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Dear BHMT member, This February, ignite your passion for life-long learning with BHMT. Read on!

#### IN THIS EDITION:

- Register Now for Coastline Community College!
- KP School of Allied Health Sciences' Registration Opens Feb. 15!
- Earn College Credit Faster with CTU's Fast Track
- FREE CEUs for Radiology and Imaging Professionals from ASRT!
- February Webinar: Rev Up Your Resilience!
- 3 Ways to Develop Your Career
- Career Health: How to Learn Something New

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#### Register Now for Coastline Community College!

Are you considering a management career in the healthcare industry? Contact your [BHMT Career Counselor](#) today to find out how completing your associate's degree online with [Coastline](#) will help you achieve your career goals. **Apply, register, and start** classes today!



**Registration is now open** for classes starting April 1.



#### KP School of Allied Health Sciences' Registration Opens Feb. 15!

Through [Kaiser Permanente Health Sciences \(KPSAHS\)](#), you can take advantage of the popular online non-credit courses offered, and in **just six weeks**, you can earn a certificate of completion as you conveniently learn at your own pace.

- [Intro to Biology](#)
- [Intro to Anatomy & Physiology](#)

**Registration period opens February 15** for courses starting April 4.

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#### Earn College Credit Faster with CTU's Fast Track

While the Ben Hudnall Memorial Trust offers the opportunity to take up to [14 prerequisite college courses](#) for college credit, there is another way to accumulate even more credit, faster!



[Subscribe](#) to our email list

Proficiency Assessments and earn credit for those courses. Students can potentially save up to 30% and reduce the amount of time required to earn a degree.

**2016 Start Dates:** Apr. 3| May 15| Jul. 3| Aug. 14| Oct. 2| Nov. 13

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### FREE CEUs for Radiology and Imaging Professionals from ASRT!

The [American Society of Radiologic Technologists](#) (ASRT) is the premier professional association of people working in Medical Imaging and Radiation Therapy and is your home for Radiologic Technology Continuing Education! For example, **"Patient-centered Care for Diverse Populations"** provides in-depth information about the needs and challenges of many different patient populations and how to engage with them and provide a comfortable and welcoming environment for all patients.



Modules include:

- Information about the elderly, pediatric patients, and the physically and mentally disabled.
- Cultural competency,
- Health literacy,
- And care for the chronically-ill also are included.

[Learn about these courses](#) and more today!

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### February Webinar: Rev Up Your Resilience!

*Be sure to **save your confirmation email** from WebEx messenger so you will have access on your webinar date.*

#### REV UP YOUR RESILIENCE QUOTIENT: HOW TO THRIVE IN CHANGING TIMES

Thursday, February 18

9:30 a.m. PT

(1 hr.)

REGISTER

**Are you ready for change?** A person who is successful in their careers must be able to transition smoothly and requires a person to be resilient, which reflects a person's energy level and ability to "bounce back" after change occurs. Do you want to find out if you have what it takes? Come to this informative webinar about Career Resilience and how to navigate through these turbulent times in order to be successful in your career. *Presented by Michele McCarthy and Mary Wiggins, MAS Region.*

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### 3 Ways to Develop Your Career

**Professional Development** should be a part of everyone's career success portfolio. KP provides wonderful benefits that allow all employees continuous opportunities to grow and learn on the job. There are so many ways to improve your skill level and abilities to do your job better.

Here are 3 examples:

- **Volunteer to take on new assignments** especially those in which you will be required to learn a new skill. Challenge yourself by accepting new responsibilities for short or extended periods. Expand your outlook by taking on selected aspects of a



colleague's job.

- **Create opportunities to solve problems** or to develop new systems with a team. Professionally develop yourself by discovering new approaches to the organization's concerns. For example, joining a UBT that will allow you to enhance leadership, creative problem solving, or project management skills.
- **Train on the job in new technologies**, new procedures, and new techniques. Take advantage of in-house training opportunities.

At any career stage, your local [BHMT Career Counselor](#) is interested and available to coach you through your job and career transitions. **Schedule an appointment by calling 1-844-BEN-BHMT today!** Presented by Mary Wiggins  
BHMT Career Counselor, MAS

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## Career Health: How to Learn Something New

One thing about being a nurse is that there's always something new to learn. Technology changes, new medicines are introduced, procedures and protocols evolve, and unexpected situations arise with patients, all of which require nurses to learn more. Most people think of learning as an automatic process, but in fact, we each learn in pretty unique ways. Understanding **HOW** you learn can help you learn more readily and effectively.

### Learning Styles

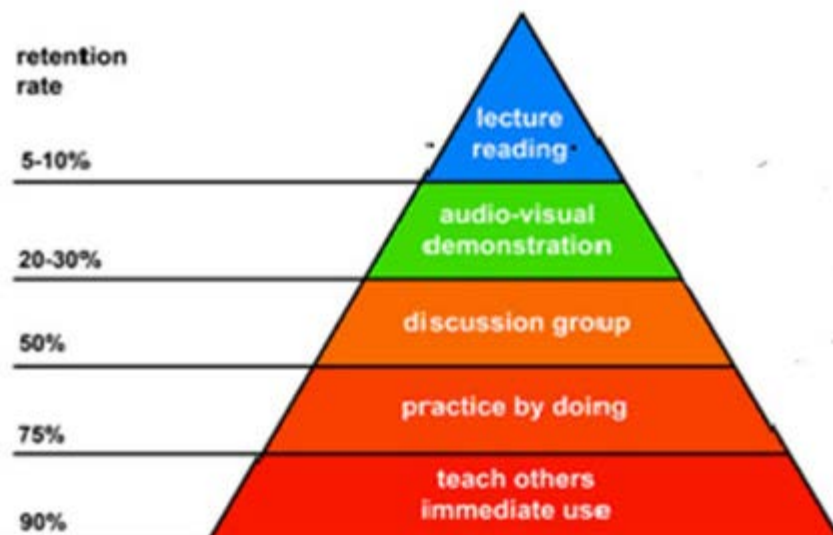
Learning Styles are the ways we take in information. There are **3 major** learning styles. You probably use all of them, but typically, one style is dominant and most comfortable for you:

- **Auditory** - You learn by hearing.
- **Visual** - You learn by seeing.
- **Kinesthetic** - You learn by doing.

### Making What You Learn Stick

Learning is not just about getting the information "in." It's also about making sure it sticks so that you can have access to it when you need it. No matter what your learning style is, you'll find that there are also things you can do to improve your ability to retain what you learn.

Here's a chart that summarizes the impact various learning activities have on retention:



Now although the figures in the chart are averages, the bottom line is that no matter how you learn, the way you use the information affects how well you retain it. Beyond helping your patients get the information they need, teaching makes you a master of the information your practice depends on. Knowing this, you might want to find opportunities to teach new information to someone else to ensure that you retain it in the deepest way. You can become a more effective learner and enjoy learning more by knowing your learning style and practicing the activities that can boost retention of what you've learned. As always, your [BHMT Career Counselor](#) is here to help!

*The Career Health Blog is written by HI Career Counselor, Dave Rosenberg, 808-639-4638, [David.L.Rosenberg@kp.org](mailto:David.L.Rosenberg@kp.org).*



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#### **Need Career Direction? Contact Your BHMT Career Counselor**

Are you aware of your free and confidential career counseling benefit? Your regional career counselors are available to help you with career goal setting, education planning, and job search assistance. No matter where you are at KP, it's useful to explore your professional development.

Contact Your SCAL region Career Counselors:

**Los Angeles and Ventura County/Ontario Medical Center**

MICHELE DEROSA: [Michele.X.Derosa@kp.org](mailto:Michele.X.Derosa@kp.org), (818) 257-0475

**Fontana Service Area**

LUCY GUTIERREZ: [Lucy.Gutierrez@kp.org](mailto:Lucy.Gutierrez@kp.org), 909-203-0100

**Kern and Lancaster County**

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Established in January 2007, the Ben Hudnall Memorial Education and Training Trust provides career counseling services and resources to education and training programs across Kaiser Permanente Regions.

**[Office of the Ben Hudnall Memorial Trust](#)**

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