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Dear BHMT member, This July, feel free to explore your academic and career goals with BHMT! Read on to find out more.

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### Congratulations to the Coastline Community College Graduating Class of 2016!

The Ben Hudnall Memorial Trust and [Coastline Community College](#) is very proud to announce that the graduating class of 2016 celebrated their commencement on June 3<sup>rd</sup>. This accomplishment represents the dedication, commitment, and hard work by the students as well as the support they have received. **Congratulations!**

- **Isabel Camacho** – Associate's in Arts Science and Math
- **Carlene Gonzalez** – Associate's in Arts Social and Behavioral Sciences, Associate's in Arts Gerontology
- **Deborah Johnson** – Associate's in Science Health Care Management, Associate's in Arts Supervision & Management
- **Deborah Johnson** - Certificate of Achievement Supervision & Management, Certificate of Achievement Health Care Management
- **Raquel Marquez** – Associate's in Science Health Care Management, Certificate of Achievement Health Care Management
- **Jesria Turmon** – Associate's in Science Health Care Management, Certificate of Achievement Health Care Management

Wishing you all the best of luck in your future...

#### 'It Worked for Me': Jesria Turmon

GA Claims Processor Shows How Hardwork Pays Off

**Current Position:** Claims Vertexer, Regional Internal Claims Department, GA

**Her Goal:** To receive Bachelor's in Business/Healthcare Administration

**How KP Helped:** BHMT made it simple to go back to school

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Jesria Turmon has been with Kaiser for over 11 years, and she realizes that if you want to excel within the organization, you cannot be stagnant. Taking the initiative to go back to school, she decided to finish up her prerequisites with [Colorado Technical University \(CTU\)](#). Once she completed the courses she needed, she then entered into the Degree Completion Program at [Coastline Community College](#) to complete her associates. Because she already had previous courses under her belt, she was very happy to know that the courses she had taken with CTU transferred to Coastline with no problems.

In December 2015, Jesria graduated with an Associate's in Healthcare Administration. As a single-parent with two kids, it was imperative for her to show them that hardwork does pay off.

"You'll end up where you're supposed to be if you don't give up."

Jesria loved attending both CTU and Coastline because they are both "online and very convenient" which allowed her time to go to her children's cheer practice and basketball games. She also worked a part-time job, but despite the time commitments, she was able to maintain a work-life balance and stay on top of her assignments.

"To be successful in an online, academic environment, self-discipline is needed, but CTU and Coastline provided the convenience I needed. They are definitely programs for the 'working student'." Attending Coastline, Jesria found that the discussion boards helped her to get to know her fellow classmates, which was also "very encouraging."

Now that Jesria has graduated, she is looking to continue to move up within the organization and complete her BA. As a Claims Processor, she has seen her department get moved over to Colorado, but she decided to stay in Georgia. [BHMT Career Counselor Darlene Martin](#) was very helpful to Jesria during this time. With the healthcare system constantly changing, she is broadening her focus and is now interested in pursuing her Bachelor's in Business and Healthcare Administration. This will allow her to follow her dreams of obtaining a leadership/supervisor role. Eager to get back to school, Jesria wants to attend classes this fall.

"For my bachelor's program, I am interested in remaining in a non-traditional, online school," she says.

Jesria proves that nothing can slow her down, and as she continues up the ladder of career development, she has become an advocate and makes it a point to recruit other KP employees as well, informing them on how BHMT can help with their own career goals.

***Congratulations, Jesria!***

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## How to Make Studying More Fun and Effective from CTU!

How do you establish good study habits again if it's been a while since you've been in school? Everyone knows that studying is an integral part of learning, but we also know that it can sometimes be a chore. Many people give themselves excuses not to study and figure out plenty of ways to procrastinate, but [try incorporating some of these study habits](#) next time and see how they work for you!



**2016 Start Dates:** Aug. 14|Oct. 2| Nov. 13

For more information call: 855.283.1590 or email: [bhmt@coloradotech.edu](mailto:bhmt@coloradotech.edu).

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

## LEARNING 101

Thursday, July 21

10:30 a.m. MT

(1 hr.)

REGISTER

Do you want to go back to school this fall? Have you experienced challenges in the past but want to learn a few tips and tricks to ensure that you are ready to be successful this time around? Well, don't worry, you are not alone! Most people jump right in without careful consideration about what it means to be a returning adult student. In this webinar, we will discuss how you can:

- Successfully navigate through this transition.
- Prepare for success in school.
- Research and find financial resources.
- Identify what it takes to balance work, school, and your personal life.
- Improve current study habits as well as learn new ones.

You will also receive a "Going Back to School" checklist to help you identify the many aspects of this important step in your career. *Presented by Michele McCarthy and Mary Wiggins, BHMT Career Counselors, MAS Region*

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### 3 Tips for Career Development

When you think about making the decision to go back to school or to change jobs, how do you feel? Are you scared? Excited? Are you unsure about your abilities? Do you wonder if your family and friends will agree with your decision? If these reactions are familiar to you, you may want to look at where these feelings are coming from and how they might impact your career decision-making process.

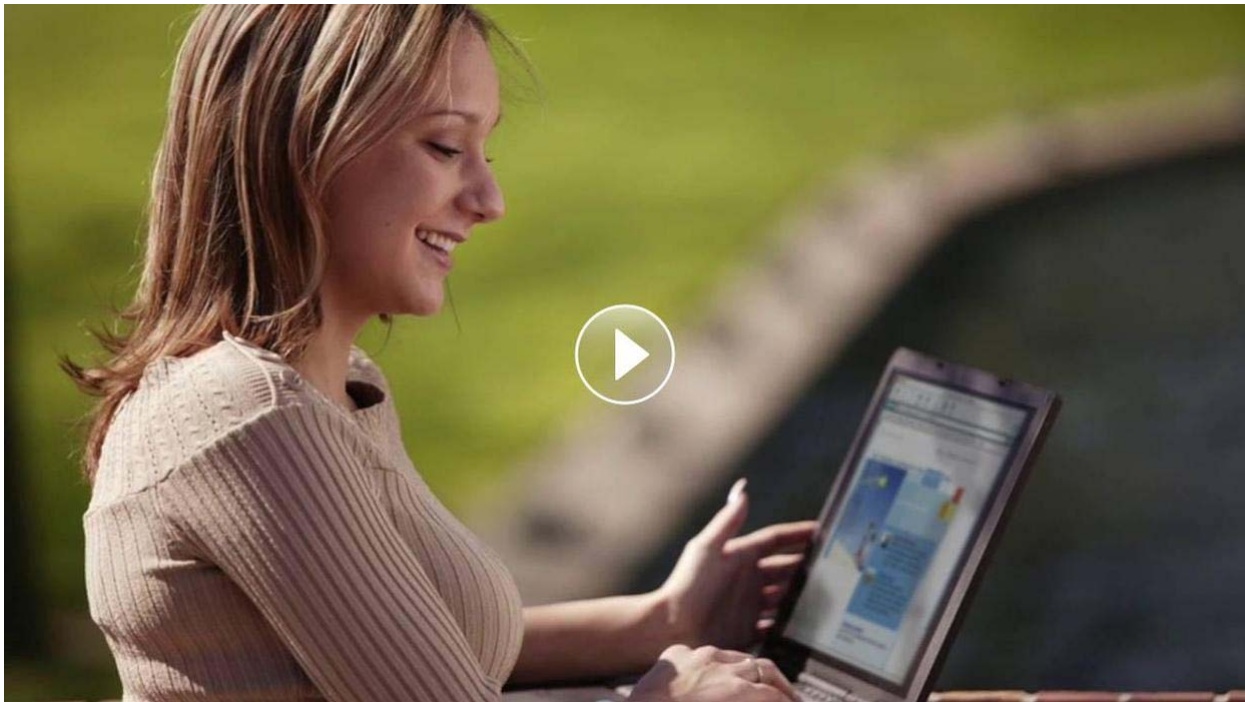
**Here are 3 tips to live by:**

- **Listen to your heart** and follow what you want, not what others think you need. It is easy for others to give advice about what you should do, but remember, they do not live in your shoes.
- **Address your fears** and ask yourself whether they are rational. Speak to a professional if needed. Your [Career Counselor](#) can always help.
- **Examine your ability to follow through** on your plans. As we grow and mature, we become better at setting goals and achieving them. Give yourself a chance to succeed without being impacted by the way things have gone in the past. *Presented by Darlene Martin BHMT Career Counselor, GA*



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**Ben Talks: A Student's Experience with New Horizons Computer Classes—Part 1**

BHMT participant talks about her experience with taking onsite [New Horizons Computer Training](#) offered through BHMT. New Horizons classes are offered online and include **Microsoft Office Word, PowerPoint, and Excel**. Onsite classes vary per region. Please visit our website for more information! Stay tuned for Part 2 when we interview New Horizon's Rep Aaron Brown.

If you would like to share your story on how BHMT has helped you, please email [BHMT](#) to get featured on our podcast. Also, feel free to leave a comment on our YouTube page. We'd love to hear from you!

**Please note:** Remember to select 720HD for best viewing in your settings



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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 Colorado region Career Counselor:

**DEE HOLL**

[Dee.X.Holl@kp.org](mailto:Dee.X.Holl@kp.org), (303) 905-1452

Date	Location	Address
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11:30 a.m. to 1:30 p.m.	Mimosa Conference Room	Lakewood, CO 80226
<b>Thursday, July 14</b> 11:30 a.m. to 1:30 p.m.	<b>Westminster Medical Offices</b> Sidney Garfield Conference Room	11245 Huron St. Westminster, CO 80234
<b>Tuesday, July 19</b> 11:30 a.m. to 1:30 p.m.	<b>Waterpark 1</b> Fossil Ridge Conference Room	2550 S. Havana St Aurora, CO 80014
<b>Wednesday, July 27</b> 11:30 a.m. to 1:30 p.m.	<b>Aurora Centrepoint Medical Offices</b> Quartz Conference Room	14701 E. Exposition Ave. Aurora, CO 80012

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



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