



## PRESIDENT'S PEN



**We have great news to share!**

Some of you may remember a few months ago we hosted a group from Accrediting Bureau of Health

Education Schools as part of our application for re-accreditation. As a result, ATA was granted a six-year renewal of our accreditation. See the full story for details about what this means for you.

We're focusing on **your** health in this issue of Career Courier. It only makes sense that as you prepare to be healthcare professionals, you take a moment to evaluate your personal health and make some improvements if needed. Not only do we want to equip you with the skills and qualifications you need to succeed, we also want to be a resource for embracing healthy living - both professionally and personally.

Have a great session,  
Don Jones, *ATA President*

## NEWS SPOTLIGHT

### ATA Granted Re-Accreditation

#### Visiting agency impressed with ATA's students and facilities



We are pleased to announce that the Accrediting Bureau of Health Education Schools (ABHES) has renewed ATA's accreditation for an additional six years.

In August, ATA hosted a team from ABHES who interviewed students, staff and faculty as part of the re-accreditation application process.

According to Cindy Landry, Director of Academic Affairs and Compliance, the application process was extremely rigorous. Not only did the ABHES team interview each student at ATA the week they were here, but each department was evaluated to determine whether the programs met the accreditation standards.

You'll be happy to know, ATA consistently met standards in each department, across the board. "Six-year accreditation is a huge vote of confidence for ATA," says Landry. "The ABHES team also stated that student surveys indicated that our students really love what we're doing."

**ABHES accreditation is very important to our college.** As the healthcare industry prepares for unprecedented job growth in the upcoming years, the need for well-trained, credentialed employees grows.

For ATA students, ABHES accreditation enables them to sit for a number of credentialing examinations after graduation, which greatly enhances marketability in the work force. ABHES is the only agency recognized by the US Department of Education as an institutional and specialized accreditor focusing on healthcare education and training.

The healthcare industry is preparing for an estimated 4 million new jobs between now and 2012 due to the increase in aging population and longer life expectancies.

You are in the right place to learn the skills you need to become a healthcare professional. And there is no better time than right now to prepare to enter the field.

## American Heart Month

February is American Heart Month. Show your support and wear RED on **FEBRUARY 6.**



## Need to Know

### Scrubs Central

ATA Students receive 20% off at two area Scrubs Central locations:

20%  
OFF

4600 Shelbyville Rd., Louisville, KY  
897-3626

:: Next to Circuit City

3127 Blackiston Mill Rd., New Albany, IN  
941-7278

:: Corner of Charlestown & Blackiston  
Mill Rd. 1/2 mile south of I-265.

### Referral Program

Refer a friend to ATA and you could win a \$25 gas card. See admissions reps for more details!

### Class Attendance

Please remember that you are expected to attend every class for which you are scheduled. If you accumulate absences totaling more than 20% of the scheduled class meetings, you could be removed from the class. If for any reason you are unable to attend, please call **Brittany @ 371.8330 x365**.

### UPS Delivers Education



For more information about our tuition reimbursement partnership with UPS, please call UPS Jobline at 502-359-1877 or visit [www.upsjobs.com](http://www.upsjobs.com).

### Resource Room

A Resource Room for students is located in room E309 on the east campus. Please feel free to do homework, research or use the computers in that space anytime during school hours.

### RideShare

There are forms available on the bulletin boards in the break rooms of both campuses if you are interested in rideshare with fellow students.

For more information, contact  
**Front Desk @ 371.8330 x0**

### Free Computer Workshop

ATA offers free computer workshops every Thursday at 1:00pm and 4:00pm.

Topics include: Internet research, Microsoft Excel, PowerPoint and troubleshooting.

Questions? **Contact Brittany @ 371-8330 ext. 365 to sign up.**

### Free Tutoring

Need some help with coursework? We understand everyone needs a little help sometimes, so we offer free tutoring.

**Contact Brittany @ 371.8330 x365**

# HEALTHY LIVING STARTS WITH YOU

As future healthcare professionals, your health should come first.

Are there areas in your life that need to be improved? Would you consider yourself a good example for future patients you'll come in contact with?

Before you enter the workforce, improving your personal health, both physically and mentally, needs to be at the top of your to-do list. No matter where you are on the healthy lifestyle spectrum, we want to encourage you to take the time now to evaluate improvements you can make.

Theresa Schmidt, ATA's Director of Corporate Training and our very own fitness guru, firmly believes exercise can cure what ails you. Whether stress, high blood pressure, pre-diabetes or

your outlook on life, incorporating some form of movement into each day can improve them all.

"I've been a fitness instructor for years and one of the main reasons I keep doing it is because of the life transformations I get to witness," says Schmidt. "Once you grasp that this is a lifestyle change, the results are inspiring."

Let's face it. We're in the business of learning how to help people feel better. A key part of that process is to make sure that we learn how to feel better, too.

So we're serving up our best health & fitness tips. If a lifestyle change is what you need, don't feel like you have to change everything all at once. Baby steps is the approach to take to make healthy changes stick - for good.

### GREAT WAYS TO IMPROVE YOUR DAY:

- Start with breakfast (always)
- Move it!
- Snack smart
- Work up a sweat at least once a day
- Don't eat too much of one thing
- Balance is key
- Get fit with family or friends
- Eat more grains, fruits & vegetables
- Make healthy eating and exercise fun
- Get 5-7 servings of fruits & vegetables
- Get 2 servings of dairy
- Drink 8 glasses of water, one before each meal
- Eat lean proteins
- Fix your own food
- Plan ahead
- Get plenty of sleep
- Check with your doctor before starting an exercise routine

### DID YOU KNOW?

- Adults need 30 min. of physical activity 5+ days a week.
- 30-60 min of activity broken into 10-15 min bursts throughout the day has significant health benefits.
- Daily physical activity can reduce the risk of heart disease, type 2 diabetes and certain cancers.
- Daily physical activity helps lower blood pressure and cholesterol, prevents or slows osteoporosis, reduces symptoms of anxiety and depression and symptoms of arthritis.

### INTERESTED?

Want to help start a student organization that tackles healthy living? Topics can include nutrition, fitness, smoking cessation, etc. For more information, fill out the comment form (on back) and add "Student Health Forum" and we'll contact you.



## ATA TIPS

### Setting Goals

What are your goals for 2009? When considering what you want to accomplish this year, here are a few pointers to organize your thoughts:

1. Make sure the goal you are working toward is something you really want, not just something that sounds good.
2. A goal can't contradict any of your other goals.
3. Develop goals in the 6 areas of life:
  - Family & home
  - Financial & career
  - Spiritual & ethical
  - Physical & health
  - Social & cultural
  - Mental & educational
4. Write your goal in the positive instead of the negative.
5. Be specific and realistic - think your goal through.
6. Set your goals at the right level - not too high, not too low.
7. Write your goal out in detail with measurable outcomes such as dates, amounts, etc.

### Healthy New You

#### Motivation for exercise haters:

- :: Find something you enjoy
- :: Set goals - write them down
- :: Try morning exercise
- :: Schedule your workout
- :: Find a partner
- :: Chart your progress
- :: Reward yourself
- :: Abandon all-or-nothing thinking

#### Tips for veggie haters:

- :: Add veggies you almost like to dishes you already love
- :: Try them in soup
- :: Eat them raw with light dip
- :: Sneak them into spaghetti or pizza
- :: Drink them
- :: Grill 'em
- :: Sprinkle a bit of cheese



## Horoscopes

### Aries (March 21-April 19)



Having conviction in your ideas gives you a strength that no one else can match.

### Taurus (April 20-May 20)



Loaning a friend some money requires you to be tolerant of how they spend it.

### Gemini (May 21-June 21)



Friends and others in your life are taking their health seriously -- you should too.

### Cancer (June 22-July 22)



Impulse buying might feed your desires, but it will also drain your wallet.

### Leo (July 23-August 22)



Smile! When you greet the world with a bright smile, you inspire confidence.

### Virgo (August 23-September 22)



Don't be too rigid about things, especially social arrangements. Be flexible.

### Libra (September 23-October 22)



Don't let anyone make you believe something that seems too good to be true.

### Scorpio (October 23-November 21)



Goals that are too easy to attain aren't going to feed your ego. Aim higher.

### Sagittarius (November 22-December 21)



Your devotion to your job is strong, but it shouldn't be the focus. Stick to facts.

### Capricorn (December 22-January 19)



Others may be too demanding right now, but try to give them what they want.

### Aquarius (January 20-February 18)



Making a new discovery about someone you recently met will brighten your day.

### Pisces (February 19-March 20)



If you've been living on a steady diet of stress, it's time to make some free time.



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### NEED ASSISTANCE FROM CAREER SERVICES?



Schedule a one-on-one interview with Mabel Sebastian in the last quarter of school.

Dress professionally and bring in a copy of your resume. The Career Service Office will conduct a mock interview and talk with you about your career goals. It's never too early to start working with Career Services at ATA. Even if you're a new student, schedule your appointment today!

**371-8330 x353**

Practical Nursing, Limited Medical Radiography, Medical Assisting, Dental Assisting, Medical Coding, Medical Office Assisting, Network Professional

502.371.8330 or online [ata.edu](http://ata.edu)

**NEW CLASSES START  
February 9**

# PRESIDENT'S & HONORS LISTS

Congratulations to the following full-time students who achieved honors quarters finished in November & December.

## PRESIDENT'S LIST

Marla Abell	Toni Curtsinger	Cari-Lynn Horn	Lynne Owens	Melanie Smith
Audrey Alexander	April Darby	Dennis Jackson	Daniel Pantoja	Tiffany Smith
Lawrence Baker	Kendall Dean	Elizabeth Jackson	Jill Popp	Yvonne Smith
Angela Barnett	Rosemary Decker	Susan Jackson	Stephanie Pulido	Diane Southard
Becky Basham	Ashley Dickman	Ashley Jagers	Crystal Pullen	Dijana Stjepic
Nicole Basham	Kelsey Dillman	Laura Johns	Rebecca Quiram	Mirjana Stjepic
Amber Beam	Tina Doan	Sarah Kayrouz	Sandra Raisor	Leslie Suchsland
Katie Berger	Karen Dobbs	Troy Key	Alyssa Reilly	Morgan Sullivan
James Blair	Maja Drane	Amy King	Shantell Reynolds	Cristy Tackett
Karen Blakely	Jennifer Dunn	Cassie Kirkman	Shannon Rice	Lisa Teegarden
Elizabeth Bobo	Kacie Dzwir	Ann Knight	Crystal Ridings	Kasaundra Thomas
Maureen Brooks	Sarah Eldridge	Alison Lambert	Kim Riggs	Kim Thurman
David Brown	Bridgette Ernspiker	Robin Lloyd	Stephanie Riley	Clarrisa Tumax
Pamela Brown	Tamiko Ferguson	Heather Matheny	Lyndsay Roberts	Laura Urban
Shiaffoscky Brown	Teresa Ford	Kay Mayfield	Winter Rogers	Debra Weppler
Catherine Bruner	Catherine Fowler	Patricia Melgar	Bonnie Roll	Kelly Wheatley
Amy Burns	Kimberly Fuchs	Christina Metzler	Jennifer Roller	Hilary Whitworth
Marion Carr	Teresa Gilfillan	Debbie Michum	Melodie Sandford	Andrea Williams-Neal
Joyce Casey	Stacey Gullett	Stephanie Middleton	Eboni Sayonkon	Antoinett Wilson
James Cheatwood	Crystal Guynes	Brittany Miles	Anna Schafer	Laura Woolston
Tara Clark	Jerrord Hardin	Aaron Montgomery	Jennifer Schnell	Brittney Young
Tara Clayton	Robin Harlow	Demetrius Montgomery	Timothy Shackelford	
Judy Collins	Angela Harris	Michelle Moore	Luis Silva	
January Cope	Eddie Hayes	Julie Orduno	Cherie Smith	
Dondra Cornwell	DaMeisha Henderson	Shane Osborne	Margaret Smith	

## HONORS LIST

LaQuita Bethel	Lasha Fowler	Tiffany Johnson	Angel Palmer	Hope Thomas
Deidre Burt	Ruby Fowler	Deborah Kouray	Crystal Palmer	Tanisha Trice
Lynn Butler	Nicole Guthier	Jacquelyn Locke	Sharray Pinckney	Victoria Waddell
Jessica Carter	Meri Hamby	Jenna Massey	Meagan Pollett	Candice Walker
Courtney Castleman	Jaclyn Hamlin	Sarah Meade	Sally Raisor	Lindsey Wilkins
Hana Dizdar	Jamie Harris	Beverly Merideth	Chasity Richardson	Donitra Wilson
Teri Dorsey	Whitney Hill	Melissa Miller	Jason Saavedra	Ashley Woodruff
Jennifer Dotson	Dianna Hinkle	Beth Mills	Jennifer Smith	Stella Young
Rachel Downey	Sandra Horrell	Lakesha Mohamed	Jasper Stewart	
Cindy Ezell	Cinda Hubbard	Ali Morton	Megan Sutphin	
Towana Ford	Ashleigh Jenkins	Dauida Nathan	Nun Tambo	

## ATA LISTENS

Have a comment, concern or compliment about ATA you want heard? We want to hear it. Use the space below to tell us what we're doing right and what we can do better. Just drop it by the reception desk.\*

\*Please note this is not meant for feedback about specific instructors. Comments should address general ATA issues.

### COMMENTS

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### CHANGE OF CONTACT INFO?

NAME

NEW PHONE

NEW ADDRESS

NEW EMAIL