Sullivan’s graduate school

Debbie earned her Bachelor’s in Management degree from Sullivan in December, 2007. Today, nearly 30 years after earning a diploma from Sullivan Junior College of Business, she is a student at Sullivan University’s Graduate School.

“Going back to school after many years has been the best thing I have ever done,” Debbie said. “I am working on my Master of Science degree in Management & Collaborative Solutions. With my strong background in the finance industry, I feel that I couldn’t be in a more perfect place right now with the economy in such conflict,” adding, “Sullivan’s Graduate School has been very exciting. I have obtained many tools to use when it comes to conflict and how to deal with life in general. I wish I would have had some of this knowledge years ago; I currently have 11 binders completely filled with research information I can refer to at anytime.”

Debbie has lived the advice she offers. “Never stop learning,” she said. “Knowledge is the key that will open the doors to your future. When I was young, I was always afraid to ask questions – a big mistake. Never be afraid and don’t ever think you can’t do it because you can. I remember telling my mother that I had finished studying all this that I don’t think I’m smart enough and she said, ‘Debbie you are smart, I always knew you were smart, just never used it before.’”

Debbie Terry is certainly using her smarts now!

Earning his Master’s degree changed his life

Although he received his undergraduate degree in Finance from another university, James Merrick liked Sullivan’s “convenience for working adults” and chose Sullivan for his graduate degree in Finance from Sullivan’s graduate school.

“I was more than I expected. Adult” and chose Sullivan for his graduate degree in Finance from Sullivan’s “convenience for working adults” and chose Sullivan for his graduate degree in Finance from Sullivan’s graduate school. The inaugural function included discussions about her deceased brother’s oral care experiences. . . .MetLife contacted me because of my MBA and that pushed me to pursue my Master’s degree because of the great academic resources, serene environment of the school and the dedicated faculty members in the program. My experience, thus far, has been higher than my expectation.”

Maybe the title intrigued the local media to publicize Sullivan University’s Wellness Center’s recent Physically fit & Phat Fair. An estimated 450-500 came to the fair – among them, about 50-60 from the general public.

The word “phat” means good or cool. Being physically fit or phat is a phat thing to do – especially as we understand how important exercise, nutrition and proper sleep are for our well-being.

**Something for everyone**

Hear here stressed the fitness of the ears, Conrad Eye Center highlighted good vision from an ophthalmological viewpoint, and Mortenson Dental’s ideas on dental health offered information on the new oral cancer screenings. Sherry Klein, Director of Graduate Employment Services, was stationed nearby with a personal story and pictures about her deceased brother’s oral cancer from chewing tobacco.

MERRICK EMMERING

“I am aware of the Master’s degree has impacted his career, James, said. “Earning my MBA gave me immediate recognition as someone that goes above and beyond in what I do. This gave me the opportunity to start my own Financial Office with MetLife. I have completed my first quarter with more than one million in sales. My target market has been mainly those in the pharmaceutical business from my prior career experiences. . . .MetLife contacted me because of my MBA and that gave me the opportunity to take what I enjoyed doing and turn it into a career path.”

Time for a change?

Earning a graduate degree is a great achievement that increases job satisfaction and self-confidence. Sullivan’s graduate students look forward to more networking opportunities, and receive knowledge and training that would take years or cannot be learned on the job. Students like James Merrick, enrolled to advance in their career, and while many others, like Debbie Terry, are returning as their interests and skills have evolved. Whatever your reason, earning your Master’s degree from Sullivan will give you the credentials for your career advancement and enhanced job security. Learn more at the next Graduate School Open House on December 10 at 6:00pm, held on campus at Winston’s Restaurant.

Listen to Sullivan alumni speak of the master’s degrees they choose and how their lives and careers have been impacted by earning them.

Reserve your space today. Contact Beverly Hosley at 502-413-8542 x3 or bhorsley@sullivan.edu for more information.

What about those drugs athletes take to boost fitness? The Sullivan University Pharmacy had information on how drugs can impact physical fitness. Jules Catering, along with faculty Cynthia Chandler, R.D., L.D., helped attendees evaluate the quality of good and bad energy bars and drinks.

Kosair’s Child Life and Expressive Therapies Department brought toys to stimulate conversation with seriously ill children, e.g., distracting from pain or expressing fears. Clark Memorial Hospital promoted its HeartAware program by giving personal feedback to those who had taken an online survey and those who stopped by to learn more about cardiac fitness.

A look ahead

The Wellness Center will hold a Mood Movement Wellness Fair on November 5 complete with demonstrations of kinetic architecture methods, to address mood disorders: yoga, selected exercises, and various dance modes.

On November 18-19 look for the Labyrinth Layout on the 18th with the addition of Tea for Relaxation on the 19th to prepare for holiday stressors. The Festival of Faiths will wind up their annual week with reflective activities on Sunday, November 16, which will include both the indoor labyrinth in room 121 and the outdoor Sullivan Labyrinth at Farmington Historic Home. Plans are also underway to offer students a “Coping with Homelessness” stress management program.

Margaret Heyn, R.D., L.D. from the Louisville Metro Department of Public Health & Wellness provided information on tobacco use and on diets recommended for general wellness in conjunction with diets needed by athletes for their performance fitness.

New Apollo Pulmonary Services honed in on sleep apnea. Students could learn how solid sleep affects fitness, and see varied equipment prescribed to cope with sleep apnea. Students received free spinal screening and upper body massage from The Spine Center staff for more relaxation and muscle toning.

WHAS TV appeared in the recent record and interview for its WHAS News Alive at Noon program for the same day with excellent footage of Spencan College’s nursing students conducting screenings for blood sugar and blood pressure. They also measured Body Mass Index. Spencan College is a member of The Spinal University System and offers both allied health and business programs. Ideal Fitness’ regular exercise ball plus a Bosu ball demonstrate how this simple equipment can help strengthen, balance, and increase body fitness.

Below, right, a Spencan College nursing student takes a blood pressure reading.

جانسون - مجري نايل

Left, Doctor of Pharmacy (PharmD) Sullivan student Adesuwa (Cynthia) Obasohan was drawn to the pharmacy profession because, I want to use this field to help people optimize their quality of life by effective knowledge and usage of medication. I chose Sullivan University’s College of Pharmacy for my doctorate degree because of the great academic resources, serene environment of the school and the dedicated faculty members in the program. My experience, thus far, has been higher than my expectation.”

LEFT, ALICIA ROUSEAUX FROM CLARK MEMORIAL HOSPITAL WITH STUDENTS.