



LTC, SIU SCHOOL OF MEDICINE
CONTINUE PATHWAYS
PARTNERSHIP



LTC OFFERING TEAS TEST PREP
PROGRAM



CAPARAS EARNS DAISY AWARD

LINCOLN TRAIL COLLEGE

Network



WOMEN'S SOCCER MAKES IMMEDIATE IMPACT ON COMMUNITY

Lincoln Trail College soccer coach Shawn Hall wants his players to get involved at the College and in the community and he was very proud to see two of his student-athletes win elected positions with the Student Senate. Winter Harmsen was elected to be the president of Student Senate and Vixy Enriquez was elected Vice-President.

Harmsen says she was motivated to join Student Senate at New Student Orientation. "This was something that was super important at my high school and I saw how this directly affects students here. I saw they only had six people active last year and I wanted to help because this is a great opportunity."

She says that she was pretty involved in different groups when she was in high school and she wanted to stay involved in college. She hopes to use her position of influence to help other clubs and organizations on campus get more of a voice.

Enriquez says she is not as outspoken as Harmsen, but she wanted to not only support her friend and teammate but also help students. "I love a challenge and look forward to working hard to get the students' voices heard. This is where we can give them a chance to express themselves and where we can help them out."

2019-20 STUDENT SENATE OFFICERS

- President: Winter Harmsen
- Vice-President: Vixy Enriquez
- Recording Secretary: Sarah Kennedy
- Corresponding Secretary: Jack Jonota
- Treasurer: Esperanza Murillo
- Historian: Morgan Boyer



UPCOMING SEPTEMBER EVENTS

- 1 **NO CLASSES - District Workshop**
- 2 **Phi Theta Kappa Cookie Sales**
10 a.m., Williams Hall Foyer
- 3 **CNA Exams**
4 p.m., Williams Hall 119
- 8 **Nutrition Series: Hearty Soups**
5:30 p.m., Library
- 9 **Midterm**
- 14 **COLLEGE CLOSED - Columbus Day**
- 16 **Phi Theta Kappa Cookie Sales**
10 a.m., Williams Hall Foyer
- 17 **EIU Visit**
9-1, Williams Hall Foyer
- Crawford County Ghost Hunters
Presentation**
7 p.m., Library
- 18 **Clue on Stage**
7 p.m., Zwermann Arts Center Theater
- 19 **Clue on Stage**
7 p.m., Zwermann Arts Center Theater
- 20 **Clue on Stage**
2 p.m., Zwermann Arts Center Theater
- 23 **SIUC Visit**
10-2, Williams Hall Foyer
- 24 **LTC Foundation Meeting**
12 p.m., Lincoln Room
- Clue on Stage**
7 p.m., Zwermann Arts Center Theater
- 25 **Clue on Stage**
7 p.m., Zwermann Arts Center Theater
- 29 **Spring Semester Registration Begins**
- 30 **EIU Visit**
9-1, Williams Hall Foyer
- Phi Theta Kappa Cookie Sales**
10 a.m., Williams Hall Foyer
- 31 **Blood Drive**
10-2, Sports Center
- Trick or Treat at the Trail**
4-6, Campus Wide



Winter Harmsen



Vixy Enriquez

Harmsen and Enriquez have already met with LTC President Ryan Gower and Dean of Instruction Brent Todd to talk about different ideas for Student Senate this year.

Hall says this is just one way he wants the new program to give back to the College and the community. “Athletes are sometimes seen as being treated differently, and to me, volunteering is one way to help make sure they remain grounded. Besides, if it was not for the community, we wouldn’t have scholarships for our student-athletes or even a school for them to attend here. If we’re not giving back, I don’t see the point.”

Harmsen says that’s something she saw right away. “Robinson is very supportive of its teams and the teams at LTC, so we have to be community-oriented too. They’ve given us the opportunity to get involved and they’ve provided us many resources. We couldn’t do this without them so I want to do everything I can to help.

“This is a second home for us and the community really supports us like family,” says Enriquez. “We’ve had a lot of fans come to our practices and games and the small community feeling is really nice.”

One of the ways the team plans to give back to the community is through soccer. Harmsen and Enriquez know that the launch of soccer at LTC is also helping usher more soccer into Crawford County. They plan to work with youth soccer programs in Crawford County to help them develop their skills and passion for the game.

“I’m really proud of Winter and Vixy,” says Hall. “They are excellent leaders not only on the field but also in the community.”

COMMUNITY COLLEGES PATHWAYS TO MEDICINE PROGRAM RETURNS



After a successful first year, Lincoln Trail College is continuing its partnership with the SIU School of Medicine for the Community Colleges Pathways to Medicine program. The series is designed to help students prepare for careers in medicine.

“Students are often interested in health professions, but are unaware of the diversity of careers within that profession,” says LTC Dean of Instruction Brent Todd. “This program allows them to learn about different health professions.”

The unique partnership is open to community college students as well as juniors and seniors in high school interested in healthcare professions. The students will learn what they need to do to prepare for those careers and they’ll get information on what they can expect when applying to medical school and what to expect when they are in medical school.

The program allows students to interact with faculty and staff from the SIU School of Medicine along with current students in SIUSM. The students will also get the chance to tour the SIU School of Medicine campus in Springfield.

The students will learn about the application and registration process for medical school and they’ll get the chance to learn about what the typical schedule looks like for a medical school student and the commitment it takes to be in med school.

When students visit the campus in Springfield, they’ll get a glimpse into a day in the life of a typical medical school student. Todd says the visit will include the opportunity to sit in on a medical school lecture and the chance to tour lab facilities.

Community Colleges Pathways to medicine begins September 10 at Lincoln Trail College. Liesl Wingert from SIUSM will present information about the program, an interactive case study activity, and information about the field trip to Springfield. The field trip is scheduled for November 7. Additional dates for the program will be in the spring semester.

FACULTY AND STAFF PREPARE FOR NEW YEAR WITH WORKSHOP

LINCOLN TRAIL COLLEGE
TEAS PREP

ENGLISH READING	SCIENCE	MATH
OCT. 2 & 9 5-9 PM	OCT. 12 & 19 8 AM - 5 PM	OCT. 16 & 23 5-9 PM

THINKING ABOUT LEARNING TO BE A NURSE? PREPARE FOR THE TEAS TEST AT LINCOLN TRAIL COLLEGE. PREP CLASSES ARE \$25 PLUS THE COST OF THE TEXTBOOK IN THE LTC BOOKSTORE. YOU CAN ENROLL IN ANY COMBINATION OF THE THREE COURSES.

**TO ENROLL, CALL
618-544-8657**

Lincoln Trail College will once again help students interested in the Associate Degree Nursing program prepare for the Test of Essential Academic Skills. The test is used as a part of the ranking system for people to get into the program. LTC will once again offer the TEAS Test Prep course.

“The response to LTC’s TEAS Test Prep courses were overwhelmingly positive last year,” says Dean of Instruction Brent Todd. “Incorporating student recommendations, we will offer them again this year. The students felt the courses were extremely beneficial.”

The TEAS Test Prep courses are divided into two four-hour sessions in English, math, and science. Students can enroll in any combination of the courses to help them prepare for the test.

Students need to score at the proficient level or higher on the TEAS Test to be eligible to rank for the Nursing Program. Advisor Kyrrah Buchanan says LTC recently had a student test into the Exemplary Academic Preparedness level, which is the highest category for the exam.

The TEAS Test Prep courses begin October 2 with a program on English and reading. It continues on October 9. The science component of the course is Oct. 12 and 19 and the math component is Oct. 16 and 23.

LINCOLN TRAIL COLLEGE PRESENTS
TRICK OR TREAT
AT THE
TRAIL
OCT. 31
4-6 PM

CLUE
ON STAGE
OCTOBER 18, 19, 24, 25 • 7 PM
OCTOBER 20 • 2 PM

BARISTA TRAINING
OCT. 7 | 5-6:30 PM | \$25

LEARN THE INS AND OUTS OF MAKING FABULOUS COFFEE. SPACE IS LIMITED FOR THIS CLASS, SO ADVANCED REGISTRATION IS REQUIRED. THE CLASS WILL MEET AT JC FRESH START CAFE.

**TO REGISTER, CALL:
618-544-8657**

STATESMEN SPOTLIGHT NIGHT
OCT. 3 | 6:30 PM

LTC PUBLISHES 2019-20 COMMUNITY EDUCATION CATALOG



Lincoln Trail College has once again gathered together a variety of Community Education classes in one place to make it easier for area residents to find out what's available to them. The College has once again published a free Community Education Catalog.

The 36-page catalog has grown by 50 percent from the previous year's catalog. It features sections that focus on the arts, health and recreation, programs for kids, classes to help enhance professional skills, and personal growth classes. The Community Education Catalog also spotlights other major events happening at the college such as performing arts, the Lincoln Trail College Foundation Concert Series, athletics, and popular events such as Trick or Treat at the Trail and Breakfast with Santa.

"We want to make sure that people know that Lincoln Trail College offers a wide variety of options on classes for people of all ages," says Coordinator of Marketing and Public Information Chris Forde, who designed the catalog. "Part of our mission is serving the community and one of the ways we can do that is by offering classes that cater to the interest of our community."

Some of the classes are staples of what the college has offered like water aerobics, music lessons, and martial arts classes, but the classes also delve into different hobbies and recreation. For example, the catalog features information on ways people can learn through trips to watch musicals and the Missouri Botanical Garden. LTC is also offering people the chance to learn how to make fancy coffees with barista training.

"Professional skills are also very important," says Forde. "We want residents and our business partners to know that training is available for them at Lincoln Trail College."

The catalog highlights the College's microcertificates as well as training in ergonomics, CPR, active shooter response training, food sanitation, and safety training, and defensive driving, among others. Also, information is available about the College's career and technical education degrees and certificates.

Other highlights of the catalog include information on the College's TEAS Test Prep course and the College's partnership with the SIU School of Medicine for the Community Colleges Pathways to Medicine program.

Lincoln Trail College's Community Education Catalog is available at the College, on the College's website, and at many locations throughout the community. People that want to register for a Community Education class can do so by calling the College at 618-544-8657.



SEPTEMBER ATHLETIC EVENTS

Baseball

3	at Danville Area CC	3:00
12	Lake Area Dodgers	12:00
13	Indiana Braves	12:00
17	at Frontier CC	5:00
19	Frontier CC	12:00

Golf

5	LTC Invitational
---	------------------

Softball

6	at Lindenwood	1:00
18	at Jonesboro, AR	11:00
19	at Jonesboro, AR	9:00

Volleyball

2	at Rend Lake	6:30
4	Lewis & Clark	6:00
7	Wabash Valley	6:30
8	at Lincoln Land Tri-Match	5:00
9	Shawnee	6:00
15	Vincennes	6:00
16	at Southwestern	6:30
21	Kaskaskia	6:30
23	at John A. Logan	6:30
25	LTC Tri-Match	3:00

Women's Soccer

2	at St. Mary of the Woods	5:00
5	at Southwestern	12:00
9	at John Wood	4:00
12	at Wabash Valley College	12:00
17	at State Fair	1:00
18	at Jefferson CC	4:00

CAPARAS HONORED WITH DAISY AWARD



Lincoln Trail College Nursing Instructor Brittany Caparas was recognized for her skill and compassion as a nurse. Caparas received a DAISY Award for her work as a nurse.

The DAISY Award was created by the family of Patrick Barnes, who died in 1999 from an autoimmune disease at the age of 33. He spent eight weeks in the hospital before his death, and he and his family recognized the skilled care and compassion of the nurses that treated him. His family created the DAISY Foundation, and one of their efforts is to recognize nurses that make a difference in the lives of their patients.

Patients and their families are the only people that can nominate a nurse for the award. Vicki Potts read excerpts of Caparas' nomination letter in front of a class of first-year nursing students at LTC. The letter was written by the mother of a patient, who described Caparas as caring and kind in recognizing her for her outstanding service.

Potts and Terri Poe told the class that the award is usually given in the unit as a surprise, but they wanted to recognize Caparas in front of students. Winners of the DAISY award receive a certificate and pin at a public ceremony and they're also given a hand-carved sculpture called "A Healer's Touch." Also, the nurses and their unit, and in this case, the class, is given a plate of cinnamon rolls as a thank you. Cinnamon rolls were a favorite treat of Barnes, who wanted to make sure that the nurses taking care of him were given a special treat.

PRESIDENT'S CORNER



I was recently invited to have lunch with a Unit 2 school board member to explore ways Lincoln Trail College could forge stronger relationships with area schools. We had a lively discussion that covered a variety of topics. As our time together was ending, he remarked, “I just want our students to have an excellent education.” It is a noble sentiment that is shared by virtually every educator I have ever met. I told him I agreed and asked him, “What does that look like to you?” A long, but not unexpected, silence followed. It is an important question to ask.

Until we understand what we value, it will be impossible for us to get what we want. The notion of “educational excellence” is nebulous. Four-year universities frequently talk about their role in the “creation and dissemination” of knowledge. This understanding of excellence is why they value peer-reviewed publications, scientific discovery, and encourage students to study in a wide variety of disciplines. Contrast this approach with the one taken at trade schools where the narrative centers on skill acquisition and meeting industry needs. Beyond these, a more recent portrayal of excellence has centered on student success. Primarily driven by accrediting bodies, this viewpoint focuses heavily on:

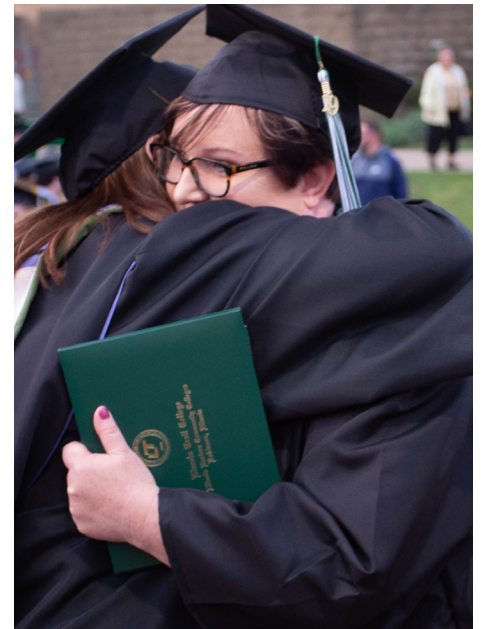
Persistence. Do students finish the courses in which they enroll?

Retention. Do students stay enrolled from semester to semester?

Completion. Do students earn the credential or degree they were seeking?

While I agree that it is important to benchmark our performance in these three important areas, they are better measures of institutional effectiveness than they are of educational quality. Institutional effectiveness is important. It helps us understand our performance and should be used as a tool to drive continuous improvement. But effectiveness is not the same as excellence. **In higher education, excellence is not about doing things well, but doing the *right* things well.**

For myself, I have always viewed an “excellent” education as one that is transformative. If a student leaves Lincoln Trail College with a solid understanding of their discipline, but completely unable to leverage this knowledge to the benefit of their employer, their family, or their local community, have we given them an excellent education? Likewise, if a highly accomplished student enrolls at Lincoln Trail College, persists in her classes, returns subsequent semesters and ultimately completes her degree *without having been challenged to think, learn, and behave differently*, have we delivered an excellent education? I do not think that we have.



I've always believed that the “DNA,” or what our graduates are made of, is the best measure of educational excellence. With that in mind, what does an excellent education look like? **To answer that, we must first know what we want our graduates to know, value, and be able to do.** Our pursuit of excellence must start here. Contractors don't



build houses without first having secured blueprints from the architect. Car manufacturers don't lay out a chassis and start adding parts until a car rolls off the assembly line. Before production begins, they have a solid understanding of what they are trying to build, what it will look like, how it will perform, and the costs (real or opportunity) they will incur to develop it.

It should go without saying that in higher education part of this design process takes into consideration the wants and needs of a variety of stakeholders (our students, the faculty, the general public, local industry, etc.), the well-being and sustainability of the institution, and the ability (i.e. financial or human resources) of the college to actually follow through on the elements of design. Unfortunately, over my 22-year career in higher education, I have seen that it is all too easy to allow good things (i.e. institutional effectiveness, accreditation, policies and procedures, technology, politics, efficiencies of scale, etc.) to monopolize our time and distract us from talking about the *things* that matter most – **transforming our students and our communities.**



Forward Together,

Ryan Gower, Ph.D.

President

Lincoln Trail College