

THE VALLEY COLLEGE ONLINE GAZETTE

Valley College Introduces Cybersecurity!



Valley College is proud to announce a new program in the Online division: Cybersecurity! The program will allow students to gain a full understanding of networks and programming. Students will also learn about the latest hacking and security challenges facing industry and the government today, along with how to combat those challenges. Look for colleagues on this track soon!

Right and below:

Graduates at the last graduation ceremony.
Congrats everyone!



Partnership with Valley Health!

Valley College has partnered with The Winchester Medical Center and VA Hospital (Valley Health), which will give us a presence in the community and which allows for possible job opportunities in every field we offer here at Valley, including online.

Valley Health's agreement currently will give us placement access to 6 hospitals, 100 practices, Urgent Care centers, and an Outpatient Diagnostic Center throughout the Shenandoah Valley. The VA Hospital will also give our MCA students the opportunity to perform externship assignments in positions such as Health Technicians and Medical Services Administration with the possibility of being hired. Great opportunities for after graduation!

Motivation Tips from Your SSC

- **Dedicate a specific time and place to study** - This will help ensure that you have enough time to complete the assignments and review the material, eliminating stress and allowing for better studying.
- **Prioritize your time** - Start your study session with the more difficult tasks and material. As the session wears on and you start to get tired, move into the simpler tasks and the material you are already familiar with.
- **Set the mood** - Whether you work best with some light background music, by having a little snack before you begin, in between classes, or late at night, everyone has their personal optimal study conditions. Know how you work to maximize your efficiency.
- **Read like a student** - Try turning to the end of the chapter and reading the chapter summary *first*. Then read all of the review questions. After this, go back and read the entire chapter. Your understanding and retention of the material will be much better!
- **Find a study group** - Finding the right study group can help you with difficult topics and course material. Every person has an additional perspective, and you never know what will help you!
- **Don't be afraid to ask for help** - Don't let frustration, anger, or fear of failure stop you from getting help. Seek out your instructor and ask for some one-on-one time. If they can't or won't give it to you, ask if there are any school-sponsored tutor programs, organized study groups, or other resources that might help. Chances are, help is within reach if you simply ask for it!
- **Don't let life get in the way of your dreams** - Work, kids, husbands, wives, boyfriends, girlfriends, friends, etc... They can all be a GREAT support system. But they can also be a tremendous drag on your time, energy, and stamina. Make sure they know what your priority is, why it's your priority, and that you will make any adjustments necessary to your personal life in order to complete your goal.
- **Don't CRAM for exams** - Every now and then you may have a late night finishing a paper or working on a project that needs to be completed, but applying the above techniques on a consistent and steady routine will more than prepare you for quizzes, midterms, and finals. You should only need to review your notes for the course a few times before an exam. In other words, if you apply these steps, you should not need to cram!



A Letter from Cynthia Cox, MFOBC Graduate



I decided to go to college to set an example for my daughter and grandson. It is nice to be employed and have a college education on my resume. I have achieved my MFOBC diploma. I will continue through the Step Up Program with Valley College for the HSA program and to get the NHA- CBCS certification. My career dreams are a reality - thanks to Valley College.

I never knew online courses existed when raising my daughter. I didn't know I could have been a stay-at-home mom and pursued my education years ago. But it's never too late to start.

The positive experiences I have gained with staff, instructors, and my classmates will always be a reminder of how to treat others. This journey started as a curriculum based decision to attend Valley College. It has now become a personal and memorable experience that will guide my career employment goals.

**Don't forget about Summer Break coming up:
June 27 through July 10.**

You deserve it!

