Welcome from the Chair

Hello to all and welcome to the inaugural issue of the Pulaski Technical College Natural Sciences Department Newsletter. I would like to take this opportunity to welcome all of our new incoming students as well as give a hearty welcome back to our returning students. Every college faces challenges with each new year: new faculty, changing curriculum and changing state education directives. Having said that I would like to take this time to ensure you that despite these challenges our department’s mission has not changed. We will continue to provide you with an excellent education in order to prepare you for an exciting and successful future both professionally and personally. Our department takes great pride in our student success and we will not shrink back from the challenges that await us as we move forward both as a department and as an institution. Please don’t hesitate to stop by and discuss any issue you may have. Or just stop by and say “hey”. My door is always open to anyone: student, staff or faculty.

“Always remember this; Shoot for the moon, even if you miss you will be among the stars”.

Study Tips for Students!

Science classes can be overwhelming because there is a lot of material to know combined with everything you are doing in the lab. Here are some tips from our Anatomy/Physiology instructor, Dr. Martha Eshleman:

1. Attend class and lab! There is no substitute for “being there”.

2. Take notes during lecture. It keeps you awake and alert. Plus you won’t miss anything. If you can, have your book open to the lecture chapter.

3. On lecture days, spend 30 minutes reviewing the lecture material. Did you understand the lecture? Don’t let 24 hours go by without spending a little time reviewing. It really helps to solidify your learning. If you don’t understand everything, contact your instructor before the next class. We’re here to help

We encourage you to give these study tips a try! Your Biology faculty have found these tips to really help students. Remember, you can always ask your instructor for help and you can meet during his/her office hours. You can do it!
Bringing Your “A” Game!

One of the best things you can do for your health is bring your “A” game to class! In other words… Eat breakfast. You’ve heard it before and you’ll hear us preach it again in this column. Breakfast is important! It gets your metabolism going and feeds your brain. Glucose, preferably from complex carbs, is what your brain prefers to get revved up for the day. Start your day with some complex carbs coupled with fiber, lean protein and healthy fat. When all three energy nutrients are present in a meal, yum! The meal is more satisfying and provides your body with what it needs. Here are some examples: eggs and whole grain toast, greek yogurt with granola, a high fiber/high protein cereal with milk. Give it a try! Watch this column for more tips. For more information like this, be sure to register for HLSC 2300 Nutrition next semester. See you in the classroom!

Your Faculty—Ms. Paula Miles, Dr. Aiwei Borengasser, Dr. Darrellyn Williams, Dr. Moluwa Matute, Dr. Beth Miller, Mr. Jim Porter, Dr. Martha Eshleman, Mr. Tom Russell, Dr. Don Kuonen, Ms. Mandie Smith, Ms. Shannon Wilcox, Ms. Jamie Ryan.