Communitas

MVCC Faculty/Staff Newsletter

Week of March 11, 2013

Office of Institutional Research and Analysis ready to help departments with data mining

Surveys are an inexpensive – and often the only feasible – way to gather data from a number of respondents. A well-designed survey can provide valuable information to help the College or a department.

If you are thinking of administering a survey please contact MVCC's Office of Institutional Research and Analysis (OIRA). This does not include surveys that may be done by faculty members within their own classes. It is important that the OIRA oversees survey development and administration (even online versions such as SurveyMonkey) at the College.

Coordination of this effort through the OIRA helps to ensure the quality of the instruments; the proper analysis, use and distribution of the results; the coordination of the administration of the different surveys; the reduction of "survey fatigue"; and recognition of the hard work and efforts of the faculty and staff involved.

The OIRA is here to help you develop, organize, and implement your survey instrument. The OIRA already provides support to faculty and staff for all types of surveys, such as end of semester Student Class Surveys, research surveys, and opinion surveys. The Office can also offer a scan-able survey form to help streamline data tabulation and analysis.

Survey Guidelines

- Determine what information you want answers to. Don't include an item on the survey if you don't know how you will use the data.
- Use quality questions or statements. Survey items should be clearly stated, understandable, and unbiased.
- Place questions in a logical order. Be sure to highlight key words so that respondents can easily spot the differences in the items that may seem similar.
- Use appropriate response categories for the survey items. The response categories should be non-overlapping (distinct categories), exhaustive (no gaps in the range of response choices), and appropriate to the survey item.
- Provide directions for how to answer. Providing an example may be helpful so the respondents know how they are supposed to check, circle, or darken in the box.
- Consider your analysis strategy before you finalize the survey format. Decide how the data will be tabulated and what analysis strategies will be used for items that have open-ended responses.

Submit information for Communitas to rhaubert@mvcc.edu

Institutional Research and Analysis

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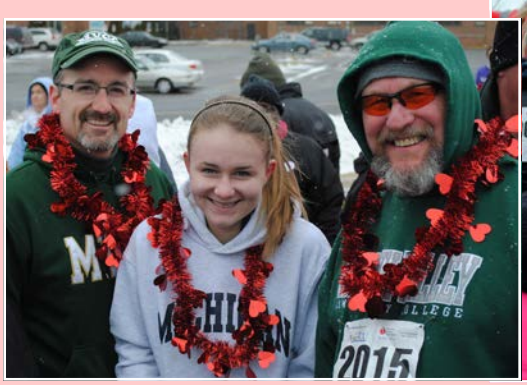
Team MVCC raises $4,700 for Greatest American Heart Run/Walk

Neither the cold, snow nor blustery wind on Saturday could stop Team MVCC from taking part in the annual Greatest American Heart Run/Walk at Utica College.

There were more than 90 members of Team MVCC on hand for the event.

"We are thrilled to have raised $4,700 this year. This greatly exceeded the amount which Team MVCC was able to raise last year," said Sandy Cummings, co-chair of Team MVCC. Cummings was also the top individual fundraiser from the College with $1,410 in pledges.

Funds were raised through several on-campus events such as the sale of carnations, cookies, and chili sale. Assistance came from every corners of the College including Kiddie Campus. A Professional Association-sponsored team also took part.



Engineering students demonstrate science at school

Students from the Future Engineers Club at MVCC descended upon Columbus Elementary School in Utica to excite and motivate the fourth grade students. The MVCC students performed a number of physical science demonstrations, none of which the students had ever seen before.

The excitement continued as the fourth graders were allowed to come up to the demonstrations and try some of them first hand.

The Future Engineering Club students continue to reach out to the younger students in hopes of bringing the fact that Science is not only interesting, but fun and that a bit of hard work will take you into some of the most rewarding careers. Besides the local schools, the engineering students have made their way into the Children's Museum with Second Saturday Science for the third consecutive year.

Devon Sonne, Scott Kulman, Megan Carlo, Elizabeth Vera, and Nikolai Giedraitis presented the demonstrations accompanied by Club advisors, Dr. Shahida Dar and Professor Emeritus Celia Domser.

KEEPING EVERYONE HEALTHY - Above left, Associate Dean Pamela Fess and student John Keeler discuss ways to reduce high blood pressure with New York State Senator Joseph A. Griffo, 47th District, during the Health and Wellness Expo at Utica College. At right, Other nursing students at the event included Munib Dizdarevic, Ryan Mechan, Alexandria Nicastro, and Brittany Lasher with Sen. Griffo.

Nursing students take part in Health and Wellness Expo

On March 1, 2013 the American Heart Association in collaboration with the Mohawk Valley Heart Institute, Faxton St. Luke's Healthcare and St. Elizabeth Medical Center conducted their annual Health and Wellness Expo at Utica College.

Nursing and respiratory care students from MVCC were among the many healthcare professionals that provided adult participants with a unique opportunity for a free health and wellness assessment for heart, diabetes and lung disease.

Screenings included blood pressure, total cholesterol, diabetic score, pulmonary function screening and blood oxygen saturation testing.

Pamela Fess, Associate Dean for Nursing and Allied Health "values this yearly community service offering as it provides healthcare career students with a unique opportunity for application of theory to practice. It enables students to view firsthand the importance of secondary prevention in the reduction of deaths from cardiovascular disease."

ROCKING THE HOUSE – The walls were shaking in the Michael I. Schafer Theater on Friday, March 1, when Enter the Haggis took to the stage for an evening of Irish rock music. The band played to a sold out house as they kicked off their promotional tour for their newest disc, "The Modern Revolution," which is being released March 30. Enter the Haggis returns to Central New York on Saturday for a show at the Turning Stone Resort. Left, playing the bagpipes is Craig Downey.

Health & Wellness Tips

1. When you first feel a pang of hunger, don't reach for the regular sugary carb snack, instead, reach for an 8 oz. glass of clean purified water. This will suppress the feeling of hunger that's often mistaken when the body really wants water anyway. Be sure you are drinking lots of clean water throughout the day because the last sign of dehydration is a dry mouth.

2. At every meal time, stop eating when you are about 80% complete. It takes the brain about 20 minutes to register food is on the way and this is a great way to control the serving size and still eat well.

3. When indulging on "evil" foods like dessert trays (we all do), don't try to eat them all! Instead take 1 or 2 samples and really enjoy each without guilt.

4. Eat lots of fresh fruits between meals and the best time to eat fruit is either 20 minutes before a meal or midway between meals as it help regulate your blood sugar and diminish cravings.

5. Eat fresh vegetables with every lunch and evening meal. When you are selecting the main course always try to avoid mixing proteins (meats) with starches (breads and potatoes).

IT TOUR - Tom Mihevc and Robert Huyck took nearly 40 students to the Turning Stone Casino and Resort to tour the facilities' IT and security operations. Students were given a tour by representatives of each department during this DGV event.

Snyders welcome new baby girl

She has been nine months in the making, but Kiya Beth Snyder finally arrived on Friday, March 1. Proud father, Nolan Snyder – Placement Testing Technical Assistant, was on hand to greet his daughter and celebrate with his wife, Wendy Snyder.

Kiya weighed in at seven pounds, three ounces and was a strapping 20 inches long. Mom, Dad, and baby are doing well.

Did You Know!

30 percent of June 2011 Oneida County high school graduates came to MVCC for the Fall 2011 semester?