

NORTH CAROLINA ULTRASOUND SOCIETY

Joke: Why should you trust a sonographer?
(answer at the bottom)



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Sono School Spotlight - South Piedmont Community College

Did you know?

South Piedmont Community College started their medical sonography program in 2001! (That is 24 years ago!) They specialize in Abdominal and OBGYN ultrasound. Here's what their faculty had to say!

Q: What is your favorite part of being a sonography educator?

A: "I love sharing my passion for ultrasound with my students. It is encouraging being able to pass that passion on to our future sonographers knowing that it will determine how they view their patients, the art of ultrasound and their drive for excellence during their careers."

Q: What is one piece of advice you would give someone who wanted to get into teaching?

A: "It can be challenging, but it is so rewarding when you think about how many patients you are able to impact by passing your knowledge on to your students. Never stop learning. Being an instructor does not mean that we stop learning new things!"

Q: What advice do you give your students when they are graduating and beginning their sonography career?

A: "Always remember that you are scanning someone's family member. Remain diligent, thorough and compassionate and always continue learning. You can do this, and you are ready!"



Burn Out Tips and Tricks

Tips to avoid feeling burnt out, and tricks to pull out of it if you're already there!

Tip 1➔ Before your week begins, take time to plan and prep your meals. You are what you eat!

Tip 2➔ Stretch/Take a few deep breaths in between each patients.

Tip 3➔ USE YOUR BREAKS!
Your lunch break (and any other breaks you get) should be used to disconnect from work and reset

Trick 1.....➔ When possible, go outside during the day! (See the sky, some grass, maybe a bird. The world outside of work is still there.

Trick 2.....➔ Take time away! Be it a vacation, a day off, or even just leaving work a few minutes early one day. Time away from work is crucial.

Trick 3.....➔ Make time for your hobbies. You are a person outside of work, with interests that don't involve ultrasound! Refocusing on hobbies is the break you need.

Have you heard of the Mentor Program??

Every year, NCUS accepts applications for 1-3 mentees. An NCUS mentee is an ultrasound student with exceptional drive, looking to obtain a further involvement in ultrasound as a field of practice with respect to the educational and organizational structures. The student will receive guidance and inclusion from the whole board as well as specific mentoring from a designated mentor. NCUS mentees are responsible for creating a "Case of the Day" presentation for the annual Spring Symposium, and a case study for the NCUS newsletter!

Mentee and Mentor of 2025-2026



Meet Mason!

NCUS Mentee, Student

"I'm currently a student in the Radiologic Science program at UNC... After graduation, I plan to become registered in abdominal, vascular, and OB sonography within my first year of working... In the long term, I'm interested in... working toward a master's or advanced medical degree to further my career in healthcare."



Meet Adrienne!

NCUS Mentor, Board of Directors, Education Committee Chair

"I'm a Cardiac Sonographer with 22 years of experience based in Charlotte, NC. I specialize in Adult Echocardiography and patient-centered care. My professional interests include cardiovascular health, heart failure and transplant imaging and education and training. What I enjoy most about my work is connecting with patients, collaborating with healthcare teams and providing support and clinical education to teammates and early career sonographers."

MARK YOUR CALENDARS



November 8th, 2025

8am - 4:30pm

Featuring Adult Echo, Pediatric Echo, General, and Vascular topics!
Registration is opening soon!

45th Annual Spring Symposium

When? Friday April 17th -
Saturday April 18th

Where? Harrah's Cherokee
Resort!

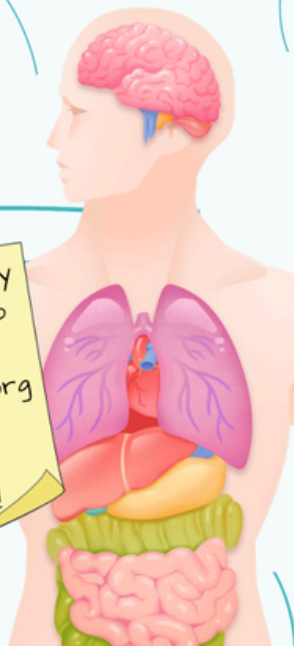


Social Media

PATHOLOGY ON CAMERA

Is it ultrasound?
Is it cool, weird, or scary?
Is it deidentified?
Have a question?
Submit it to us!

Submit your pathology
images and videos to
socialmedia@NCUS.org
to be our next
Pathology Post!



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**Check out our lecture library at www.NCUS.org for the
lectures below, and more!**

Joke Answer: They always make sound decisions!