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New Year, New Resolutions, New You!



Setting Goals for the New Year

Fabiola L., Student Advisor

The 2013 winter term is under way, and whether you're a new student, a returning student, or a student who has been out of the classroom for a while, with the start of a new year, many of us are thinking about new beginnings and examining our lives to see what changes we need to make. Some of these changes will be small and others will be life altering.

As a Student Advisor at AHI, I've heard many stories over the years but I remember one that stood out to me. I spoke with one of my students during the first day of class. She was a mother of 3 and with a full time job and she had no idea what she needed to do her first day of class. This student decided to return to school after being away from the classroom since high school. She expected changes and challenges after enrolling—but she wasn't completely prepared. Students like the one I mentioned return to school for many reasons—for some it is for advancement (a second career, a raise), for others, this is the first chance they have had to pursue higher education and to better themselves.

This new year—work with your Student Advisor and Career Advisor to plan out your educational resolutions. From experience, we know that New Year's resolutions often don't make it to the second week of January. The wonderful thing about taking the initiative to make goals and resolutions with yourself is that you can be flexible—a new year's resolution should be based on your needs and abilities. Ready or not—2013 is here—so let's review some promises that you can utilize as a student:@

1. Have a goal: Be Practical. Why did you decide to return to school? Why are you pursuing your degree? Are you advancing your career? Changing jobs? Expanding your education? Having a goal helps keep things in perspective and helps validate your decision to continue your education. Going back to school while working a full-time job, and concentrating on family responsibilities is hard for anyone. This is why it is important to set goals, prioritize and remind yourself of what your hard work will be worth it in the end.

“Spread your schoolwork out over the course of your week so you will be more likely to meet your goals and less likely to be overwhelmed”

“If you are having trouble meeting deadlines or managing your time, don't be afraid to reach out! Chances are, other students have expressed the same problem.”

2. Have a goal: Be Realistic. How do you use your time? What can you do to better make use of your time? Remember, we can't do everything all at once. List your obligations on a sheet of paper so you can establish what is important and prioritize your goals.

3. Have a goal: Work Smart. Procrastinating with your work can set you up for failure. Instead, arrange your schedule around available time. One of the standard guidelines for college students is to study two hours for every hour of class time. Spread your schoolwork out over the course of your week so you will be more likely to meet your goals and less likely to get overwhelmed. Work smart!

4. Have a goal: Rely On Your Support System. It will be easier to complete degree or diploma program if you have the support of your family, friends and or employers. Having this support might make it easier to reach out for help when you need it.

5. Have a goal: Be Patient. It takes awhile to get to know the ropes. It also takes patience to go through each course. Be patient and give yourself a bit of time to adjust to being a student again.

6. Have a goal: Don't Be Afraid to Ask for Help. If you are having trouble meeting deadlines or managing your time, don't be afraid to reach out. Chances are, other students have expressed the same problems, and your advisor or professor may know exactly how to guide you. Our professors and advisors are here to see you succeed, so let us help you.

Have a goal: Have fun! Being a student is stressful, so it's important to have fun with it. Don't feel guilty about having some “You time”. Celebrate every little accomplishment on the road to your goal.

Whether you are making major life changing for this year or setting a goal for yourself—don't forget, it will not be easy. Prepare for the road ahead—Call the Department of Student Services and Career Development to find out how. **Happy New Year!**



Meet Teresa Yute, the 12/2012 iPad mini winner!

Meet Teresa Yute: because of Teresa's dedication to her schoolwork and her perfect attendance she was awarded a brand new iPad mini. Her interview by her career services coordinator, Sandi, is provided below.

SP: What motivates you to succeed?

TY: I set goals and achieve them to better myself and family. I am also motivated by a need to succeed.

SP: What interests you in the medical field?

TY: Everything in the medical field interests me! I was a nurses aide for 10 years – and I loved everything about it but I wanted more. I wanted to interact with people—but wanted more responsibility so I decided to become a medical assistant.

SP: What are your career goals?

TY: My goals right now are to pass my medical assistant certification exam– I already have a position waiting for me!

SP: How did your family react to you winning the iPad mini?

TY: My family was even more excited I was – I worked so hard and they all appreciate it. They all bought me accessories for my new iPad mini.

SP: How will you use the iPad mini in your studies?

TY: I will use the iPad mini to study to do research. My girlfriends are encouraging me to use it and are very enthusiastic.

SP: What has your experience at AHI been like so far?

TY: I love the school and everyone I have interacted with. It has been great!

Announcements:

Connect with AHI on the Following websites:

LinkedIn:

www.linkedin.com/company/allied-health-institute

Twitter:

http://twitter.com/#1/Allied_Health_

Facebook:

www.facebook.com/AlliedHealthInstitute



Please join us in welcoming the newest AHI Employees:

Admissions

Colleen Keyes
Cindy Haywood
Rose Demelien
Lashon Turner
Marsha Wesner

Student Services/ Career Development

Robert Curran

The Honor Roll

President's Honors

(3.75-3.99)

Asghar, Saira
Brimm, Amand
Cooper, Courtney
Cooper, Lindsay
Jaeger, Ashley
Lane, Kelsey
Marlow, Holley
Mathiew's, Cheryl
Murray, Deann
Oihus, Bronwyn
Small, Tiffany
Stevens, Alexandra
Tucker, Stephanie
Yute Teresa

AHI would like to recognize our President's honors and Dean's list students for the first two quarters of the 2012-2013 academic year. (7/23/2012-11/19/2012)

You hard work and dedication make AHI great!

Dean's Honor's

(4.00 GPA)

Andrews, Kristina
Andrews, Stephanie
Arnold, Rachel
Bennet, Debra
Bernotas, Matthew
Black, Charlotte
Blanco, Lizette
Bosquet, Mithsouka
Chance, Douglas
Clark, Jennilyn
Corley, Misty
Cosgrove, Abigail
Day, Erika
Ewton, Amy
Farnum, Jessica
Frye, Nicole
LaMotte, Pamela
Lary, Heather
Lupo, Mona

Mitchetti, Alexis
Neal, Bryan
Pace, Brandon
Porter, Angela
Ridge, Rika
Rist, Amada
Schedivy, Kristy
Scheffers, Ashley
Senecal, Rita
Smith, Katherine
Tacher, Ana
Thompson, Hailey
Tisevich, Julie
Vick, Heidi
Voakes, Nancy
Wallace, Marisa
Zhu, Kenny



**Allied Health Institute
has moved!**

The new address is:

51 North State Road 7
Plantation, FL 33317

Phone: 866-251-3234

Fax: 954-660-8391

E-mail: careerservices@ahilearn.com
admissions@ahilearn.com

Closing the Distance in Allied Health Education
www.alliedhealthinstitute.edu

About AHI

Allied Health Institute (AHI) was founded in August, 2004 and is a postsecondary school that offers a variety of diploma and associate degree programs through distance education. AHI is dedicated to providing quality education to adult learners.

Our Mission

Our mission is to provide educational opportunities to ensure equal access to qualified students regardless of geographic area and socio-economic background. Allied Health Institute is committed to assisting in meeting the educational needs of communities by reaching out to dedicated students. We seek to provide students with the opportunity to acquire viable skills to rapidly enter the workforce.