



Associate Degree of Science, Nursing (ADN)
Pre-Nursing Information Packet



Keweenaw Bay Ojibwa Community College
770 N. Main St.
L'Anse, MI 49946
(906) 524-8304
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Associate Degree of Science, Nursing Program Admission Criteria
Criteria Effective for Fall 2026 Nursing Cohort

The Associate Degree of Science, Nursing Program is a selective admission process. Nursing Program applicants must meet specific criteria to be considered for the Nursing Program. Applications are accepted from October through March each year. Only applicants who meet established minimum criteria will be considered for the nursing program. Meeting minimum standards does not ensure admission to the nursing program. Applicants will be accepted until each class is at full capacity.

Nurses, in their practices, are required to make many critical and lifesaving decisions, requiring them to perform many important and precise technical functions. To be able to do so, a nurse must have a solid academic foundation at the high school level. Therefore, the faculty of the Nursing and Health Sciences Department, strongly recommends the following academic preparation in high school, completing them with a grade of “C” or higher:

1. English – 4 years
2. Mathematics – 3-4 years
3. Chemistry – 2 years that include laboratory experiences.
4. Biology – 2-3 years
5. Social Science – 1-2 years

Students without the necessary high school preparation in Algebra and Chemistry may need to take additional courses in these subjects to be successful in the required courses in nursing.

Core Requirements

Nursing is a profession which involves daily contact with individuals and requires the ability to perform a wide variety of activities. The Core Performance Standards in the ADN Student Handbook should be reviewed to assess your suitability before pursuing a degree in nursing.

Pre-ADN Nursing Students

Once you are admitted to KBOCC and have indicated that you wish to pursue a degree in nursing by declaring nursing as your major, you are considered a pre-nursing student.

**Admission to KBOCC does not guarantee admission to
the Nursing Program**

Associate of Science, Nursing Degree Program (ADN)

Students completing this program will earn the Associate of Science Degree in Nursing which will qualify them to sit for their NCLEX-RN Board Exam with the State of Michigan. Graduates will be ready for entry level positions as a Registered Nurse. Nurse Aide Training (or current certification) is required for entrance into the ADN program.

Program Outcomes:

Upon completion of the program requirements in the Associate of Science, Nursing Degree Program, students will be able to:

1. Graduates from each cohort will meet or exceed a licensure first-time pass rate of or above the national average of at least 80%.
2. 75% of all students admitted to the Nursing Program will complete the required four semester nursing coursework in two successive academic years.
3. A graduate and employer satisfaction rate of >75% in areas measured.
4. 85% of graduates actively seeking employment will be employed as an RN within 3 months of RN licensure.
5. 70% of graduates are employed in local and regional healthcare organizations that serve the tribal members of the Keweenaw Bay Indian Community.

Pre-Requisite Requirements	Total Credits
English Composition/Writing	
EN 106 – Presenting Information and Stories Orally	4
EN 202 - English Composition II	3
Mathematics/Quantitative Reasoning	
MA 103 – Quantitative Reasoning	
Science	
BI223 – Anatomy and Physiology I	4
BI224 – Anatomy and Physiology II	4
BI245 – Microbiology	4
Health Science	
HL100 – Medical Terminology	1
General Education Requirements	
Behavioral and Social Sciences	
SO101 – Introduction to Sociology	4
PY101 – General Psychology	4
Anishinaabe Awareness Requirement	
OS 110 – Ojibwa Language and Culture I	
OR AS102 Anishinaabe Values and Philosophy	4
Nursing Core Curriculum	
NR101 Fundamentals in Nursing	6
NR 151 Pharmacology and Medication Calculations	3
NR 150 Nursing Assessment and Pathophysiology	3
NR 103 Mental Health Nursing	3
NR 102 Adult Health I	6
NR 202 Adult Health II	6
NR 203 Family Centered Nursing	4
NR 204 Adult Health III	6
NR 297 Capstone	1
HL201 Human Nutrition	3
Total Credits	73

Admission Process at KBOCC

ADMISSION REQUIREMENTS

Admission to Keweenaw Bay Ojibwa Community College is open to all eligible applicants regardless of age, race, color, religion, sex, marital status, disability, or national or ethnic origin.

To be eligible for admission to any of our certificate or degree programs, an applicant must have earned a high school diploma or have successfully passed a high school equivalency exam (such as the GED). Adult students without a high school diploma or GED may enroll as non-degree seeking students (see “Admission as Non-Degree Seeking”).

ADMISSION ONLINE OR IN-PERSON PROCEDURES

Admission to the college can be completed in person or online. Students may apply at www.kbocc.edu/apply or submit forms directly to the admission office. Admission materials are due in the Admissions Office before the start of each semester.

Students must provide a completed KBOCC enrollment form, official high school transcripts, GED, or transcripts from colleges previously attended. A tribal ID or descendant certification should also be submitted, if applicable. Once these documents are received and reviewed, the Admissions Office shall send the applicant a welcome email with instructions and a letter of acceptance. New students may obtain their official KBOCC Student ID from the admissions office.

ADN Application Process

The following process will be utilized when considering individuals for admission to the nursing program:

1. Acceptance to Keweenaw Bay Ojibwa Community College
2. You must be 18 years of age. Students under 18 years of age, are subject to additional policies regarding their dependency status.
3. **Completion of MA103 or higher.**
4. **Completion of EN202.**
5. Completion of Pre-Nursing required courses with a cumulative GPA of 2.75 or higher in the following courses:
 - a. BI223 & BI224 – Anatomy and Physiology I & II
 - b. BI245 - Microbiology
6. BI223 and BI224 must have been completed within the past 5 years and must be completed with a minimum of B- or higher.
7. Previous Health Care experience either with direct or indirect care.
8. The nursing admission application form is completed and is received by the Nursing Department Chair by the due date.
9. Complete a personal statement that includes why you have chosen nursing as a career, what makes you a good candidate for the nursing program, pertinent background

regarding who you are as a person, and any additional information you feel would help explain you, your academic path or career aspirations.

General Admission Process

Typically, the first two semesters are used to complete the prerequisite courses necessary for admission to the nursing major. Students in the pre-nursing program are assigned to an adviser from the Nursing and Health Science Department once you have declared nursing as your major. You will work together to plan the academic program to complete the required courses. When the student is nearing completion of the prerequisites, and in consultation with her/his adviser, the student may apply for admission to the nursing program.

Application Deadline

Applications will be accepted from October through March for admission in the upcoming Fall cohort. There will be a new cohort admitted each fall semester.

Minimum Requirements

The School of Nursing Admission Committee reviews all applications. **Applications are considered for admission if the applicant meets the following minimum requirements:**

- Students are admitted to Keweenaw Bay Ojibwa Community College. Must have a current ID number.
- The nursing admission application form is complete and is received by the Nursing and Nursing Department Chair by the due date.
- Student has the minimum required GPA:
 - 2.75 for students wanting admission to the Nursing Program
 - Applications with a GPA less than 2.75 will not be reviewed by the Admission Committee.
 - ****NOTE:** If a student currently has a grade below a B- in a prerequisite course, they must wait until the course is successfully repeated before applying.
 - Students must achieve a minimum of a B- in each prerequisite course prior to starting their nursing coursework. Grid scores only reflect officially recorded grades after course completion. **The most recent course grade is used for all purposes.**

Transcripts

- If less than 12 credits have been earned at KBOCC, provide current transcripts of all courses taken at any college or university (unofficial transcripts accepted) and a Transfer Credit Evaluation will be completed by the Dean of Academic Affairs.

Applying to KBOCC Pre-Nursing Program

Each step needs to be completed in order:

_____ 1. Submit a KBOCC Admission application: <https://www.kbocc.edu>
Your application will be reviewed by the admissions office and any additional documents needed will be requested.

_____ 2. You will need to have your high school and any college transcripts sent to the KBOCC admissions office. You can obtain these by calling the high school you attended or by filling out the form found on our website and giving it to the admissions office to send to your high school. You can have college transcripts sent to KBOCC by visiting the website for the college you attended and following the steps found there for obtaining your transcripts.

Once all transcripts have been received, you will then receive a Welcome Letter with your Student ID number and email information. A transfer audit will be completed to determine which courses you may have already received credit and/or any placement testing may that be required.

_____ 3. Get your financial aid in order. If you have not yet, you should begin this process. It takes a minimum of a few weeks to process financial aid for new students.

File your FAFSA (Free Application for Federal Student Aid) online at www.fafsa.ed.gov to determine your eligibility for grants, scholarships, and work study. Be sure that you add KBOCC school code [041647] to your FAFSA form.

Questions about Financial Aid? Call (906) 524-8109 or visit Financial Aid on the KBOCC website.

_____ 4. Set up your KBOCC email and portal access. Important dates and information begin right away. This is your college email and is used for all official College and course communications. Utilize the instructions sent to you from the admissions office.

Having trouble with your online portal access or email? Contact REMC-1 via calling or texting 1-906-487-7624 or call toll free 1-866-214-0978. They can also be reached via email at support@remc1.net.

_____ 5. You will be assigned an advisor who will contact you. They will be ready and waiting to help guide you on your journey to becoming a Registered Nurse. You will need to meet with them to have any questions you may have answered and to set a tentative schedule of courses to ensure you complete courses on an appropriate schedule and progression. Advising is available by appointment during regular business hours.

_____ 6. Register for pre-requisite classes.

KBOCC Associate of Science Degree in Nursing (ADN) Requirements

A minimum of 73 credits is required to complete this program. Group I and Group II courses must be completed to apply to the Nursing Program.

Communication	Group I – 8 credits	Credit
EN202	English Composition II	3
EN106	Sharing Information and Stories Orally	4
HL100	Medical Terminology	1
PY101	Psychology	4
Math & Science	Group II – 16 credits	
MA103	Quantitative Reasoning	4
BI223	Anatomy and Physiology I	4
BI224	Anatomy and Physiology II	4
BI245	Microbiology	4
Humanities Electives	Group III – 4 credits	
Culture	Group IV – 4 credits	
AS102 OR	Anishinaabe Value and Philosophy	4
OS110	Anishinaabe Culture and Language	
Nursing	Group V – 41 credits	
NR101	Nursing Fundamentals	6
NR150	Assessment & Pathophysiology	3
NR151	Pharmacology and Dosage Calculations	3
NR102	Adult Health I	6
NR103	Mental Health Nursing	3
NR202	Adult Health II	6
NR203	Family Centered Nursing	4
NR204	Adult Health III	6
NR297	Capstone	1
HL201	Nutrition (Can be taken prior to admission to the program)	3

Program Notes

- All NR courses in a semester must be passed with a minimum of “B- “to progress to the next semester.
- BI courses must be passed with a minimum grade of “B-“ to enter the program. BI223 & 224 must have been completed within five (5) years of the date the student formally begins the Nursing program.
- Admission to the KBOCC Nursing Program is based on a Selective Admission Process. Final acceptance into the Nursing Program is based on results of a criminal background check and urine drug screen.
- All NR courses require approval of your advisor and/or the Nursing Department Chair. Entry level students will receive this form at the orientation scheduled for incoming nursing students.
- Additional General Education and pre-requisite courses may be required prior to registering for some of the science courses and/or to be eligible for graduation.

Ranking of Applications

The Admission Criteria Scoring Grid will be used as the admission tool for the General Admission Process to determine each ADN cohort. Students meeting the minimum requirements are ranked according to the Admission Criteria Scoring Grid score by the Admissions Committee. Students are notified by email of their admission/denial status.

Admission to Program: Applicants who have met admission criteria and whose ranked Admission Criteria Scoring Grid Score falls within the number of available seats are provisionally admitted to the program until verification of the successful completion of all prerequisite courses and maintenance of the required minimal GPA is received. If the final score using the Admission Criteria Scoring Grid results in a tie, student ranking will be determined by the students' overall GPA.

Waiting List

- There is no waitlist for the nursing program. Selection is based on completion of prerequisites and a selective admission criterion.
- Applications from applicants who do not meet minimum admission criteria or whose application is incomplete are not reviewed by the admission committee.

Applicants will lose their provisional acceptance status if they:

- Do not complete all prerequisite course work with satisfactory grades (B- or higher).
- Do not submit final grades from all prerequisite courses from other universities.
- Do not maintain the minimum required cumulative 2.75 GPA.
- Withdraw from the University.
- Do not submit notification of receipt of Criminal Background Check (CBC) by date specified in the provisional acceptance letter.
- Do not complete immunization/urine screening/CPR requirements as stated in provisional acceptance letter.

The number of students who can be admitted to the nursing sequence during any Fall semester is based on seat availability. The Nursing Department reserves the right to choose which applicants are admitted to the nursing program. Applications are not saved after the first week of a semester. Students must re-apply for every semester they wish to be considered for admission.

Applications are not saved after the Acceptance letters have been sent. Students must re-apply during the next application period to be considered for admission.

Transfer Credits:

- Transfer students should ensure that all pre-requisite courses taken at another institution have been transferred to KBOCC and a Transfer Credit Evaluation is completed by the Dean of Academic Affairs. Obtaining a Transfer Credit Evaluation requires admission to the college and several weeks to be completed.

- Keweenaw Bay Ojibwa Community College accepts credits from other colleges or universities that fulfill the requirements of the student's declared program and that meet the following criteria:
 - Courses must be designated as college level by the transferring institution.
 - The student must have earned a "C" or better in the course.
 - Courses must be comparable to those taught at Keweenaw Bay Ojibwa Community College.
- Credits transferred from institutions on the quarterly system will be valued at 2/3 of the semester's hour value (e.g. 4-quarter system credits will be accepted as 2.7 semester hours of credit). Grades and GPA do not transfer. Transfer credit evaluations are conducted by the Dean of Academic Affairs.
- Students must complete a minimum of 20 semester hours of credit while enrolled at Keweenaw Bay Ojibwa Community College to earn a degree from the College.

Pertinent Policies and Guidelines

Criminal Background Checks: Criminal background checks are required of all students admitted to the ADN program. This requirement is a result of state legislation (Michigan Public Acts 26, 27, 28 & 29 of 2006) which mandates that criminal background checks be completed by health care providers working in or for healthcare institutions. Student placement in clinical site/agency assumes that the applicant possesses a good moral character and the ability to successfully pass the rigors of background investigation and criminal background check. In addition, the Board of Nursing requires a criminal background check prior to taking the licensure exam. All students, once accepted to the nursing program, must complete a criminal background check prior to enrolling in the first clinical nursing course. Students are required to notify the Nursing and Health Science Department Chair as soon as possible if after the initial criminal background check, they are subject to a Misdemeanor or Felony conviction. Students who do not complete a criminal background check or fail to notify the Department Chair of subsequent Misdemeanor or Felony conviction are ineligible for placement in most clinical agencies and therefore, may result in the student being unable to progress in the nursing program.

It is the student's responsibility to know whether he or she is eligible for licensure. If you have been convicted of a crime, it is your responsibility to find out if your background will prohibit you from being licensed and to be employed in the health care industry. The Nursing Program faculty and staff are NOT able to provide legal advice. If you have any questions about your existing criminal background, you may wish to discuss this with legal counsel before applying to the nursing program.

If you have a felony or misdemeanor record, you may wish to go to the following website for additional information: <http://legislature.mi.gov/doc.aspx?mcl-333-20173a>.

Specific crimes are listed. Convictions are detailed by viewing the Legal Guide at: <https://miltcpartnership.org/Documents/LegalGuide.pdf>.

Students who are pursuing a nursing career must submit to a criminal background check once they receive a letter of provisional acceptance to the nursing program. Failure to submit the criminal background check will delay the student's admission to the program.

The purpose of performing a criminal background check is:

1. To identify students who will not be allowed to practice in a clinical site due to a felony conviction or misdemeanor.
2. To identify students who will not be allowed to handle medications and controlled substances in a clinical site.
3. To identify students who are unable to drive self to field experiences required by the clinical rotations in the nursing program.

The above will prevent a student from remaining in the nursing program since they will not be allowed to progress in the program. In summary, if a student's criminal background does not permit him/her to have clinical experiences in our clinical agencies then the student will be withdrawn from the nursing program. Again, please seek legal advice for any questions you may have.

Once a letter of provisional acceptance into the nursing program has been received, all students must reveal to the Nursing and Health Sciences Department Chair any criminal behaviors which have resulted in criminal conviction. The conviction will be evaluated to determine if it will prevent the student from being in a clinical facility. Should that happen it is expected that the student will be expelled from the program.

In addition to criminal background checks, students must remember that while in clinical settings they must comply with all policies. This may include drug testing, immunization requirements and other required health information as the agency may require.

Alternative clinical arrangements will not be offered to students not complying with such policies and may end with that student's inability to progress in the nursing program. For any questions regarding these requirements please contact the Nursing and Health Science Department Chair.

Rights and Responsibilities

DISABILITY ACCOMMODATIONS: Students in need of disability-related accommodation or services should inform their instructor and the Dean of Student Services, at the Wabanung Campus. Contact the dean at 906-524-8111 or studentservices@kbocc.edu for more information. Reasonable and effective accommodation and services will be provided to students when requests are made in a timely manner with appropriate documentation in accordance with federal, state, tribal, and college guidelines.

Procedures for Academic Grievances or Concerns

If students have problems or concerns about their grades or activities in a course, they should seek to resolve the issue with the course instructor as soon as possible. For problems with final course grades, students should contact their instructor within ten business days of the date the

grades were issued. If students have other instructional concerns and feel uncomfortable approaching the instructor directly, they may ask for assistance from the Dean of Academic Affairs. If the issue still cannot be resolved, the student may request the matter be referred to Faculty Council. The student may present issues to Faculty Council through the Dean of Academic Affairs. Grievances presented to Faculty Council must be clearly stated in writing and should be submitted prior to midterms of the next semester. The Faculty Council will not consider grievances over a semester old and will respond within five days after its first scheduled meeting after the grievance is presented. If an academic grievance arises during a break, the issue will be presented to the Dean of Academic Affairs who may make an executive ruling, poll the Faculty Council members, or call a special meeting. When an executive ruling is made, the decision may be appealed to Faculty Council at its next regular meeting.

Competitive Scoring System

A competitive scoring system will be used to evaluate your eligibility for admission to the Nursing Program. Once your Nursing Program Application has been received, it will be reviewed by our faculty and points awarded as per the scoring system on the next page. The highest possible points that one can accumulate is 100 points. Those with the highest points will be given preliminary admission first. Please note the following:

- Science courses must be a B- or higher and must be taken within the last five (5) years. **No points will be awarded for BI courses with 3 or more attempts.**
- Health Grade Point Average is calculated on related courses: HL100, BI223, BI224, BI245, EN106, EN 202, PY101, and MA 103. A minimum GPA of 2.75 is required for admission.
- Verification of work experience must be written on the company letterhead of your current or previous employer and include dates employed and verification of hours worked. A copy of any current certification or state licensure will also be required.
- MA103 or higher is the recommended Math course.
- Directions for the essay topic(s) will be sent to the applicant via his/her KBOCC email account.
- HESI Entrance Exams will be scheduled during Orientation.
- Preliminary Acceptance Letters will be sent out by June for the upcoming Fall semester.

KBOCC Nursing Program Admission Student Selection Form

Grades	Points Scale	Score
BI223: Anatomy and Physiology I	First Attempt A = 10 pts B = 5 pts	
	Second Attempt A = 5 pts B = 3 pts	
BI224: Anatomy and Physiology II	First Attempt A = 10pts B = 5 pts	
	Second Attempt A = 5 pts B = 3 pts	
BI245: Microbiology	First Attempt A = 10 pts B = 5 pts	
	Second Attempt A = 5 pts B = 3 pts	
EN106: Sharing Information and Stories Orally	First Attempt A = 10pts B = 5 pts	
	Second Attempt A = 5 pts B = 3 pts	
EN202: English Composition II	First Attempt A = 10pts B = 5 pts	
	Second Attempt A = 5 pts B = 3 pts	
MA103: Quantitative Reasoning	First Attempt A = 10 pts B = 5 pts	
	Second Attempt A = 5 pts B = 3 pts	
PY101: Psychology	First Attempt A = 10 pts B = 5 pts	
	Second Attempt A = 5 pts B = 3 pts	
HL100: Medical Terminology	First Attempt A = 10 pts B = 5 pts	
	Second Attempt A = 5 pts B = 3 pts	
Overall GPA	3.71 – 4.00 = 10 points 3.41 – 3.70 = 8 points 3.11 – 3.40 = 6 points 2.81 – 3.10 = 4 point 2.75 – 2.80 = 2 points	

Health Care Experience

Applicable Work Experience

- **Direct Care:** e.g. CNA, RT, EMT paramedic, home care aide, MA, etc. (Hands on patient care)
- **Indirect Care:** e.g. Dietary aide, ward clerk, transporter, housekeeper, medical coder/biller, public health worker, internship, etc.
- **Health care volunteering**
- **MUST provide documentation of job description, length of service, and hours per week from supervisor or HR officer on agency letterhead for work/volunteering completed in the past 5 years.**
- **All direct/indirect care must be for a minimum of 6 months and must be documented as such from the employer. All volunteering in a healthcare setting must be for a minimum of 40 hours and must be documented as such by a supervisor.**
- **Only one category of Health Care Work Experience will be accepted.**
- **In-home care of family/friends is not accepted as volunteering.**
- **Maximum points allowed is 10.**

Direct Care = 10 points
 Undirect Care = 5 points
 Health Care Volunteering = 5 points
 None = 0 points

TOTAL POINTS

Acceptance into the Nursing Program

Once you have received your Acceptance Letter in the Nursing Program, you are required to do the following:

- Return your Letter of Acceptance to the Nursing and Health Science Department Chair by the deadline and authorize a Background Check. Forms will be provided for you when you return your Letter of Acceptance.
- Attend a Mandatory Nursing Program Orientation
 - Students accepted in the Nursing Program must attend the mandatory Nursing Program Orientation Session. The orientation session will be held in August and the exact date will be included in the letter of acceptance. It is a 2–3-day session in which nursing students learn about the specific expectations of the program.
- Obtain Basic Life Support Training
 - Students accepted into the program are required to have a current BLS certification and maintain that certification throughout the program. A copy of your current BLS card will be collected from you when you return your letter of acceptance. If you do not have a current BLS card, training will be provided at the date and time included in your letter of acceptance.
- Medical Health History
 - Students should be in good physical and emotional condition to meet the demands of the profession. Students must provide the Nursing and Health Science Department with a medical history. Forms will be provided when you return your letter of acceptance and need to be completed by a physician or primary care provider.
 - The purpose of the required physical exam is to assess the student's ability to meet the essential functions of the occupation of nursing. **These functional abilities include, but are not limited to:**
 - Speak clearly to communicate with clients, families, health care team members, peers, and faculty.
 - Stand and walk for six to eight hours/day.
 - Bend, squat, and kneel.
 - Assist in lifting or moving clients of all age groups and weights.
 - Perform CPR, i.e., move above the client to compress the chest and manually ventilate the client.
 - Work with arms fully extended overhead.
 - Use hands for grasping, pushing, pulling, and other fine manipulation.
 - Demonstrate eye/hand coordination for manipulation of equipment, i.e., syringes, procedures, etc.
 - Possess tactile ability to differentiate changes in sensation.
 - Possess auditory acuity to note slight changes in the client's condition, i.e., lung sounds, bowel sounds, etc.
 - Possess auditory acuity to hear the client's calls for assistance without facing the client.

- Possess auditory acuity to interpret various equipment signals and use the telephone.
- Possess visual acuity to read and distinguish colors, to read handwritten orders and other handwritten/printed data.
- Possess visual acuity to clearly view electronic monitors and scales to correctly interpret data.
- Proof of Immunization
 - The immunizations required are consistent with the recommendations of the Center for Disease Control and Prevention (CDC) for health care providers and exist to protect both patients and students.
 - Proof of Varicella (Chicken Pox) immunization or titer
 - Proof of Hepatitis B immunization or titer
 - Proof of Measles-Mumps-Rubella immunization or titer
 - Proof of Tetanus-Diphtheria-Pertussis (Td/Tdap/P) vaccination within the last 10 years
 - Proof of 2-step negative TB test or negative chest x-ray in the case of a positive skin test; TB test must be repeated annually.
 - Influenza Vaccines repeated annually.
 - COVID vaccine or exemption forms

It is the responsibility of the student to keep all health records and immunizations up to date and provide copies to the nursing department.

Effective December 11, 2024, the Associate of Science in Nursing Degree program at Keweenaw Bay Ojibwa Community College at the Wabanung Campus that is located in L'Anse, Michigan is a candidate for initial accreditation by the Accreditation Commission for Education in Nursing. This candidacy status expires on December 11, 2026.

*Accreditation Commission for Education in Nursing (ACEN)
3390 Peachtree Road NE, Suite 1400 Atlanta, GA 30326
(404) 975-5000*

View the public information disclosed by the ACEN regarding this candidate program [on the ACEN's website](#).

Helpful Insights

The Medicine Wheel teaches us that **we have four aspects to ourselves: the physical, the mental, the emotional, and the spiritual**. Each must be in balance and equally developed for us to remain healthy, happy, successful individuals.

This is important to keep in mind throughout your life span. Working towards a degree can be a daunting endeavor, no matter when in your life you decide to pursue your dream of a college education. This will hopefully remind you that if everything in your life is not in balance, another part is going to suffer. When you see this might be the case, do not become discouraged. Simply take a step back, evaluate what is out of balance and then take time to re-balance yourself so that you can continue on the road in the pursuit of your dreams.

