

Trinitas School of Nursing

March
2018

Newsletter sponsored by the Student Nurses Association of Trinitas School of Nursing

Catch Up: Spring 2018

SNA Sponsored: Spring: Professional Activities

Each spring semester, the SNA sponsors the once a year professional activities for the entire student body. The activity for the upper division students is attendance at the New Jersey League for Nursing Convention in Atlantic City on Thursday March 29th. Students in NURE 232 and 250 (mandatory) and NURE 231 (invited) will attend this professional nursing conference, where they'll attend a variety of sessions on professional nursing topics, including the key note presentation and the student focused break out sessions. They will also gain access into the large exhibit hall, where representatives from healthcare institutions and continuing nursing education organizations will be present. The cost of attendance and transportation via bus (if desired) is covered by the SNA fund. Convention information and registration information has been sent.

Students in the lower divisions; NURE 131 and 132, will be attending a day long educational event at a local venue on Tuesday April 17th. Part of the program will be a presentation on legal issues in nursing, presented by Ms. D. Dolan. The main speaker for the day, Dr. N. Bowe is recognized as one of the preeminent nursing experts on death and dying and has a reputation as both an expert in the field and an engrossing speaker. A buffet lunch and refreshments will be provided. Since these events occur only once a year, non-mandated students are encouraged to make every effort to attend.

Having Trouble with "Math"

Check with the Learning Simulation Center for scheduled math tutoring sessions. Links to sign up are typically sent as Canvas announcements with the day and time they are being offered and instructions for signing up. Additionally, the UCC Elizabeth Academic Learning Center uses nursing students for their math tutors. This is also a good option. Don't wait till it's too late: get your issues with understanding how to read nursing math questions and calculations under control, before they lead to poor grades

Cell Phones During Clinical: Watch for Problems

All students are reminded that use of cell phones during clinical sessions, including all clinical sites and while participating in LSC activities and clinical simulation is strictly prohibited. Cell phones should not be out and the taking of pictures of any patient information is a violation of HIPPA and patient privacy policies. Abuse of HIPPA and/or patient privacy policies are considered violations of the SON's Zero Tolerance / Critical Event Policy and will result in serious ramifications up to and potentially including dismissal from the program. TSON policies addressing cell phones are being reviewed and revised, so faculty are encouraged to strictly limit students' access to and use of cell phones. Students are provided with a variety of data collection tools designed for use when obtaining and recording patient information as part of the clinical experience. Accordingly, identifying information on these forms is limited to patient initials ONLY.

Student Nurses Association: SNA Meeting

The next meeting will be on **Wednesday March 21st beginning at 3pm** in room 311. **NOTE: room change** due to snow makeup 132 exam occurring on same day. All available class representatives are requested to attend this meeting. In addition to usual agenda items, nominations and election of new officers will be occurring. If there is more than one SNA member nominated for an officer position, an opportunity for other students to participate in voting will be provided via the TSON:COMM canvas shell. As always, pizza will be served, and ALL students are welcome!

Our goal is to help mold the future professionals of the nursing field. Only through involvement can we implement change. You are the future leaders of the nursing profession. Professionalism and Leadership begin here. (NJSNA, 2009)

SNA Workshop: Lower division students - Step Up with the Seniors for Success.

This form is used by many course faculty when meeting with students who've been unsuccessful on an exam. Try using this form to check yourself before taking your next test.

Did You...	Yes	No	Points for a "Yes" Answer
1. Review the objectives found on the course syllabus			1
2. Scan chapter material prior to it being covered in class			2
3. Attend all classes			2
4. Review your notes after class or within 24 hours			2
5. Complete the assigned chapter readings within 48 – 72 hours after lecture			2
6. Take notes from the readings (paraphrasing in your own words), highlighting the major concepts using the nursing process as your guide			2
7. Study at least 2 hours weekly for each credit in the course Example: 3 credits = 6 hours, 6 credits = 12 hours, 8 hours = 16 hours			3
8. Review something daily (articles, meds, notes, etc)			2
9. Ask questions in class, if you need further clarification and/or confused about something			1
10. Learn key or unfamiliar words for the material			1
11. Develop a sense of “what the nurse needs to know about this information,” and ask the “Why?” questions			2
12. Use other materials to improve your knowledge of the content/concepts: the nursing care plan book, case studies, online resources, etc			2
13. Do questions, using a NCLEX question book, or review book, as appropriate			3
14. Practice your math skills, using math book, provided practice sheets, etc			2
15. Study with someone else or in a study group			1
16. Attend help session for Math, if needed			1
17. Avoid last minute cram session; it could affect effect your performance on the exam			2
18. Sleep at least 8 hours the night before; eat a nutritious diet – including protein			1
Add your total points , plus one point for each hour you spent in preparation over 2 hours per credit. If you studied an additional 3 hours, add 3 points			

Number 2, 4 and 5 are necessary to support optimal brain learning of the information. Good recall and subsequent application in number 6, 7 and 11 is extremely challenging without this foundation. Number 12, 13 and 15 are the path to application. Number 14 addresses math competency, while 17 and 18 address physical and psychological readiness.

28 – 32 points: Good preparation
 20 – 27 points: Fair preparation
 20 or less points: Poor preparation

Additionally, try these video links to address other issues related to exam success.
 Test taking anxiety and mental imagery for success: view/listen as many times as necessary and/or download to phone to use right before exam
<https://www.youtube.com/watch?v=AtF0T2fPvbl>
 Identifying your problem in test taking: review of most common student mistakes during test taking
<https://www.youtube.com/watch?v=5dCnE4Vep04>

