Welcome to Cognizance, a newsletter for all students at GHS designed for you to learn new things, connect with the Greenville Health System (GHS) community and become well-informed throughout your GHS experience. We also hope Cognizance provides you with an opportunity to take a moment to breathe, relax and maybe even laugh a little.

We welcome your feedback and encourage your interaction; it is through community that we all learn and grow.

Conscious Commitment

GHS defines “commitment” as gathering one’s energy and moving it in a chosen direction. There are 15 commitments of Conscious Leadership GHS uses as an entry gate into a life lived “by me” and not as a result of others’ actions “to me.” One of the commitments will be featured in each newsletter. You also will be provided with resources to encourage your success.

In this issue, the focus is on Commitment #9:

I commit to creating a life of play, improvisation and laughter. I commit to seeing all of life unfold gracefully and effortlessly. I commit to maximizing my energy by honoring rest, renewal and rhythm.

So often we get bogged down by what we have to accomplish, what we have to learn and what we have to do to make it to the top. As students, we invite you to break the cycle of auto-pilot and start a habit of self-care. If you are able to regularly take time to enjoy life, you are setting yourself up for a future happiness, good health and a more successful professional life. This fall issue is all about taking time to pause from the “have to’s” and spend some time with your “want to’s.” Take a walk in Falls Park, see a play at the Peace Center, take a hike on one of the beautiful trails in the area or just find a nice nook and chill with some fun reading. Take the time to relax and clear your mind. Enjoy a happier and healthier you!
Based on the Bureau of Labor Statistics, careers in healthcare are among the fastest growing jobs projected from 2014 to 2024.

Among the fastest growing are:

<table>
<thead>
<tr>
<th>Career in the Healthcare Field</th>
<th>Projected % Growth 2014-2024</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occupational Therapy Assistants</td>
<td>42.7%</td>
</tr>
<tr>
<td>Physical Therapist Assistants</td>
<td>40.6%</td>
</tr>
<tr>
<td>Physical Therapist Aides</td>
<td>39.0%</td>
</tr>
<tr>
<td>Home Health Aides</td>
<td>38.1%</td>
</tr>
<tr>
<td>Nurse Practitioners</td>
<td>35.2%</td>
</tr>
<tr>
<td>Physical Therapists</td>
<td>34.0%</td>
</tr>
<tr>
<td>Physician Assistants</td>
<td>30.4%</td>
</tr>
</tbody>
</table>

While the following careers are not among the fastest growing, they do top the leaderboard for occupations projected to create the largest number of jobs from 2014 to 2024:

<table>
<thead>
<tr>
<th>Career in the Healthcare Field</th>
<th>Projected number of new jobs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Care Aides</td>
<td>458,100</td>
</tr>
<tr>
<td>Registered Nurses</td>
<td>439,300</td>
</tr>
<tr>
<td>Home Health Aides</td>
<td>348,400</td>
</tr>
</tbody>
</table>

For more information, including the number of new jobs projected as well as the median annual wages for all these careers, check out the full summary from the Bureau of Labor Statistics.
Caring for oneself to care for others: physicians and their self-care (2013)
Sandra Sanchez-Reilly, MD, MSc, Laura J. Morrison, MD, Elise Carey, MD, Rachelle Bernacki, MD, MS, Lynn O’Neill, MD, Jennifer Kapo, MD, Vyjayanthi S. Periyakoil, MD, and Jane deLima Thomas, MD

This article emphasizes the importance of self-care when your career mandates that you care for others all the time. The authors promote the significance of having a plan to take time for oneself in order to decrease the chance of experiencing burnout and compassion fatigue. While the subject of this article focuses on physicians, the main concepts are relevant for all careers in healthcare.


Opportunities for Growth
Better integrate students in the interdisciplinary team. Pair students with staff who will nurture their desire to learn.

Provide a safe space to empower students to speak up during the rotation to identify and correct issues before the end of the rotation.

Increase communication between student learners and their coordinators.

Streamline the onboarding process, especially as it concerns current employees.

Enhance the student experience to increase the sense of belonging at GHS.

A Bit of Nourishment

FOR YOUR BRAIN

Caring for oneself to care for others: physicians and their self-care (2013)
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Allan M. Brandt, PhD, and Martha Gardner, MA

This article walks you through the history of the relationship between public health and medicine. Brandt and Gardner take the reader through the 20th century for an examination on how these two fields have separated while, in the background, many seek more and better collaboration between the two.

Avocado Pasta
Yield: 4 Servings
Prep Time: 10 minutes  Cook Time: 10 minutes

Ingredients:
- 12 ounces whole wheat pasta
- 2 ripe avocados, halved, pitted, and peeled
- ½ cup fresh basil leaves
- 2 cloves garlic
- 2 tablespoons freshly squeezed lemon juice
- Kosher salt and freshly ground black pepper, to taste
- 1/3 cup olive oil
- 1 cup cherry tomatoes, halved
- ½ cup canned corn kernels, drained and rinsed

Directions:
1. In a large pot of boiling, salted water, cook pasta according to package instructions; drain well.
2. To make the avocado sauce, combine avocados, basil, garlic, and lemon juice in the bowl of a food processor (you could also use a blender); season with salt and pepper, to taste. With the motor running, add olive oil in a slow stream until emulsified; set aside.
3. In a large bowl, combine pasta, avocado sauce, cherry tomatoes, and corn.
4. Serve immediately.

Recipe by Chungah Rhee. Click here to view recipe and nutrition information online.

Easy Burrito Bowls
Yield: 6 Servings
Prep Time: 10 minutes  Total Time: 25 minutes

Ingredients:
- 1 cup uncooked rice
- 1 cup salsa, homemade or store-bought
- 3 cups chopped Romaine lettuce
- 1 (15.25-ounce) can whole kernel corn, drained
- 1 (15-ounce) black beans, drained and rinsed
- 2 Roma tomatoes, diced
- 1 avocado, halved, seeded, peeled, and diced
- 2 tablespoons chopped fresh cilantro leaves

For the Chipotle Cream Sauce:
- 1 cup sour cream
- 1 tablespoon chipotle paste*
- 1 clove garlic, pressed
- Juice of 1 lime
- ¼ teaspoon salt (or more, to taste)

Directions:
1. To make the chipotle cream sauce, whisk together sour cream, chipotle paste, garlic, lime juice, and salt; set aside.
2. In a large saucepan of 1 ½ cups water, cook rice according to package instructions; let cool and stir in salsa; set aside.
3. To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, avocado, and cilantro.
4. Serve immediately, drizzled with chipotle cream sauce.

Recipe by Chungah Rhee. Click here to view recipe and nutrition information online.

*2 tablespoons chipotle peppers, in adobo sauce, can be substituted for chipotle paste.
Taking Care of You

HEALTH & WELLNESS

GHS Life Center

With the start of another school year comes the addition of more and more responsibilities. This time of the year can seem to fly by and leave us wondering where the days went. During these increasingly hectic days, we often yearn for a spare moment to sit down and relax as much as possible, and we can’t think of anything better than falling into a nice nap. The GHS Life Center provides an alternative and healthier way to spend your free time. Use that time to relax in a fun and active environment, whether by participating in a yoga class during your lunch break or by swimming a few laps in the pool after class or work. Not only is it conveniently located across from Greenville Memorial Hospital, but it also offers an array of activities for everyone! So if you find yourself with an extra hour or two, consider joining the Life Center for a more relaxed and healthier you!

BOOKS WORTH YOUR TIME

The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun
Gretchen Rubin

Award-winning author Gretchen Rubin is back with a bang, with The Happiness Project. The author of the bestselling 40 Ways to Look at Winston Churchill has produced a work that is “a cross between the Dalai Lama’s The Art of Happiness and Elizabeth Gilbert’s Eat, Pray, Love.” (Sonya Lyubomirsky, author of The How of Happiness: A Scientific Approach to Getting the Life You Want). In the vein of Julie and Julia, The Happiness Project describes one person’s year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

Complications: A Surgeon’s Notes on an Imperfect Science
Atul Gawande

In gripping accounts of true cases, surgeon Atul Gawande explores the power and the limits of medicine, offering an unflinching view from the scalpel’s edge. Complications lays bare a science not in its idealized form but as it actually is—uncertain, perplexing, and profoundly human.

Complications is a 2002 National Book Award Finalist for Nonfiction.

To view these books on Amazon, click the photos of the book jackets.
Greenville is a hub of fun and activity at all times of the year, but autumn is the perfect time to get out and enjoy yourself. With the weather cooling off, and the leaves beginning to show their beautiful, fall colors there are plenty of opportunities to attend live entertainment, open-air markets and sporting events. We have highlighted a few events below that may strike your fancy, but for a full calendar of Greenville events visit greenvillesc.gov or visitgreenvillesc.com.

**LIVE MUSIC**

- **Greenbrier Farms' Weekly Porch Series**, every Wednesday through Oct. 25, 5-8 pm, $10 (kids 5 & under free).
- **Live Music at Art Crossing**, every Saturday through Oct. 28, 2-4 pm, free.
- **Music in the Woods**, every Saturday through Oct. 28, 2-4 pm, Paris Mountain State Park, free with park admission.
- **Bob Seger & The Silver Bullet Band**, Oct. 5, 7:30 pm, Bon Secours Wellness Arena, $47 - $97.
- **TajMo: The Taj Mahal & Keb’ Mo’ Band**, Oct. 5, 7:30 pm, Peace Center, $35 - $55.
- **Greenville Symphony Orchestra presents: Oktoberfest**, Oct. 6-8, Fri. & Sat. 8 pm, Sun. 3 pm, Peace Center, $45 - $55.
- **The James Hunter Six**, Oct. 11, 7:30 pm, Peace Center - TD Stage, $30 and up.
- **Sweet Plantain**, Oct. 12, 7 pm, Peace Center - Gunter Theatre, $45.
- **Eddie Palmieri Latin Jazz Orchestra: Eddie at 80**, Oct. 19, 7:30 pm, Peace Center, $15 - $45.
- **Jason Aldean: They Don’t Know Tour**, Oct. 21, 7:30 pm, Bon Secours Wellness Arena, $32 - $73.
- **Chris Tomlin**, Nov. 12, 7 pm, Bon Secours Wellness Arena, $25 - $75.
- **Joe Bonamassa**, Dec. 5, 8 pm, Bon Secours Wellness Arena, $79 - $149.
- **Greenville Symphony Orchestra presents: Holiday at Peace**, Dec. 15-17, Fri. & Sat. 7:30 pm, Sun. 3 pm, $18 - $59.

**FESTIVALS & SHOPPING**

- **TD Saturday Market**, every Saturday through Oct. 28, 8 am-12 pm, Downtown Greenville, Main Street @ McBee Avenue.
- **The Shops at Greenridge Open-Air Market**, first Saturday of each month, 11 am-1 pm, Woodruff Road.
- **Artober Festival**, Oct. 13-14, Fri. 6-9 pm, Sat 12-9 pm, Upcountry Provisions Bakery & Bistro (Travelers Rest), $15.
- **Fall for Greenville**, Oct. 13-15, Fri. 5-11 pm, Sat. 11 am-9 pm, Sun. 12 pm-7 pm, Downtown Greenville, free admission.
- **M&G Basement Sale: Shopping the Curiosities**, Oct. 14, 8 am-2 pm, Museum & Gallery at Bob Jones University.
- **M&G Makers Market: An Indie Craft Fair**, Oct. 14, Bob Jones University Welcome Center, 2nd Floor, 10 am-5 pm, free admission.
- **The Artisan Makers Market**, Oct. 14, 2-7 pm, Greer City Park, free admission.
- **EURO Auto Festival**, Oct. 21, 10 am-4 pm, Embassy Suites by Hilton Greenville Golf Resort & Conference Center.
**Performance Art**

Alchemy Improv Shows, Thurs.-Sat. 7:30 & 9 pm, Coffee Underground, $8/ $10.

No Expectations Comedy Open Mic, every Mon. 7:30-9:30 pm.

The Importance of Being Earnest, Sept. 28-Oct. 8, 7:30 pm, North Greenville University - The Billingsley Theatre, $5 student, $12 adult.

Clybourne Park, Sept. 22-Oct. 8, Thurs.-Sat. 8 pm, Sun 3 pm, The Warehouse Theatre, $30 general admission, $35 reserved seats.

Say What Open Mic, Sept. 3-Oct. 29, 7 pm, Coffee Underground, $5 cover.

Henry Cho | Comedy Show, Oct. 7, Mauldin Cultural Center, 7:30 – 9 pm, $30.

Trevor Noah, Oct 8. 7 pm, Peace Center, $55-$85.

Ghost: The Musical, Oct. 26-Nov. 12, Thurs.-Sat. 8 pm, Sat. 2 pm, Sun. 3 pm, Centre Stage - Professional Theatre, $23-$39.

Over the River and Through the Woods, Oct. 27-Nov. 12, Thurs.-Sat. 8 pm, Sun. 3 pm, Greenville Little Theatre, $35 adults, $33 senior (65+), $25 junior (4-18).

When the Rain Stops Falling, Oct. 31, 7 pm, Centre Stage - Professional Theatre, $14-$18.

Les Miserables, Oct. 31- Nov. 5, Peace Center, $45 and up.

Much Ado About Nothing, Nov. 16-18, 8 pm, Bob Jones University, $23-$43.

A Christmas Carol: The Musical, Dec. 1-2, 8 pm & 2 pm, Bob Jones University, $23-$43.

**Sports & Outdoors**

Home Run for Healthy Kids, Oct. 4-6, 9 am-3 pm, Fluor Field.

Get Out! Greenville, Oct. 7, 10 am-3 pm, Conestee Park, free.

Walk to End Alzheimer’s, Oct. 7, 8 am-12 pm, Fluor Field.


Spinx Run Fest, Oct. 28, 7:30 am, Fluor Field.

Run4Life, Nov. 4, 7 am-10:30 am, Caine Halter Family YMCA.

Shutterbugs Nature Photography Workshop, Nov. 5, 8:30 am-4pm Chimney Rock State Park, $100 (includes lunch).

Lake Robinson Duathlon, Nov. 11, 8 am, J Verne Smith Park.

Fall Ridge Hike, Nov. 18, 9 am-2 pm, Chimney Rock State Park, advance registration required.

Turkey Day 8K, Nov. 23, 8 am, 509 S. Main St., Greenville.

**Special Events & Tours**

Brewery Tours, every Wed.& Sat., VisitGreenvilleSC Visitor Center, $54-$59.

Boo in the Zoo, Oct. 20-22, 27-29 Fri. 5:30 – 8 pm, Sat& Sun 4-8 pm, Greenville Zoo.

4th Annual Campfire Social Charity Event, Oct 26, 6:30 – 9:30 pm, Greenbrier Farms, $75

Wings of Freedom Tour, Oct. 27-29, Fri. 2-4 pm, Sat. & Sun. 9am-4pm, Runway Park at GMU, $15 adults, $5 Children 12 & under.

Roper Mountain Holiday Lights, Nov. 23-Dec. 30, 6-10 pm, Roper Mountain Science Center.

**Science & Visual Art**

Starry Nights, every Fri. 7-9:30 pm, Roper Mountain Science Center, $6.

Bill Blagg’s The Science of Magic, Oct. 16-18, 9:45 am & 11:45 am, The Peace Center - Gunter Theatre, $10.
Whatcha Think?

We want to know

Your feedback is important. This newsletter is for you, our GHS student, and we want it to be relevant to your life.

We invite you to participate in the following questionnaires. They are super short; you can easily complete all of these within five minutes.

We really appreciate your candor and ideas on how we can better serve you.

Learning Styles Survey: Let us know how you learn best.

GHS-Sponsored Events Survey: Tell us what types of GHS-sponsored events interest you.

Student Newsletter Survey: What do you want in a student newsletter?

Kudos Corner

Do you have an awesome GHS teacher or supervisor? Do you know of a fellow student who deserves rock star status?

Send us your recommendations for Kudos Corner, and tell us how these people are impacting you and others.

We want to shine a light on those who make a positive influence in our educational community.

IMPORTANT Student Reminders

All Students: If your rotation falls within Flu Season (October – April) you were required to upload documentation of a 2017-18 Flu Vaccine into myClinicalExchange by October 1, 2017 to remain in compliance. Audits will be performed to ensure all rotating students have submitted documentation of a current vaccine.

Nursing Students: If your Liability Insurance expires during your rotation, you must upload proof of a current policy to myClinicalExchange in order to remain in compliance.

Resources

Shuttle Service for Greenville Memorial Students

On weekdays, all students at the main Greenville Memorial Medical Campus must park in Lot 13 for Monday-Friday rotations. Lot 13 is best accessed through Entrance #1 off of Grove Road. A shuttle will pick up and drop off from 6 am – 9 pm at Lot 13 and Roger C. Peace Rehabilitation Hospital throughout the day. To call the shuttle, the number is (864) 455-7931. It is very important that students do not park in any areas that are not designated student parking. Directions to Lot 13

Web Links

Students @ GHS HealthStream MyClinicalExchange ghs.org

Contact Us

Student Affairs Administration
(864) 455-5654
studentservices@ghs.org

Badge Office
(864) 455-6290
bsecurity@ghs.org

Security
(864) 455-7931

Your Fall Mantra:

Self-care is not selfish. You cannot serve from an empty vessel.

-Eleanor Brownn