



# Cougar News

STUDENT, FACULTY, & STAFF NEWSPAPER

May 15, 2012:  
Number 628

## College Links

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- To sleep or not to sleep: It's really not an option
- Orientations planned for online, blended, hybrid classes
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- Select student artwork gets exhibition
- Preston Ridge Campus meets growth head on
- Campus Dates
- Students inspire at ESL scholarship fundraiser
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### To sleep or not to sleep: It's really not an option

The spring Knowledge is Power lecture tackled sleep and productivity.

[\[Click Here for Full Story\]](#)



### Orientations planned for online, blended, hybrid classes

Get details about your online class and stay ahead of the curve.

[\[Click Here for Full Story\]](#)



### College News

Busy little bees at Collin College.

[\[Click Here for Full Story\]](#)



### Select student artwork gets exhibition

A little piece of fine art in your own backyard.

[\[Click Here for Full Story\]](#)

### Preston Ridge Campus meets growth head on

Fastest-growing campus accomodates growth with expansion.

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### Campus Dates

Get the dates for summer semesters and upcoming holidays.

[\[Click Here for Full Story\]](#)



### Students inspire at ESL scholarship fundraiser

Students make sacrifices in striving for a better life.

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### Cougar Links

What do Byrd Williams, Mark Zuckerberg, George Wright and iPhones have in common? Way less than you think. [\[Click Here for Full Story\]](#)



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## To sleep or not to sleep: It's really not an option



*Sleep and productivity go hand in hand.*

**By Heather Darrow** *Special Contributor* **Can you pass the sleep quiz?**

1. Which country is the most sleep deprived?
2. How much sleep does an adult need?
3. When you sleep, your brain finally gets a rest. True or false?
4. Sleeping too little is just as bad for you as sleeping too much. True or false?
5. Should your room be cool or warm for optimal sleeping?
6. Drowsy driving is a criminal offense in some states. True or false?
7. Can you die from lack of sleep?
8. What are the top two sleep disorders?
9. Which is the most critical sleep, food or water?
10. Sixty percent of college students are sleep deprived, and about 30 percent of them fall asleep in class at least once a week. True or false?

### Answers:

1. United States
2. 7-9 hours daily
3. False
4. True
5. Cool
6. True
7. Yes. There is even a rare disease called Fatal Familial Insomnia which is currently incurable. It takes 7-18 months to run its course.
8. Insomnia and sleep apnea
9. Sleep
10. True

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\*\*\*\*

This spring's Knowledge is Power seminar kept more than 200 people alert and interested.

"Do You Lose if You Snooze? The Effect of Sleep Deprivation on Productivity" was an eye-opening experience for many students who admitted to having slept less than six hours the previous night. Amber Allen, program coordinator of the polysomnographic technology program and Dr. Christine DeLaTorre, professor of business management, shared their knowledge about what happens when you sleep and how sleep affects productivity.

Today we live in a 24/7 society, and according to Amber Allen we average about 6.9 hours of sleep, but before the light bulb was invented most people averaged 10 hours of sleep. Did our ancestors have the right idea?

#### **Less sleep, more fat**

Allen says you have a much better chance of gaining weight if you are not getting enough sleep. Why? Well, the hormones cortisol and leptin are regulated during sleep. Leptin makes you hungry, and cortisol can pack on the belly fat. Also, when we sleep metabolic rates decrease. That is why eating right before bed can add to your waistline. One organ that does not slow down during sleep, according to Allen, is the brain. In fact, the brain processes new information and memories when you sleep.

#### **But all-night cram sessions work for me, and I am young enough to pull them off?**

Allen says studies show that procrastinating and pulling an all-nighter is not as effective as steady studying and a good night's sleep before the exam.

Why?

Well, if you don't sleep you are setting yourself up for mental impairment. Making decisions, creative and logical thinking and spatial learning are challenging without sleep. The funny thing is that the areas of the brain that you affect with lack of sleep are the same as the ones affected with age.

After putting in a bunch of all-nighters, you may have already had more than a glimpse into your future; your brain may now be older than your chronological age. According to Allen, one study that tracked men and women subjects over five years showed that those who got less than six hours of sleep per night or more than 10 hours of sleep per night had a loss in brain function that was like aging four-seven years.

#### **Sleep is wasted time, right?**

What else happens with sleep? Allen says, the

cancer killer, tumor necrosis factor, is produced, and if you don't get sleep, the amygdala, the region of the brain for protection in time of danger, and the oldest part of the brain, the locus coeruleus, which ramps up noradrenaline, both get activated. She says this is why teenagers who haven't slept have a hard time differentiating between reality and television.

Allen adds that lack of sleep also puts you at increased risk for strokes, heart problems, high blood pressure, obesity, diabetes, compromised immune system, stunted growth and increased pain perception.

### **The afternoon slump**

Whether you are working or studying, you have probably felt the drain in energy somewhere between two and four in the afternoon.

Why?

According to Allen, there is a circadian lull between 2 and 4 a.m. and 2 and 4 p.m.

According to DeLaTorre, this slump costs American businesses \$15.9 billion a year. Most people are familiar with putting in extra hours for work or school, but the cost can be devastating. Remember the Exxon-Valdez Alaskan oil spill? According to DeLaTorre that cost Exxon \$2.1 billion in clean up alone.

### **Seriously, businesses are investing in naps?**

According to DeLaTorre, businesses lose about \$150 billion annually for sleep-related fatigues including absenteeism, work place accidents and lost productivity. You may think a little lost sleep isn't too bad, but according to The American Council on Sleep, the day after a poor night's sleep can reduce your productivity by 30 percent.

DeLaTorre said this is a no-brainer for businesses because it is quantifiable: they can measure the productivity. She says many companies have joined the nap bandwagon including AOL-Huffington Post, Ben & Jerry's, British Airways, Pizza Hut and Nike.

### **Ready for a nap?**

DeLaTorre says a nap can boost performance by as much as 34 percent and alertness by 54 percent. If a nap is starting to sound good right about now, remember to keep it short. Allen recommends napping for 15 minutes because after that you can enter deep sleep which will make you feel groggy.

### **A final wake-up call**

Have you ever daydreamed while driving drowsy?

According to Allen, this is called microsleep. You are not daydreaming but falling asleep.



Here's to a good night's sleep.

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## Orientations planned for online, blended, hybrid classes

Students planning to take online, blended or hybrid courses are encouraged to pencil in a free orientation planned for the next several months.

The eCollin Online Student Support Center has scheduled several 90-minute "What's Next?" orientations that will help students be prepared to effectively use the online tools and resources in their classes. Students have the option of taking these orientations in person, in an online live interactive session or you can take a self-paced online orientation that's available 24/7.

### Self-Paced Online Orientation

The online orientation including an exit quiz to confirm your completion is available at: [http://online.collin.edu/Orientations\\_OnlineBB9.html](http://online.collin.edu/Orientations_OnlineBB9.html)

### Face-to-Face Orientations

#### *Spring Creek Campus*

- Thursday, May 24, 2:30-4 p.m., Room I122
- Wednesday, May 30, 11 a.m.-12:30 p.m., Room I123
- Thursday, June 7, noon-1 p.m., Room I122
- Monday, July 9, 2:30-4 p.m., Room I122
- Tuesday, July 10, noon-1 p.m., Room I122

#### *Preston Ridge Campus, Room H122*

- Friday, May 25, 2:30-4 p.m.
- Thursday, May 31, 2:30-4 p.m.
- Saturday, June 2, 10-11:30 a.m.
- Monday, July 9, 6:30-8 p.m.

#### *Central Park Campus*

- Wednesday, May 30, 2:30-4 p.m., C115

### Live Online Webinars

- Monday, June 4, 6:30-8 p.m. - live and fully online, via WIMBA
- Tuesday, July 10, 6:30-8 p.m. - live and fully online, via WIMBA

**Registration for orientations is required. To register go to <http://online.collin.edu/Orientations.html>**

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## College News

**Dr. Amina El-Ashmawy**, professor of chemistry, was invited to serve as a member of the new American Chemical Society's Two-Year College Advisory Board. Amina has also been invited to serve as the chair of the board for an extended one-year term.



*Dr. Amina El-Ashmawy*

**Candace Eldridge**, professor of speech communication, was elected to serve on Phi Theta Kappa's Alumni Advisory Council during the Society's 2012 Annual Convention in Nashville April 12-14. The Alumni Advisory Council is made up of Phi Theta Kappa alumni, both appointed by the Phi Theta Kappa Executive Director and elected each year by alumni attending the Annual Convention. Eldridge was inducted into the Alpha Mu Tau Chapter of Phi Theta Kappa when she attended Collin College. A former Texas Regional Officer and International Officer candidate, she now serves as a faculty advisor for the Beta Sigma Mu Chapter at Tarrant County College – Trinity River Campus.

Collin College was one of five community colleges represented at the **NASA Community College Aerospace Scholars** event at the Johnson Space Center in Houston April 25-27. All of the students were split up into 3 "companies", and each company was led by a NASA engineer. The companies were given a project which included: the design and construction of a robot, a technical presentation, and a final sales presentation. In the final presentations, the lead presenter for all three companies was a Collin College student. Also, **Maribeth Ruddell** was named a "Scholar of the Week" award is given to one student at the end of the event. A student from each company is nominated by the NASA engineer in charge.

**Byrd Williams**, professor of photography, had one of his photographs -- and a photograph from each of his father, grandfather and great-grandfather -- acquired by the Harry Ransom Center, the arts and humanities research facility at The University of Texas. The four pieces -- "Young Engineer" (1906),



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"B Hall" (1905), "Woman Downtown" (1937), and "Mary's Room Above the Daiches" (2011) — are representative of the "whole dynamic of the [Williams] family," said Ransom senior research curator Roy Flukinger. Williams is a fourth-generation photographer. His photograph "Mary's Room" is a 2011 collaboration between he and **Elizabeth Mellott**, professor of photography.

*Byrd Williams IV*

The **North Texas Writing Centers Association (NTWCA)** held its Spring Conference at the Central Park Campus April 20. Brianna Casey, the Mary Nell Kivikko Excellence in Scholarship Award Winner and lead writing consultant at Texas Woman's University's writing lab, gave the keynote address. She spoke on how technology changes student-consultant interaction, offering potential uses for various digital resources in cooperative and collaborative learning. She also discussed using social networking to advance writing center goals. Outstanding Tutor Award Winner Paula Smith, from Tarleton State University, shared her personal journey in her presentation "The Evolution of a Student Tutor." A third year Writing Center tutor, she reflected on the tutor's role of gradually introducing methods to help a student's writing improve over time. A presentation from Rachel Spurrier, of Texas Christian University, discussed using visual aids effectively, highlighting their growing value to writers.



*Ka Riley, the incoming president of the North Texas Writing Centers Association, attended the recent conference at the Central Park Campus.*

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**Select student artwork gets exhibition**

Artwork from a number of Collin College students will highlight the Invitational Students Art Show.

The show runs from Thursday, June 7-Wednesday, June 27 at THE ARTS gallery, located at the Spring Creek Campus, 2800 E. Spring Creek Parkway in Plano.

A reception is set from 4:30-6:30 p.m., Wednesday, June 27 at the gallery. The reception and show are free and open to the public.

The Invitational Students Art Show will feature two works from each selected student, chosen by a Collin College a faculty member.

Gallery hours during the summer are: Monday and Thursday, 9 a.m.-4:30 p.m.; Tuesday and Wednesday, 9 a.m.-8 p.m.; Friday and Saturday, 10 a.m.-2 p.m.

Visit [www.collin.edu/THEARTSgallery](http://www.collin.edu/THEARTSgallery) or call 972.881.5873 for information about future shows.

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## Preston Ridge Campus meets growth head on



*The new conference center at the Preston Ridge Campus totals more than 19,000 square feet. The Event Center was renovated into dance studio space.*

The pasture land at the intersection of Wade Boulevard and Ohio Drive in Frisco has come a long way.

Collin College's Preston Ridge Campus, located at 9700 Wade Blvd., is the district's fastest-growing campus. Higher enrollment numbers have spurred great change to the lay of the land.

This semester, the new 19,000-square-foot conference center opened along with a new classroom building (J Building) and a parking garage to accommodate the tremendous growth at the Preston Ridge Campus. In addition, the existing Event Center was renovated into a 3,000-square-foot dance studio.

"The Preston Ridge Campus has seen an 85 percent growth in enrollment in the past five years," said Dr. Brenda Kihl, vice president and provost of the Preston Ridge Campus. The enrollment at the Preston Ridge Campus in the fall of 2006 was 4,840. That number jumped to 7,749 in the fall of 2009 and to 8,940 in the fall of 2011.

"More students are choosing Collin College because it offers quality education, affordable tuition and exceptional university transfer opportunities, a rare combination in higher education," Dr. Kihl said. "In these tough economic times, families have to make choices. Choosing to start a four-year degree at Collin College makes great academic and economic

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sense.”

The prodigious growth in student population was foreseen by Collin College officials. In 2005, the college opened the campus’ marquee library and classroom building totaling 103,000 square feet.

The college opened the D Building in the spring of 2007 and totals 74,000 square feet of classroom and office space to meet the initial increase of students at the Preston Ridge Campus. Along with the J Building, about 209,000 square feet of classroom, lab and office space has been added to the Preston Ridge Campus since 2005.

In fall 2009, the college opened the Institute for Hospitality and Culinary Education located in a renovated Alumni Hall. The 9,200 square feet include three teaching kitchens, a classroom and restaurant lab, a central dish room and offices. According to Dr. Kihl, the exponential construction and renovation will accommodate the expected growth for several years.

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## Campus Dates

### Memorial Day

*Monday, May 28*

All campuses are closed.

### Veterans Priority Fall Registration

*10 a.m.-8 p.m. - Thursday, May 31*

*Living Legends Conference Center*

For new veteran students, this is an opportunity to register for the fall 2012 semester. Also available are advising, admissions, cashier for payment, veteran resources and more.

### Summer I and III Classes

*Monday, June 4*

Classes begin for summer I and III semesters.

### Invitational Students Art Show

*Thursday, June 7-Wednesday, June 27*

*THE ARTS gallery*

Student artwork chosen by art faculty. Summer gallery hours are Monday and Thursday, 9 a.m.-4:30 p.m.; Tuesday-Wednesday, 9 a.m.-8 p.m.; and Friday-Saturday, 10 a.m.-2 p.m. Free and open to the public.

**Contact:** [www.collin.edu/theartsgallery](http://www.collin.edu/theartsgallery).

### Fourth of July

*Wednesday, July 4*

All campuses are closed.

### Summer II Classes

*Monday, July 9*

Summer II classes begin.

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## Students inspire at ESL scholarship fundraiser

By Kristine Springate  
*Special Contributor*

According to the poet Toni Morrison, "Being your own story means that you can always choose the tone. It also means that you can invent the language to say who you are and what you mean."

The English as a Second Language (ESL) students at Collin College epitomize this cherished American trait of invention. The three speakers at the second ESL Scholarship Lunch, held in April at the Spring Creek campus, demonstrated their strength and determination as they described leaving the familiar and reinventing themselves in a completely new environment.

Although they faced separating from family, learning a new language and starting new careers, they shared another remarkable trait: a happy, grateful tone. Collin College and community members were treated to amazing speeches as well as delicious food from local businesses. Bonnie Ruth's Café, Abuelo's, Brio Tuscan Grille, Market Street and Dr Pepper all donated generously to the lunch, allowing us to use 100 percent of the profits for the ESL scholarship.

The first speaker, Kinga Peter, earned her law degree at home in Hungary, but felt she "wanted to prove herself in the real world." During an ESL class at Collin College, she met someone who has inspired her to want to live in the USA permanently, earn an American law degree and "live happily ever after."

Lemlem Berhe, a nursing assistant, left her beloved but unstable country of Eritrea to pursue "opportunities I wouldn't even dream about at home." She told the story of telling her first supervisor at her first job in the United States that she'd be happy to work overtime, but not realizing what that meant. When she went home on time and unintentionally upset her supervisor, Berhe reconsidered her language barrier and became determined to excel in English and improve her life.

Within a short time, she learned English, finished her high school education, earned a nursing

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assistant diploma and landed a job at a Plano hospital.

The final speaker, Seojung Park from Korea, likened her initial experiences in the United States to being Gulliver traveling to the land of giants. For many years, she had excelled as an orthodontist and clinical professor in Korea, lecturing around Mongolia, China and Japan.

Despite this successful career, she decided she needed a new challenge and set off for America to learn digital orthodontic technology and English. Communicating had always been one of her gifts, so the misunderstandings that arose in the USA made her feel diminished. Now Dr. Park thinks of learning English as a "big gift" that made her not just go out of her comfort zone, but "expand it."

These students, as well as the many other ESL students here at Collin College, face the special challenge of taking courses while learning English and adjusting to American life. A fellow ESL student complimented the speakers as "courageous, frank, open and honest. I loved them!"

Blanca Praysner, an Allen resident and American citizen who immigrated from Mexico, commented that she could really relate to the speakers, and that she felt she and other newcomers "gained some and lost some, but in the end are [in America] because...our gain will always surpass any loss we might have had." Another attendee, Kenneth Allstrom, the son of a Scottish immigrant, believed that his gratitude for America was renewed with the reminder of how many opportunities are available here.

Through the ESL lunch, the audience helped to celebrate the ESL students and build the ESL scholarship fund, which is intended to allow deserving students to worry less about money and concentrate more on continuing their success.

ESL students can apply for the scholarship at [www.collin.edu/esl](http://www.collin.edu/esl).

*Kristine Springate is a professor of ESL at Collin College.*

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# Cougar News

STUDENT, FACULTY, & STAFF NEWSPAPER

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