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Dear BHMT member, As we kick off 2016, BHMT is here to help! Whether you are headed off to college for the first time, or you're looking to advance your career, we have something for you. Read on!

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- CTU's Online Programs Ranked Amongst the Best in 2015!
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- **NEW!** Lee Hecht Harrison Career Development Pilot
- Registration for Coastline Community College Closes Jan. 22
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- **NEW!** Idioms in English from AmEnglish

CTU's Online Programs Ranked Amongst the Best in 2015!

[Ben 'U'](#) offers **14 college prerequisite classes** at Colorado Technical University (CTU) at **NO** charge to you. After taking these courses, you're in a good position to keep pursuing a degree. Are you questioning if this is the right time for you to go back to school?



Rest assured that CTU's online programs were recognized by the prestigious [U.S. News and World Report](#) for Best Online Programs for 2015:

- Best Online Programs: Bachelor's
- Best Online Programs: Master of Science in Computer Science/Information Technology

2016 Start Dates: Feb. 14 | Apr. 3

For more information, call: 855.283.1590 or email: bhmt@coloradotech.edu.

FREE CEUs for Allied Health Professionals!

Awesome News! [CECenter](#) powered by HealthStream and [CE Direct](#) offers **FREE** online CEU courses to allied health professionals! With both platforms, you can enjoy instant access to more than 1,800 CE courses for more than a dozen allied health disciplines in an easy-to-read format. With courses available online, and in audio and webinar formats, you are free to learn how, when, and wherever you want! **Get started today!**

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- Occupational Therapists
- Pharmacists
- Physical Therapists
- Radiologic Technicians



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- Medical Technologists
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- Pharmacists and Pharmacy Technicians
- Physical Therapists
- Certified Medical Assistants

Not registered yet? Please visit [CECenter](#) and [CE Direct](#).

NEW! Lee Hecht Harrison Career Development Pilot

Kaiser Permanente has partnered with Lee Hecht Harrison (LHH) to develop an on-line, self-directed, customized Career Development Portal that offers a variety of resources to support the professional growth of employees as well as managers. These include **self-assessments, employee & coaching roadmaps, e-learning opportunities, articles, and KP tools** which are embedded into the portal. Are you interested in being a part of this study?



Participation Requirements:

- Active participation in the pilot for one year
- Must be individual contributor or manager/supervisor
- Must agree to participate in evaluation components
- Completion of registration link

There are a **limited number** of licenses available for this pilot study. You will have the opportunity to access the portal and provide feedback about your experience, i.e. value of resources, quality of tools, portal ease of use, etc. Your feedback and utilization will help determine how these services might be provided in the future.

Register [here](#) to begin your participation!



Registration for Coastline Community College Closes Jan. 22

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 February 1, 2016.

3 Ways to Develop Your Career

Happy New Year! As 2016 begins, many of us set

resolutions focusing on career growth. With this renewed enthusiasm, the hard part may be knowing how and where to start. Your [BHMT Career Counselors](#) suggest starting by reflecting on where you are currently in your career.

In other words, start with **YOU!** Your career has a life-cycle, and there are BHMT resources available to you at every stage. So, does your career need to be **Planned**, **Developed**, or **Managed** at this time?



Here are 3 ways to ensure that you are ready:

- **Career Planning**—Self-assessment is crucial when thinking about making a major job move or career change. This involves taking inventory of your skills, personality, values, strengths and areas for growth.
- **Career Development**—Seek opportunities to obtain knowledge, skills, and experience that will enhance your background for taking on new opportunities that interest you.
- **Career Management**—Staying alert to industry and professional trends, sustaining motivation and momentum, and giving back professionally, e.g. teaching in your area of expertise, becoming a mentor, volunteering at community health events, and/or writing articles or blogs.

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 Michele DeRosa and Lucy Gutierrez BHMT Career Counselors, SCAL

NEW! Idioms in English from AmEnglish

[AmEnglish](#) has just released *Idioms in English - Phrasal Verbs*. This brings the total number of online, interactive English training programs to 17, all of which are available to you! This program is unique because the stories using the idioms in context focus on the upcoming Olympic games, so you can improve your idiomatic vocabulary while learning a little about the history of the sports and the host cities.



Idioms in English- Phrasal Verbs covers 100 phrasal verbs in 220 interactive lessons with:

- Audio featuring four different native speakers
- Definitions, examples, and pronunciation notes for each phrasal verb
- Scored quizzes and pictures for listening comprehension
- Scored quizzes for phrasal verb definitions
- Scored dictation practices
- Scored, rotating final for all 100 idioms with 4 different question types



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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 Hawaii region Career Counselor:

DAVE ROSENBERG

David.L.Rosenberg@kp.org, (808) 639-4638

Date	Location	Address
Tuesday, January 19 8 a.m. to 9:30 a.m.	Ko'olau Clinic Conference Room	45-602 Kamehameha Hwy Kaneohe, HI 96744
Tuesday, January 19 8 a.m. to 9:30 a.m.	Moanalua Medical Center Sunrise Café	3288 Moanalua Rd. Honolulu, HI 96819
Tuesday, January 19 10 a.m. to 11:30 a.m.	Mapunapuna Clinic 2nd Floor, Room 20	2828 Paa St. Honolulu, HI 96819

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](#)

1800 Harrison Street, 15th Floor | Oakland, CA 94612 US

