

EIC Escapades Student Newsletter - May & June 2019

Your New Jersey Allied Health College



To New Beginnings: New Students

EIC welcomes our newest Freshman who started in May. There are many resources available to you and you have a lot of great support. More on [Student Services](#). We hope to see you at our next Student Council meeting!

What Does Success Look Like & How Can I Make the Most of My College Experience?

Make the most out of any face-time you can get with employers at job fairs and recruitment days.



Julia Rodriguez, a brand new RN, attended both Spring 2019 Job Fairs at JC & BV and landed an on the spot interview with Columbus Specialty Hospital. She got hired the same day and is now a proud Columbus LTACH employee! Way to go Julia in making the most of your face to face opportunities with employers.



Liz Calderon, a brand new RN, attended both Spring 2019 Job Fairs and landed interviews with six of the companies in attendance. Three of the employers were delighted to do a photo opt with Liz. Employers: East Orange General Hospital, Preferred Home Health Care, and Daughter's of Israel.



Cherita Morgan, our former VP and Student Ambassador for the Belleville Student Council ensured that she got face time with employers prior to actually attaining her NCLEX. She received an interview and a job offer pending her NCLEX. How awesome is that? Cherita got to interview before she attained her board licenses. Cherita has demonstrated excellent mentoring and leadership skills during her time at EIC and she participated in the 2019 graduation ceremony.

Spring 2019 Job Fair





Congratulations to our Honorary White Coat Recipients May 28, 2019

The White Coat Ceremony is a relatively new ritual in nursing schools that marks that students' transition from the study of preclinical health sciences. It is instilling a commitment to provide compassionate care among future health professionals.

Our Honorary Recipients from Jersey City Campus are:

Sascha Alphonse
Lydia Aryee
Cenauta Grimes
Lovepreet Kaur
Kim Marshall
Andy Park
Tara Vaughn

Congratulations White Coat Recipients!





GRADUATION 2019

Congratulations to Our Graduates!



On May 24th, we had our graduation celebration at William Paterson University. It was great to see our valedictorians and excellency awardees receive their recognition.

The graduates looked fabulous with their burgundy caps and gowns. Many students decorated their caps which were fun to read and see.

We had a total of 750 people in attendance for graduation. Thank you to our founder and CEO, Dr. Bashir Mohsen, for providing for this beautiful ceremony that included pinnings for all programs, excellency and academic awards recognition and the conferral of degrees. It was a great day!

Remember, all of our graduates have lifetime placement assistance. [More photos available in EIC's Blog](#)



**EIC gives a big THANK YOU to our
Jersey City Student Council members**

Maggie Mattson & Amanda Chirico

for taking the lead and exhibiting their leadership
skills at our 2019 graduation.

They recruited their fellow Dental Hygiene students

Jameslee Baptiste
Valeria Mushkaeva
Flurring Regis



Amanda and Maggie manned the sign-in table, checking in 120 graduates and over 600+ guests, while Jameslee, Valeria, and Flurring, with two other recruits, ushered guests to their seats, provided excellent customer service and ensured everything was running smoothly.

EIC is proud of these five students and thankful for their dedication, time and leadership contributing to the success of our 2019 Graduation Day.

Feeling inspired? Join **Student Council** so you can be a part of making a difference with your EIC escapades. Stop in and come see what it is all about.

Download the mobile app for next meeting dates or through flyers on campus.

Be in the know. . . . Download the app!

School closings & delays

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Check your course details

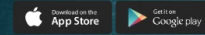
More information [here](#)



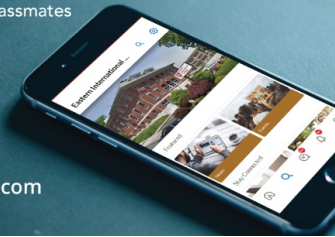
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Student Council Board Members



JERSEY CITY

Student Council

Next Meeting: TBA (see mobile app)

**Location: Student Lounge
2nd floor**

President

Maggie Mattson, Dental Hygiene

Vice President

Deseree Gordon, Nursing

Secretary/Treasurer

Amanda Chirico, Dental Hygiene

Student Ambassador #1

Pricilla Bonilla, Diagnostic Medical Sonography

Student Ambassador #2

Vacancy

Student Ambassador #3
Vacancy

Student Ambassador #4
Vacancy

Come and be a part of the meeting and learn what's going on.

BELLEVILLE

Student Council

Next Meeting: TBA (see mobile app)

Location: Student Lounge
2nd floor

President

Kaitlyn Brauer, Nursing

Vice President

Steven Chea, Nursing

Secretary

Nicole Hernandez, Nursing

Treasurer

Monica Angamarca

Student Ambassador #1

Frances Torres, Nursing

Student Ambassador #2

Stephanie Valse, Nursing

Student Ambassador #3

Olga Kolomytkina, Diagnostic Medical Sonography

Student Ambassador #4

Vacancy

Student Council Members have a voice in College Life

- You can share feedback, improvements and any difficulties you are having with the mobile app.
 - First to hear information on any of the events we are doing in Student Council.
 - If you have anything you would like to post on the Student Council board, which is located in the student lounge, provide that to your Student Council President and/or Vice President and they are responsible for any posts on the Student Council Board.
 - Let them know any positive and/or negative feedback about your experiences here at EIC and they will present those topics at the Student Council Meetings to continue and/or aid to make changes.
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Maria's Counseling Corner

Welcome to another exciting semester at EIC. As workloads start to pick up and stress creeps its way back in, here are a few tips to help reduce your stress level and get you back to your most peaceful and productive self.



10 TIPS TO... KEEP CALM AND REDUCE STRESS

1. MEDITATE

Just a few minutes a day of meditation can help ease your stress and anxiety. "Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress," says psychologist Robbie Maller Hartman, PhD

2. BREATHE DEEPLY

When you are feeling stressed, take time to focus on breathing deeply. Close your eyes, sit up straight and focus on nothing but breathing deeply.

3. REACH OUT

Having a solid social support system is a key to reducing stress. Reach out to close friends and your family in times of need.

4. EXERCISE

Exercise has been shown to increase "feel good" endorphins that can help you reduce stress. A long walk can give you time to reflect, while an intense gym session can let you release negative energy.

5. LAUGH

Laughter may not be the "best" medicine, but it does actually lower cortisol - also known as the "stress hormone".

6. LISTEN TO MUSIC

Research has shown that listening to soothing music can lower blood pressure, heart rate and anxiety. Alternatively, listening to more upbeat music can also help by invigorating you.

7. BE GRATEFUL

Keep a running log of everything you are grateful for. The simple action of creating this list will help you focus on the good in your life.

8. ACCEPT YOU CAN'T CONTROL EVERYTHING

This one is simple - sometimes you just have to stop

This one is simple - sometimes you just have to step back and realize that you can't control everything. Some things are out of your hands, so why waste time stressing about them?

9. STAY POSITIVE

It isn't easy to always stay positive. But, you can make an active effort to try and find the positivity in your life. Don't focus on negative thoughts like "Bad things always happen to me".

10. DO SOMETHING FUN

Don't forget to take some time to really enjoy yourself. Find a hobby that enthalls you, do activities that you enjoy. Surround yourself around people that you have fun with.

Always put your best foot forward and know that you can make a difference. Being trained in the medical field aids you in making every moment count. You can and will make a difference!

~ Maria Billings, Counselor ~

[Request an appointment to speak with Professor Billings](#)

Monthly Awareness for June



[National HIV Testing Day](#)
June 27th



[National Safety Month](#)
Month of June

Upcoming Events

Group SESSION for Career Services

Jersey City Campus

Monday: June 3, 2019

10:00 a.m. to 1:00 p.m.

[To Sign Up Click Here](#)

**** Anyone who is late, will not be permitted to attend, and will need to reschedule ****
This class is needed to get clearance to attain diploma

Group SESSION for Career Services

Belleville Campus

Monday: June 3, 2019

3:00 a.m. to 6:00 p.m.

[To Sign Up Click Here](#)

**** Anyone who is late, will not be permitted to attend, and will need to reschedule ****
This class is needed to get clearance to attain diploma

BV Student Council Meeting

Date: TBA (check mobile app)

Location: Belleville Student Lounge

2nd floor

JC Student Council Meeting

Date: TBA (check mobile app)

Location: Jersey City Student Lounge

2nd floor

Luncheon for Presidents' List Honorees: Jersey City

Monday: June 10, 2019

12:30 to 1:30 p.m.

Luncheon for Presidents' List Honorees: Belleville

Thursday: June 13, 2019

12:30 to 1:30 p.m.

Ideas for the next newsletter? Let us know!

EIC | 201.216.9901 | www.eiccollege.edu

STAY CONNECTED

