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Dear BHMT member, This October, check out a few of the professional development opportunities BHMT has to offer!

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#### Registration for Coastline Community College Ends Oct. 18!

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!

**Last day to apply is October 14 for** Fall Session B starting October 24.

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#### Registration for CTU Closes Nov. 11!

Explore [a variety of prerequisite courses](#) from Colorado Technical University (CTU).

CTU offers an award-winning virtual campus where you can access coursework

anytime anywhere. College prerequisite classes are conveniently web-based and take only 5½ weeks to




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Take courses such as [Math](#), [English](#), [Information Technology](#), [Psychology & Sociology](#), and [Medical Terminology](#) while you fulfill the necessary requirements for your program.

**Registration closes November 11** for session B starting November 13.

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

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### Thrive Walks with HR

Please join BHMT Career Counselor Cecilia Lopez for a health walk with information stops along the way! There you can learn more about Open Enrollment, the Ben Hudnall Memorial Trust, Employee Assistance & Healthy Workforce, Consulting, Recruitment, and much more. Don't miss out!

#### Wednesday, October 12

10 a.m. – 4 p.m. PT

Ming Medical Offices

8800 Ming Ave., Bakersfield, CA 93311

#### Wednesday, October 19

10 a.m. – 4 p.m. PT

East Hills Medical Offices

3700 Mall View Rd., Bakersfield, CA 93306

#### Wednesday, October 26

10 a.m. – 4 p.m. PT

Chester Avenue Medical Offices

2531 Chester Ave., Bakersfield, CA 93301

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### FREE CEUs for Nursing & Allied Health Professionals

[CECenter](#) powered by HealthStream offers **FREE** online CEU courses to nursing and allied health professionals! With CECenter, you can enjoy instant access to **more than 1,800 CE** courses for virtually every nursing specialty and 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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**Current Position:** QC Lead Mammography Technologist, Fredericksburg Medical Center, MAS

**Her Goal:** To continue to advance within her career

**How KP Helped:** BHMT made it simple to go back to school through the use of the Stipend Program, the Project Management Program, and Continuing Education Units from ASRT

Rachel Simpson began her career at KP six years ago. When she started working in the Radiology Department, she did not have her bachelors, all she had was a certificate in Radiology, but she was determined to take her career further. When she came across information about the Ben Hudnall Memorial Trust and the [Individual Stipend Program](#), she decided to sign up after talking with her manager. Once approved, Rachel was able to take time off from work to finish up her bachelors online with only ten classes left to complete.

Rachel finished her program in December 2011 and received her Bachelor's in Radiologic Sciences and a minor in Healthcare Management. With no intention of slowing down her academic achievements, she rolled right into an MBA Program. "I wanted to do it for myself," she says.

While working full-time at KP, being married, raising her children, and going to night school two times a week, Rachel was still able to complete her MBA within 18-months and received a Master's in Business Administration.

Wanting to push her career goals even further, Rachel decided in January 2016 to take the [Project Management Certificate Program](#) through UC Berkeley Extension. "I encountered a lot of my fellow classmates in my MBA Program who suggested that I get a PM certificate to continue to advance within my career," she says, "BHMT pays upfront, so it was wonderful having the entire program prepaid for." Rachel only has two classes left to complete and will be done at the end of this year.

Taking advantage of all that BHMT has to offer, Rachel signed up to take a few **FREE** CE courses through [ASRT](#) due to the fact that she needs 24-credits every two years to stay abreast of new technology and new information within her field. "Receiving 10 **FREE** CEs was very helpful."

Rachel also utilized [Career Counselor Services](#) and worked with [Mid-Atlantic Career Counselor](#) Mary Wiggins. "She was very helpful and was a good mediator between me and the schools. Working full time, the Career Counseling Services was an excellent tool for navigating the vast field of education assistance options available through BHMT."

Ready to take the next step, Rachel is looking to move up within the organization after working in Radiology for over 12 years. "I do not want to box myself in just Radiology." She wants to branch out and use the tools she's learned through school to take her career to the next level within KP.

"You have to take advantage of all that KP has to offer. If I can do it, anyone can."

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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 is also included.

**Learn about these courses and more today!**

## 3 Tips for Career Development

What does it take to succeed? Career development should be an area of interest for everyone. By developing a plan, you can seize the available opportunities around you and advance your career. When it comes to your career, planning is sometimes an activity done once and then left behind, but it should be done on a regular basis.

Here are 3 ways on how to **plan** more effectively in your career management:

- Make Career Planning a Regular Event
- Set Career Goals
- Explore New Education/Training Opportunities

Find a day once a year and develop a roadmap of what career success looks like for you. Also never pass up the chance to learn and grow. Part of career planning is finding new trainings and education that can help enhance your career, so take the time to think about what type of education will help you achieve the goals you have set for yourself. ~~BHMT has many programs that can help you find career enhancing opportunities as~~



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well as provide the support for you to be successful. Speak with your [Career Counselor](#) today to find out more information!

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### Become a Microsoft Office Specialist!

Do you want to demonstrate that you have the skills needed to get the most out of Office by earning a Microsoft Office Specialist (MOS) certification in a specific Office program? With [New Horizons](#), the MOS certification enables you to tap into the full features and functionality of the Office system resulting in heightened levels of individual performance and confidence. Microsoft Office is a powerful service designed to unleash the best ideas, get things done, and stay connected on the go!

With **three certification levels**, the MOS certification allows you to validate your skills and progress toward your own career goals. **Certify to succeed!**



### Like BHMT on Facebook and follow us on Twitter!

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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, Ventura County/Ontario Medical Center**

MICHELE DEROSA: [Michela.Y.Derosa@kp.org](mailto:Michela.Y.Derosa@kp.org) (818) 257-0475

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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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