



Eastern
International
College



A T T E N T I O N
Important Notice



**Register now
to make sure you get the courses
you want!**

All registration appointments
will be conducted online or over the phone.

JC Students call 201-216-9901

BV students call 973-751-9051

to schedule an advising appointment or
contact your faculty advisor directly

Nursing Students

Please contact your advisor
Dr. Rosales or Dr. Butts
for advising appointments

**Please check your EIC emails daily
for important announcements
regarding the Spring 2021 semester**

Feature Article: December 2020

SELF REFLECTION & ASSESSMENT

Can you believe the end of the year is already here and the new year is just around the corner?

December is a great time to self-reflect and identify which practices in your school, personal, and work life are working to your advantage to help you be the best version of yourself, but at the same time, take a moment to identify areas of improvement.

- Are you getting the reactions you want from others? (How are people perceiving you?)
- Are you attaining the grades you were seeking to land?
- Are you feeling good physically, mentally, and spiritually?

If the answer is a clear no or not up to the measurement that you would like it to be, make a list of pros and cons for each area (questions above) and identify solutions to how you can improve.

Your Student Services department is here for you and are available to assist you with counseling if you need that extra guidance/support. Furthermore, we are mentors for you and can aid you with professional development.

With regards to the pro's, take a moment to show appreciation to yourself by taking time to do something special just for you. That could be taking a rest, meditating, purchasing something special for yourself, or just relishing in the moment of something that you absolutely love to do. It's so important to always take time for yourself, because when you take care of "you" first, then you can be an even better version of yourself when it comes time to being a good student, parent, friend, pet owner, family member, etc.

The second part of that is once you have got "YOU" taken care of, then be sure to let those that are in your life know how much you appreciate them. Show a stranger or someone you don't know the power of positivity and kindness by sharing a simple smile. Some may say that with wearing a mask, no one can see your smile, but people can see your smile in your eyes and hear it in your voice when you offer this simple act of kindness; for example, good morning and good evening (with a smile). This act of generosity can make another person's day and validate them as an individual.

Now everyone's going to be talking about their New Year's Resolutions. Make small incremental goals and once you attain that/those specific goal(s), then choose another milestone to reach. You will find that this feels great to take small steps and realize your dreams and any needs you may have.

EIC's hope is that you know that we are here for you and have faculty and staff, together with your Student Services Department, which encompasses Career Services, Counseling, and Student Life/Affairs, that care about you and are here to support you every way we can. Let us know how we can help you and/or how we can enhance your EIC experience.

We are partners with you in your success!

If anyone would like to make an appointment to meet with:

~ Maria Billings, Counseling

~ Kelsey Gallagher, Library research and literacy assistance

~ Jennifer Gonzalez & Mary Kurzyna, Professional development, career services, Student Council and other ways to get involved and maximize your school experience

Please click on the button(s) below to email.

I'd like to make an appointment to speak with Maria Billings, Counseling

I'm interested in mentorship, professional development, & how to get involved

I'd like to learn more about research & literacy assistance



*Office of
the
President*



Dear students,

Welcome back from a long weekend and I hope you had a nice Thanksgiving!

The holiday season will look undoubtedly different this year, but do not

allow the pandemic to steal its spirit from you. It is a season of giving, joy, and love. Make the most of it as there is no time when it is more needed.

We know you still have a few weeks to go before you break for the holidays; stressful weeks at that. Hang in there! You have made it through one of the most difficult years we will likely ever experience. We know you CAN do this! Then, as the year comes to an end, there will be plenty of time and opportunity for you to relax, refresh, and renew as you celebrate the holidays with family and friends.

On behalf of all of us at EIC, I extend our best wishes to you for a wonderful holiday season; one filled with joy and grace.

May the New Year bring much hope and confidence,

Anthony A. Stanziani
President



EVELYN'S DEFAULT SECTION



CLICKto connect with
Evelyn



Save Money and Get Ahead!

IF you make a payment while interest rates are set at 0% on your student loans, it could allow you to make progress on paying down your unpaid principal—possibly reducing the overall cost of your loan!

Please visit:
studentaid.gov for
more information on
the CARES act.



Maria's Counseling Corner



Fast Stress Reduction Techniques

Each of these stress-relieving tips takes less than 15 minutes.

1. Meditate

A few minutes of practice per day can help ease anxiety. Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress.

Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.

3. Be Present

Take 5 minutes and focus on only one behavior with awareness. Examples: Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.

4. Reach Out

Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. Simply be aware of places you feel tight or loose without trying to change anything. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

6. Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure.

7. Laugh Out Loud

It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which helps your mood. Tune into your favorite sitcom or video, reading the comics, or chatting with someone who makes you laugh and smile.

8. Listen to Music

Listening to soothing music can lower blood pressure, heart rate, and anxiety. Create a play list of songs or nature sounds and allow your mind to focus on the different melodies, instruments, or singers in the piece. Or you also can release tension by dancing to more upbeat tunes or singing at the top of your lungs!

9. Move

All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release of endorphins and by giving your body a chance to practice dealing with stress. You can go for a quick walk, take the stairs up and down a few flights, or do some stretching exercises.

10. Be Grateful

Keep a gratitude journal to help you remember all the things that are good in your life. This cancels out negative thoughts and worries.

Also record good experiences and good health. Celebrate accomplishments like mastering a new task at work or a new hobby.

Holiday Tree Challenge

Which Campus has the best decorated tree?

Winning campus gets bragging rights.



One tree will be put up at each campus and the challenge is for each student to bring in an ornament or something fun to add to our trees at each of our campuses to see which campus has the most exciting tree after all of your additions!. Photos of the trees will be shared in next months issue of EIC Escapades.

Get Involved! Show Your School Spirit!

Message from the Dean of Academic Affairs

Wishing you all a
rest filled break
and a Happy
Thanksgiving with
your loved ones.

~Dr. Toni Williams



COVID NEWS

HAVE YOU BEEN IN CONTACT WITH
A POSITIVE COVID PATIENT?



Don't worry! EIC faculty and staff will have your back!

- 1 Start a 14 days quarantine process immediately.
- 2 Inform school as soon as the 14 days quarantine starts.
- 3 At day #7 get tested once and inform school the results.
- 4 Get Retested at day#15. If negative student can come back to school.

AND ALWAYS



Remote classes will continue as usual and labs will be arranged upon your return.



DMS & CVT Students

Did you know that you can take your SPI (Sonography Principles & Instrumentation) Examination right after you complete your Physics courses (I & II) and don't need to wait till you graduate.

It's best to sign up and have this SPI examination done as soon as possible, while the information is fresh in your mind from your Physics class.

[Visit the ARDMS website](#)

ARDMS certification examination information, click button below:

[Certification information](#)

Sonography Principles and Instrumentation (SPI) examination requirements

The Sonography Principles & Instrumentation (SPI) Examination Requirement allows students to apply for and take the SPI examination prior to graduation. The SPI Examination Requirement can be found in the Prerequisite section of this guide. The SPI Examination Requirement cannot be used when applying for a specialty examination (e.g. AB, BR, OB/GYN, FE, AE, MSKS, PE, PS, VT). Applicants previously approved for the SPI examination under the SPI Examination Requirement must choose a prerequisite in order to apply for a specialty examination.

[CLICK HERE to learn about SPI Examination Requirements](#)

Note: For all **SPI Examination Requirements**, **ALL** listed items must be met and completed prior to submission.

Education- Successful completion of a general, medical or sonographic physics class/seminar/course.

Documentation Required with Application

1. A transcript reflecting successful completion of a graded general, medical or sonographic college, post-secondary or higher education physics class (with a grade of C or above); OR A CME certificate denoting successful completion of a general, medical or sonographic physics seminar, physics review course, or physics correspondence course, denoting a minimum award of 12

ARDMS-accepted CME credits. The certificate must meet ARDMS CME documentation requirements (visit ARDMS.org/CME to view ARDMS- accepted CMEs). The CME credits must be earned within two (2) years prior to application submission.

2. Copy of a non-expired government-issued photo identification (ID) with signature; the first and last names on the ID must exactly match the first and last names in your ARDMS/APCA record.

Transcript Requirements • Name of Applicant and school must be printed on the transcript; handwritten information will not be accepted. • The class or course name must specifically indicate Physics, Physical Principles and/or Instrumentation in the title and be printed on the transcript. Supplementary information will not be accepted. • Transcript can be unofficial or official. • If submitting a foreign transcript or degree, a formal course by course foreign transcript evaluation report must accompany the application summary and indicate the aforementioned requirements. •

Transcripts indicating only a number grade must include a grade key printed on the transcript showing the equivalent letter grade. Supplementary information will not be accepted. • A grade report will not be accepted in lieu of the transcript (unofficial or official).

If you take this as soon as you finish your physics 1 & 2 courses, then the information will be fresh in your mind and give you greater success in passing the SPI.

Plus, this shows employers that you are enthusiastic and motivated. Then once you graduate, you can focus on the different registries/modalities exams for ARDMS.

*Monthly Note from
Financial Aid*



**SPRING 2021
REGISTRATION
IS**

OPEN

**ARE YOU
READY?**

**Pay your
balance**

**Create your
schedule**

**Complete
enrollment
paperwork**

**Speak with
your Advisor
to create a
schedule**

**You will
then receive
enrollment
information
from the
Financial Aid
Office via
Docusign**

**To make a payment online, go to
<https://www.eiccollege.edu/payhere>**

CLICK to get more Information

December Monthly Awareness



**National Handwashing
Awareness~ click to
learn more ~**

National Influenza Vaccination week Dec 1 to 7



[Visit our website](#)



Thank you!

EIC Dental Hygiene Department is giving back to our brave men and women in the Military. Our wonderful students and faculty welcome all who have served and protected our great country by giving them a healthy smile.

We are offering free dental cleaning and x-ray for them as our way of saying thank you for everything they have done. To our brave men and women, we salute you and thank you for your service.

[CLICK HERE](#) to learn more

What's New at EIC?



Are you interested in learning American Sign Language?

EIC is bringing this new club and workshop to you virtually once a month and providing a morning & evening class. The first scheduled classes are:

Friday, December 11th 11:00 a.m. and/or 6:00 p.m. for one hour

You can sign up for both classes if you feel you would like an extra refresher to aid you in your learning. Otherwise, you may choose the time that works best for your schedule, by clicking the button below and signing up. You can also reach out to Mary Kurzyna and Jennifer Gonzalez.

**SIGN UP HERE FOR
ASL**

Library Resources



Send a Message to Your Librarian

December's Message from your EIC Librarian

Greetings Folks!

The Library has acquired some new copies of the required texts for courses at EIC.

A few of the new acquisitions are:

- a) 2021 Nursing Drug Handbook
- b) Saunders 2020-2021 Strategies for Test Success
- c) The HESI comprehensive Review for the NCLEX-RN examination
- d) Brave New World
- e) Henke's Med-Math

One copy of each book is on reserve for students to use only in the Library and at least one copy is available to borrow.

Thanks,
Kelsey

**Request Information Via
Email**

CONGRATULATIONS!

**Student Services
is Proud to Introduce
our
Newest Team member,
Mary Kurzyna**



Mary has worked at our Belleville campus for the last four years and done so much to support all of our different student services departments. She will be transitioning from the administrative assistant position at the front desk and step into her new role as EIC's Student Services Advisor.

Mary will be working synergistically with Jennifer Gonzalez, to enhance the student experience in school, provide leadership, and assistance with resumes, mock interviewing, submittal of resumes to our various hospital, medical facilities, and doctor/dentist offices, and much more.

EIC is proud to have Mary take on this new role and know that our students/graduates will enjoy working with her, too. She is a rising star!

Please take a moment to provide a warm welcome and congratulations for your new role as EIC's Student Services Advisor.

[CLICK HERE](#) to send an email of congratulations



Career Services Bulletin

Mandatory Career Services Session



Have you signed up yet?

This three hour virtual workshop is needed in addition to completing your career services paperwork as part of your mandatory graduation requirements.

You do not need to wait till graduation and can join when you are a Freshman, Sophomore, or Junior

What will I learn?

- How to create and make a standout resume.
- Interviewing tips and tricks.
- What the HR professionals will not tell you.
- How to not only attain the job, but to maintain it and how to leverage your opportunities for pay raises and/or lead positions.
- The do's and don'ts of interviewing.

At the end of this workshop, you will have the tools needed to become a MASTER AT INTERVIEWING!



**Virtual Career Services Session
Schedule**

Thursday, December 3rd: 6:00 p.m. to 9:00 p.m.
Tuesday, December 15th: 6:00 p.m. to 9:00 p.m.
Thursday, January 14th: 6:00 p.m. to 9:00 p.m.

You will receive the career service paperwork and the resource booklet prior to the date of your class, via email.

You may click below to

Schedule Your Session

Health Leadership Program



Our Allied Health Professionals are preparing to be leaders in the medical field.

EIC Student Services wants to encourage our Health Leadership students, as well as other programs to get involved in student council.

Being involved helps you to gain additional leadership and mentorship skills that are transferrable upon graduation, looks great on your resume, and applicable to your career within your trained field.

Reach out to [Jennifer Gonzalez](#) and [Mary Kurzyna](#) for more information.

Nursing

Program



Are you considering continuing your education?

EIC has a RN to BSN Completion Program

Work to obtain your BSN, while you gain experience as an ADN



Bachelor of Science in Nursing Completion Program

RN to BSN

(Program offered 100% online)

RN to BSN

Online courses are delivered in an asynchronous format, meaning you have the week to complete your work and engage with your online classroom. Online classes are more work than face to face classes, so it is important to understand the course workload and make the right decision for you. For a six-credit course, you should allow for approximately 30 hours of work per week.

CLICKto message Dr.
Rosales, Nursing Chair,
JC

**CLICK HERE for
RN to BSN
Information**

CLICKto message Dr.
Broach-Butts, Nursing
Chair, BV

Program Outline:

The RN to BSN Program is designed for registered nurses who want to earn a Bachelor of Science in nursing degree. The curriculum provides opportunities for a nurse to develop critical thinking skills, cultural communication competence, decision-making skills, evidence-based practice, leadership skills, and incorporate research in practice and patient advocacy. The curriculum contains 36 quarter credits of levels 300 and 400 General Education courses and 54 quarter credits of 102 nursing courses. The curriculum outline is below:

Program Major Courses

Course Number	Course Title	Quarter Credits
NUR 301	Health Promotions	6.0
NUR 302	Nursing Informatics	6.0
NUR 303	Population Center Healthcare in the Community	6.0
NUR 306	Advanced Health Assessment	6.0
NUR 307	Nursing and Evidence- Based Practice	6.0
NUR 406	Leadership in Nursing	6.0
NUR 407	Health Policy	6.0
NUR 409	Inter-Professional Collaboration in Healthcare	6.0
NUR 410	Nursing Excellence: Focus on Innovation (Capstone)	6.0
TOTAL MAJOR CREDITS		54.0

General Education Courses

Course Number	Course Title	Semester Credits
SOC 301	Cultural Diversity	6.0
ENG 303	Research Design and Writing	6.0
MATH 300	Basic Statistics and Microsoft Excel Applications	6.0
HEA 402	Global Health	6.0
HEA 403	Women and Health	6.0
PHI 401	Bioethics	6.0
TOTAL GENERAL EDUCATION CREDITS		36.0
TOTAL PROGRAM CREDITS		90.0

Our Community

The community at Eastern International College is a wealth of diversity. Our students have a passion for the healthcare profession.

Student Council-Student Government

Student Engagement wants you to be involved!!!

ARE YOU INTERESTED IN STUDENT COUNCIL?

Do you want to demonstrate leadership?

Are you involved in your community?

Do you want to be a part of student governance?

Did you know being involved positively impacts your resume and gives you transferrable skills you can articulate on an interview for your job upon graduation?

Networking and letting the Student Service Department see you making a difference can aid you in your career, since we can write you a letter of recommendation if you demonstrate excellence in leadership!

Get involved today!

Many of our board members have graduated. We are looking to fill seats for both campuses.

The board meetings are once a month.

**JERSEY CITY
BOARD MEMBER**

PRESIDENT
Lisa Campanelli, DH

- Seeking to fill the Vice President's Student Ambassadors, Secretary, and Treasury positions.

**BELLEVILLE
BOARD MEMBERS:**

- Seeking to fill all positions

Take the First Step to Becoming a Leader(click here)

Upcoming Events & Dates to Remember

Thursday, December 3rd

CAREER SERVICES SESSION (Mandatory for Graduation)
Virtual Class

Friday, December 11th

ALS (American Sign Language) Club
11:00 a.m., 6:00 p.m.
[Click Here to Sign Up](#)

Tuesday, December 15th

CAREER SERVICES SESSION (Mandatory for Graduation)
Virtual Class

Wednesday, December 23rd

Last Day of Semester

Thursday, December 24th to Friday, January 1st

Holiday Break: SCHOOL CLOSED

Tech Update: Be Careful of Phishing Ploys



Make sure you read emails carefully, including the sender information. Phishing attacks often have spelling errors and links that are close but not quite right, to trick you into clicking and or providing sensitive data. Be vigilant online and remember EIC will never ask you for your password. Official college communication comes from @eicollege.edu accounts.

Good cybersecurity behaviors include:

- Using 2 factor authentication;
- Not clicking on strange looking links or emails;
- Don't use public WiFi to access sensitive data (like bank accounts).

As always, reach out to support@eicollege.edu with any questions or concerns.

STUDENT SERVICES

EIC's staff is excited to be of service to you. Please see below for a variety of our student service contacts.

Academic Advising
[Dr. Toni Williams](#) &
[Dr. Julius Wangiwang](#)

Literacy Services
[Kelsey Gallagher](#)

Admissions
[Paul Noel](#)

Disability
[Dr. Julius Wangiwang](#)

Bursar / Registrar - BV
[Karen Lopez](#)

Financial Aid
[Ashley Kende](#)

Bursar / Registrar - JC
[Tina Hamilton](#)

Scheduling
[Dr. Toni Williams](#)

Security Services

Career Services
[Jennifer Gonzalez &
Mary Kurzyna](#)

Counseling
[Professor Maria Billings](#)

Default Management
[Evelyn Lopez](#)

Library
[Kelsey Gallagher](#)

[Agnieszka Drupka](#)

Student Council/Gov't
[Jennifer Gonzalez &
Mary Kurzyna](#)

Student Life & Activities
[Jennifer Gonzalez &
Mary Kurzyna](#)

Technology / Information
Services (IT)
support@eiccollege.edu

EIC | 201.216.9901 | www.eiccollege.edu

STAY CONNECTED

