Help Us Celebrate Constitution Day 2012!

American Sentinel will join the nation in celebrating the U.S. Constitution starting Monday, Sept. 10, culminating in the announcement of our student Constitution Day essay contest winners on Monday, Sept. 17. Read more about Constitution Day.

How You Can Help

Share your reflections in writing, video, or VoiceThread about how the Constitutional freedoms you enjoy have enabled you to enhance your personal, professional or civic life. Your reflections will appear on our “Constitution Day Reflection Wall” during Constitution Week (Sept. 10 – 17).

Written submissions should be in Microsoft Word, double-spaced, with a title. Please do not exceed 400 words. Videos and VoiceThreads should not exceed 2 minutes.

Your submission should specifically address one of the tenants of the U.S. Constitution -- the Preamble, the Articles or the Amendments -- connecting one of the tenants to your personal, professional or civic life.
Email your submissions to constitution@americansentinel.edu by Wed., September 13 at 6 p.m. MDT. If you have questions about the Constitution Day Contest, please email Kari McPherson at kari.mcpherson@americansentinel.edu.

**Message From Student Services**

We have all experienced the feeling of being stressed. Stress can come from a variety of sources and can affect us in different ways. Join this interactive webinar where you will be able to:

- Identify sources of stress and your stress response
- Choose to activate your relaxation response instead in stressful situations
- Practice relaxation techniques such as mindful breathing and progressive muscle relaxation
- Create an individualized self-care plan

Walk away with a better understanding of what causes you stress, how you naturally react to that stress, and techniques to help you relax. Also, enjoy a self-care plan template that you can customize and put in your calendar or planner as a reminder to find balance in your life. It's like a promise to yourself that you will find time to relax and pamper yourself and lists the specific things that you personally find relaxing.

**When:** Wednesday, Sept. 26 at 6 p.m. (MDT)

You will receive an invitation for this webinar the week of the live event. If you are interested in attending, be sure that you pencil it on your calendar!

**Career Corner**

**Women Don't Ask**

The premise of Women Don't Ask, by Linda Babcock and Sara Laschever, is simple: over the lifetime of their careers, women make substantially less money than men because, unlike men, they simply don’t ask for more. This starts with the initial job offer – women generally accept what’s offered while men generally negotiate up to the tune of an additional 7% above the initial offer – and then compounds over a lifetime of smaller raises built on that smaller base salary. [Read more](#).

**Technology News**

**The Power of GIS and Predictive Analysis**

The movie Minority Report had a premise of police arresting people for crimes that they would have committed, had they been given the chance. A trio of savants who were able to see the future would report impending criminal behavior to the authorities. In a case of life echoing art, police in Los Angeles are doing something similar, using a technique called predictive policing. [Read more](#).
How One Nursing Student Overcame Big Fears When Going Back to School

For many students, education becomes an exciting journey, characterized by playing the role of the novice once again and having to overcome the fear of failure. Here’s the real-life story of Kathie Pender, an American Sentinel University nursing student who acquired an MSN online. Kathie’s education experience gives us a look into the daily challenges and the subsequent breakthroughs that allowed her to become a successful adult student. Read more.

The Importance of Enterprise Social Networks to Management

Enterprise social networking is not some new “toy” for IT. Nor is it technology that provides no value from a business management viewpoint. Instead, enterprise social networking employs a combination of functions to support something critical in the modern corporation: collaboration and communications. Read more.

Military Transition Program To Help Vets Find Jobs, New Careers

The government has laid out a new plan to help veterans transition into the civilian world. Called the Transition GPS, the new program will help separating service members find jobs, start a business, or pursue training or higher education. Transition GPS extends the transition program period from three days to five-to-seven days. It strengthens, standardizes and expands counseling and guidance for service members before leaving the military, as well as transforms the military’s approach to education, training, and credentialing for service members. Read more.

Recent Graduates

Leeanna Travis, Bachelor of Science Information Systems
Paul Wyles, Master of Science Business Intelligence
Kim Hyde, Bachelor of Science Nursing
Debra Good-Zeiner, Master of Science Nursing
Fadra Bryson, Bachelor of Science Nursing
Jane Bennett, Bachelor of Science Nursing
Alice Hadaway, Bachelor of Science Nursing
Coral Hunter, Bachelor of Science Nursing
Greg Darnell, Bachelor of Science Business Administration
Gigi Philip, Bachelor of Science Nursing
Beenamol Alex, Bachelor of Science Nursing
Wendy Merrill-Mason, Bachelor of Science Nursing
Kathleen McKenzie, Bachelor of Science Nursing
Crystal Walker, Bachelor of Science Nursing
Cathy Smith, Bachelor of Science Nursing
Phebe Lonan, Bachelor of Science Nursing
Piper Hale, Bachelor of Science Nursing
Donna White, Master of Science Nursing, nursing education specialization
Philomena D'Silva, Bachelor of Science Nursing
Catherine Mullikin, Master of Science Nursing, nursing education specialization
Constance Tataw, Bachelor of Science Nursing
Aline Kemajou, Bachelor of Science Nursing
Leanna Travis, Bachelor of Science Information Systems
Paul Wyles, Master of Science Business Intelligence
Kim Hyde, Bachelor of Science Nursing
Debra Good-Zeiner, Master of Science Nursing
Fadra Bryson, Bachelor of Science Nursing
Jane Bennett, Bachelor of Science Nursing
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Gigi Philip, Bachelor of Science Nursing
Beenamol Alex, Bachelor of Science Nursing
Wendy Merrill-Mason, Bachelor of Science Nursing
Kathleen McKenzie, Bachelor of Science Nursing
Crystal Walker, Bachelor of Science Nursing
Cathy Smith, Bachelor of Science Nursing
Phebe Lonan, Bachelor of Science Nursing
Piper Hale, Bachelor of Science Nursing
Donna White, Master of Science Nursing, nursing education specialization
Philomena D'Silva, Bachelor of Science Nursing
Catherine Mullikin, Master of Science Nursing, nursing education specialization
Constance Tataw, Bachelor of Science Nursing
Aline Kemajou, Bachelor of Science Nursing