



NORTHWEST  
SUBURBAN  
COLLEGE

# College News

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## NWSC Offers Undergraduate Degree Programs

In the fall semester of 2025, Northwest Suburban College began offering undergraduate classes in three new program areas: Bachelor of Science in Biology, Bachelor of Health Science, and Associate of Applied Science in Medical Assisting. These classes are offered in the evenings and on Saturdays for student convenience, and are taught by Professors from nearby colleges and universities such as Harper College and Loyola University of Chicago. The Bachelor degree programs can be completed in three years, and the Associate degree in less than two years.

The Bachelor of Health Science program prepares students to work in healthcare administration and allied health fields, while also serving as a pathway to graduate and professional programs. The program covers a range of subjects involved in healthcare, including biology, public health, psychology, and healthcare management. The Bachelor of Science in Biology provides a strong academic foundation for careers in healthcare, health sciences, and research-oriented fields, including pre-medicine and other health professional pathways such as Pre-PA, Pre- Dentistry, Pre-Chiropractic and Pre- Physical Therapy and Occupational

Medicine. The program combines classroom instruction with hands-on laboratory experience and introduces students to scientific inquiry, data analysis, and research methodologies essential for graduate study and professional school preparation.

The Associate of Applied Science in Medical Assisting prepares students with the knowledge and practical experience required of Medical Assistants. Students gain experience in medical office and clinical procedures, electronic medical records, and patient care. Graduates are prepared to sit for the CCMA, CMA, or RMA national certification exams, and are job ready upon exiting the program. In addition, coursework completed in the Associate degree program is transferable toward the Bachelor of Health Science, providing a clear academic pathway for continued education and career advancement.

Please see the [school web site](#) for additional information and application information. In addition to these new programs, NWSC continues to offer the credential programs in the areas of Medical and Dental Assisting, and Pharmacy Tech. Information on enrolling in these programs is also available on the school web site.

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## Introducing New MA Instructor

Ms. Liezl Banting was recently hired as an Instructor for the Medical Assistant daytime class. Ms. Banting, who prefers to be addressed as “Lee,” shares the daytime MA instruction duties with Ms. Sena Kinkle.

Ms. Lee has over a decade of experience in the allied health science field. Program Director, Dr. Raman, praised Ms. Lee as “a great addition to our faculty team.” Welcome, Ms. Lee, and we are very happy you are here at NWSC.

## Alumni News

Alina Koroliuk successfully passed the RMA exam two weeks after graduating last November (2025). Alina was a student in the MA morning program. She

has been hired as a Medical Assistant at the Northwest Suburban Pain Center. Many congratulations to Alina and to her NWSC instructors. We wish Alina the best in her new career!

## Additional Certificate Programs Approved

The undergraduate programs discussed on page one received accreditation from the Accrediting Bureau of Health Education Schools (ABHES) in September, 2025. In December, 2025, the Illinois Board of Higher Education-Private Business and Vocational Schools (IBHE-PBVS) approved Northwest Suburban College’s application

for Magnetic Resonance Imaging (MRI), Sterile Processing Technician, and Healthcare Management certificate programs.

## Find More Illinois Network of IL Libraries

As of last April (2025), the library of Northwest Suburban College joined the *Find More Illinois* network of more than ninety libraries throughout the state of Illinois. These include public, academic, and special libraries. Participating academic libraries include Knox College, Northern Illinois University, and the University of Illinois at Chicago. Patrons can even borrow from the Old Town School of Folk Music Library! This network allows students and library patrons to search for and borrow from any of the participating libraries. Users simply search one shared catalog and can request the book to be sent to their home library. Books are transported between libraries via the van service that is managed by the Reading

Across Illinois Library System (RAILS), which is our local Illinois library network. This is a very efficient system and allows libraries to share resources with minimal cost. The *FMI* network is especially valuable to small libraries that do not have large purchasing budgets for books. They can still offer their users access to the more comprehensive collections of large public and academic libraries.

As part of our membership in the *FMI* network, we agree to loan items from our NWSC collection to other libraries when we receive such requests. Last November, I processed our first interlibrary loan request that came from Sterling Public Library in Sterling, Illinois. The book requested was *The*

*Clinician's Handbook of Natural Medicine*, by Joseph Pizzorno. I am in the process of managing a second request sent from the Wheaton Public Library. The RAILS delivery van picks up these books from us, delivers them to the borrowing libraries, and returns our books to us when the library patrons return the items to their home libraries. This process works in reverse, meaning, we can borrow books from any participating library at no cost to us. If you are looking for a specific title we do not have in our library, or for books on a particular subject, please see me and I can help you locate items and request them from other libraries.



# New Federal Dietary Guidelines



The U.S. Departments of Agriculture and Health and Human Services have issued new Dietary Guidelines for Americans, 2025-2030. The new guidelines emphasize consumption of protein-rich foods, and avoidance of highly processed foods with high sugar and refined carbohydrate content. As in previous versions of the dietary recommendations, the major food groups of protein, dairy, fruits and vegetables, and whole grains are included. Proteins should be part of every meal and the use of “healthy fats” such as olive oil is encouraged. The document also includes recommendations for specific age and/or concern groups, such as infants, adolescents, seniors, pregnant women, vegetarians and vegans.

The RealFood.gov site includes the recommended daily servings from each food group, along with calorie per serving information. Other reports and appendices are included at these sites, with explanations of the research and process involved in developing the new guidelines. The report cites the high percentages of obesity, diabetes, and chronic disease among Americans, caused in part by unhealthy eating habits. A greater focus on healthy eating will hopefully, increase the health and well-being of Americans, and reduce the high costs of treating chronic health conditions.



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