks, parking lots or surfaces (particularly at night) walk slowly, take short flat steps and **keep your feet in contact with the ground as much as possible.**
- **Walk on level surfaces whenever possible,** and avoid walking on wet or frozen grass and uneven surfaces where it is difficult to get solid footings.
- **Wear sensible weather resistant shoes, boots, or footwear that provides good traction,** such as shoes with good rubber or slip resistant soles, or snow and climbing boots with deep treads, or cleats for ice.
- Avoid taking shortcuts in areas unfamiliar to you or across snow piles, frozen ponds or rough country where balance and/or footing is precarious and unsafe.
- Avoid carrying packages etc. over slippery surfaces and **use handrails, when available,** for support. Avoid causing indoor slipping hazards by keeping wet outer garments and umbrellas from dripping and by wiping footwear carefully on the mats provided.
- Keep away from snow plowing, sanding, and salting equipment or machinery cleaning sidewalks etc.

CAREER CORNER

STUDENT STORIES

Marion Chadwick, a student in our Business Management program, came to Career Services with the intent of looking for another job. She had been working as a part-time teller at Metro Bank for over a year, but she wanted to take the next step in her career. After careful discussion and some career planning, it was decided that Marion would keep looking for a job but also start to look within her current organization for more opportunities. Just weeks later, Metro Bank invited Marion to participate in their Pathways Program, which trains promising employees for upward mobility within the company. **Sometimes, as we all know, the best opportunities for advancement exist when we start to look in our current organization.**



Emily Schuchart has worked with Career Services a number of times over the last few semesters. Emily is interested in sports journalism, and we have had discussions about the evolving role of a sports journalist and the best way to develop skills to improve marketability. To give her a better sense of the role of a sports journalist and similar positions in the workforce, Career Services has arranged a host of shadowing opportunities. Emily shadowed with Frank Bodani, sports writer for the *York Daily Record/York Sunday News*, in the spring of 2013, and this fall **she is shadowing with the sports marketing and public relations departments for the Hershey Bears and the York Revolution.** Emily will be transferring to Liberty University in the spring of 2014 and majoring in Sport Journalism with a minor in either Public Relations or Marketing.

OTHER CAREER NEWS

Career Services has begun referring female students to **Dress for Success of South Central PA**, located near the campus off of Vogelsong Road. Students can get an interview suit and, if they get a job, additional professional attire. **Thus, if you have female students who could benefit from this worthy cause, please direct them to Career Services.** There is no cost to the student, and there are no financial qualifications; all female job seekers are eligible. They do, however, need to be referred by Career Services.

Call for Collaboration: With the spring semester upon us, Career Services is looking for opportunities to partner with faculty and staff. How can we work together to benefit your students and add to your curriculum? Career Services can tailor a program to fit your needs, so let's work together!

Career Services · Tim Barshinger · Leader 105 · 717-801-3219 · tpbarshi@hacc.edu

COUNSELING SERVICES

While the holiday season is full of joy and celebration for many, it can be a challenging time for people who have lost loved ones throughout the year. As we have turned the corner into a new year, some will welcome the hustle, bustle, and distractions the new semester will bring. Others may be ready and looking for ways to begin working through their grief.

Members of the HACC faculty and staff are eligible to utilize our Employee Assistance Program (EAP), serviced by Mazzitti & Sullivan EAP Services. This is a benefit that entitles employees to 5 counseling sessions at no cost. Mazzitti & Sullivan can be reached at 1-800-543-5080.

York County also has many active support groups. Some groups are general and others are focused on specific types of losses. **Additionally, we are very fortunate to have Olivia's House in York that provides no-cost programming to serve the needs of grieving children.** More detailed information about our community resources may be obtained by visiting www.pa211.org or dialing 211.

Students may be directed to our campus Counseling Services to speak to a counselor on staff or consult with our Community Resource Specialist for referrals. Appointments can be made by calling 801-3213.

BOOKSTORE NEWS



A big shout out to everyone who donated toys & games to the Toys for Tots bin that was located in the lobby of the Leader Building. The Bookstore participates in this very worthwhile cause every Christmas and it is so nice to see the generosity of HACC employees & students. **THANK YOU!**

The item of the month for January 2014 is a Hockey-style hoodie sweatshirt from Champion that can be purchased for \$44 (regularly priced \$54.99). This sweatshirt is available at all HACC Bookstores so if we don't have the size you need we can always check another campus and have it transferred to the York HACC Bookstore.



NEW ITEM! All HACC Bookstores are now carrying **gift cards to local restaurants & stores.** The gift cards that are available are Wet Seal, Applebee's, Chipotle, Texas Roadhouse, Subway, Bed Bath & Beyond, TJMaxx, Buffalo Wild Wings, Starbucks, Outback Steakhouse, Burger King, Finish Line, Computrace Lo Jack software, PlayStation Network card, Xbox Live, Domino's Pizza, & Red Lobster/Olive Garden/Longhorn Steakhouse/Bahama Breeze/Seasons 22. These would make wonderful last minute gifts for any occasion.

Stop by the Bookstore and check out all of the HACC apparel and gift items as well as school supplies & electronics.

HACC Prepares to Celebrate 50 Years of Expanding Horizons and Changing Lives



HARRISBURG, Pa. – With the celebration of the New Year right around the corner, [HACC, Central Pennsylvania's Community College](#), is gearing up for a year's worth of celebrations to honor 50 years of educational opportunities, community support and influential individuals.

“Over the past 50 years, HACC has made it possible for more than 673,000 students to further their education through its five campuses and a thriving virtual learning enterprise,” said HACC President John J. “Ski” Sygielski, Ed.D.

Established on Feb. 14, 1964 as the first community college chartered in Pennsylvania, HACC opened its doors at the former Harrisburg Academy site on Front Street in Harrisburg, Pa. with an enrollment of approximately 430 students and 16 programs. Today, HACC enrolls more than 20,000 students each year at its five campuses in Gettysburg, Harrisburg, Lancaster, Lebanon and York and via its virtual learning offerings.

The College offers approximately 200 career associate and transfer degree programs, diploma and certificate programs. In addition, it offers workforce development programs in health care, computer training, fire training, law enforcement and safety, security programs and technology and trades.

HACC has many events in store for 2014. The public is invited to attend the following [events](#):

- **ReDISCOVER HACC**, an opportunity for the public to discover everything that HACC has to offer students and the community through tours, demonstrations and lectures from April 21-26, 2014.
- **Dr. Ski's Miles of Gratitude – Tour de HACC**, which involves HACC's president, John J. “Ski” Sygielski, Ed.D., taking the road from April 22-24, 2014 to express his gratitude for all that Central Pa. does for HACC. Dr. Ski will pedal his bike 150 miles throughout the region with stops at HACC's Gettysburg, Harrisburg, Lancaster, Lebanon and York campuses.
- **Lectures** throughout the year by individuals including, Kenneth Womack, award-winning novelist and author and editor of three books dedicated to the Beatles and William Pencek, American history professor from Penn State University who will focus on the *Four Black Pennsylvanians in the Civil War*.
- **Frank J. Dixon Tournament for Scholarships**, a premier fundraising event on Sept. 22, 2014 that provides scholarship support for HACC students with financial need attending classes at HACC's Gettysburg, Harrisburg, Lancaster, Lebanon and York Campuses, and through Virtual Learning.
- **Performances by Tommy Tune**, the epitome of Broadway song and dance and the winner of nine Tony awards. He will present *Taps, Tunes and Tall Tales*, an upbeat, celebratory, one-man act at the Rose Lehrman Arts Center on the Harrisburg Campus on Oct. 17, 2014.
- **HACC's Golden Anniversary Gala** on Oct. 25, 2014 at the Radisson Hotel in Camp Hill, Pa. Attendees will have the opportunity to hear HACC's history and honor the College's forebears. Tickets will be available in April 2014.

Residents of Central Pennsylvania are encouraged to visit www.hacc.edu/50 to learn more about the upcoming events, read about HACC's history and register for events.

Additionally, individual fundraising opportunities are scheduled and being led by HACC's donors, alumni and employees to support projects under the [HACC Foundation](#), a 501(c)(3) non-profit organization that raises private funds for HACC.

Many [sponsorship opportunities](#) are available for 50th anniversary events, and the proceeds will support the President's Fund for Excellence and HACC Foundation scholarship programs.

Sygielski said, “We encourage the community to discover what we have to offer. Learn about the College in the High School Program, our culinary programs or our [Police Academy](#). Since the day HACC opened its doors, it's continued to expand the horizons for students. As [one student stated](#), ‘I love that HACC gives me a chance to continue my education while I'm home and working full time.’ The options are yours at HACC.”

FOOD DRIVES FOR STUDENTS IN NEED



Members within SGA and numerous students throughout HACC York spearheaded a food drive that collected non-perishable items for students on the HACC York Campus. **Thanks to the generous donations of the HACC community and private donations from some businesses in York, the students who coordinated the drive collected food for, a record, 48 students who registered to receive goods from the drive.**

Donations ranged from \$500 from a father of a student who owns his own business to \$300 worth of \$10 gift cards to a grocery store from an faculty member who wished to remain anonymous to a few cans and boxes of food to contributions from a psychology class that organized their own food drive and combined efforts and to everything in between. Every little bit helped as we distributed every bag to those in need. **In many instances, the student volunteers were brought to tears by the gratitude demonstrated by the recipients of the food and grocery store gift cards.**



Professor James Schadewald's abnormal psychology class also held a successful food drive during the holidays. As part of the class's coursework, Dr. Schadewald invited representatives from Bell Socialization Services to speak to the class about community mental health. They provide services and shelter for those impacted with mental health issues and intellectual disabilities.

He asked Bell representatives to speak about any specific project Bell might have to **encourage the students to take an active role in making a positive impact in the lives of individuals** receiving services at Bell. One of the case workers mentioned that the group was running low on nonperishables. Replenishing this food supply was the project that Bell offered to the students. Dr. Schadewald delivered the collections for the food drive which included canned goods and packaged food items.

Thank you everyone. Your generosity positively impacted the lives of many during our season of good will.