

HEALTH CAREERS

MONTHLY NEWSLETTER



Featured Events:

SEPTEMBER 04

Labor Day - college closed including Oglesby Campus and Ottawa Center

SEPTEMBER 11

Midterms for Fall 2023's first eight week classes.

SEPTEMBER 11

Join us for afternoon yoga all month!
[Learn more](#) or call 815-224-0427.

SEPTEMBER 13

SPIRIT DAY! Check IVCC's event page for more details.

ALL EVENTS

The Fall Semester is in Full Swing!

*Greetings, IVCC students! We hope you're enjoying a smooth transition back to campus. It's hard to believe, but the semester is already in full swing. As you settle into your academic routine, we want to remind you to mark your calendars for a special event – **Spirit Day on Wednesday, September 13th!** Display your IVCC pride and visit the tables set up around campus! Here, you can discover valuable resources, meet new friends and IVCC staff and more!*

See page 2 for pictures from previous IVCC spirit days!



IVCC's Spirit Day

Check out Illinois Valley Community College's Spirit Day over the last few years.



Who to Contact?

PATH GRANT; CREDIT

Kimber King, Health Careers Navigator
815-224-0425 | kimber_king@ivcc.edu

PATH GRANT; NON-CREDIT

Lexis Leiteritz, Program Manager
815-224-0490 | lexis_leiteritz@ivcc.edu

PROGRAM INTEREST

Visit Health Professions [web page](#) for a complete list of program contacts

ACADEMIC COUNSELING

Visit IVCC's Counseling [web page](#) or call 815-224-0360



HEALTH TIP OF THE MONTH: GET YOUR SLEEP AND REST!

Adults, especially college students need proper rest for their minds and bodies to function properly! The National Heart, Lung, and Blood Institute says adults need at least 7 to 8 hours of continuous sleep per night. Here are some tips for a better night of sleep:

1. Relax before bedtime
2. Stick to a sleep schedule
3. Create a restful environment
4. Limit your caffeine
5. Remove sound and light distractions

[Additional Sleep Health Information!](#)



Congratulations

TO ALL OF IVCC'S HEALTHCARE GRADUATES!





Emergency Medical
Technician - Basic

Certified Medical
Assistant - Family
Practice

Certified Nursing
Assistance (CNA)
Flex

Instrument Tech I

Patient Access
Associate

LOCAL POSTINGS

Currently job hunting? Check out some local healthcare jobs in the area, to see if you fit the job requirements!



MONTHLY SUPPORT SPOTLIGHT



Tutoring and Writing Center

IVCC's Tutoring and Writing Center is here to listen to and guide students in finding the help they need with studying, asking questions, and making connections. Students feel supported, seen, and heard, and they find their own success. By providing a welcoming space, the Tutoring and Writing Center develops independent learners who improve their academic skills and confidence because everyone deserves an accessible and free environment to study and learn.

Resources:

- [Weekly tutoring schedule](#)
- [Tutor list: see who can help you!](#)
- [Schedule an appointment](#)
- [Visit Tutoring & Writing's website](#)

Available Services:

- Online appointments (Zoom)
- In-person appointments
- In-person drop-in appointments



Contact:

- Oglesby Main Campus (A-201)
- Email:
 - writing@ivcc.edu
 - tutoring@ivcc.edu
- 815-224-0637

HEALTHCARE STUDENTS: Need Assistance? Schedule a Meeting!



BOOK NOW

Kimber King
Health Careers Navigator



BOOK NOW

Lexis Leiteritz
Program Manager