



STAT

Wisconsin Student Nurses' Association



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The STAT is the official newsletter of the Wisconsin Student Nurses' Association. It is published two to three times every year, sharing the events, activities, and education news for the student nurses of Wisconsin. The STAT is published to the WSNA website and we notify our members of publishing through the e-mail address NSNA has on file. Please be sure to keep your personal information up to date with the NSNA to assure prompt delivery of your STAT.

Kathryn Rotsch

STAT Editor

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Break Through To Nursing: Mentoring Program for Local Chapters



Retrieved from: <http://www.mentorcloud.com/blog/2014/1/6/blog-carnival-vol-1-mentoring>

Mentoring is an excellent opportunity for student organizations to demonstrate their commitment to nursing. It is a huge contribution to advancing the future of nursing.

Will you be the leader to initiate change in your organization and increase student retention in your SNA's nursing program?

Each of us has numerous opportunities throughout our lives to be new at something, and it isn't always a pleasant experience. There is fear of the unknown, uncertain confidence and fear of making a mistake. We've all been there and will be there again at some point.

In a nursing mentorship program, students have a chance to give back, gain new friendships, learn from each other and most importantly make a difference.

"Mentoring is a brain to pick, an ear to listen, and a push in the right direction." -John C. Crosby

If your SNA is interested in creating a nursing mentor program, or would like ways in improving your current program, contact Cristina Nazario, WSNA 2015-2016 Breakthrough to Nursing Director at nazaricm@alverno.edu.

Study Tips from Nurse Zone

For some, there is nothing worse than studying for and taking tests. However, the process can be simplified using these valuable tips that will help you form solid study habits, create a method that works for you and to prepare you for exams.

FORMING STUDY HABITS: 10 WAYS TO SIMPLIFY YOUR NURSING SCHOOL LIFE

1. Stick to the plan. Track all projects, deadlines, exams and other activities relating to work and/or school in a personal planner or a pocketbook calendar.
2. Take notes. Place notes in outline format with headers, subheads and bullet points. Add items your lecturer refers to in the book.
3. Create flashcards. A quick and easy way to quiz yourself right up until test day. Use flashcards for making a file of diseases/conditions and their treatments, listing signs and symptoms, diagnostic tests and interventions.
4. Tape record. This is especially handy on "test review" days when instructors share what material is likely to appear on the exam. Remember to check with your instructor first!
5. Compare notes. It's possible that your classmates have information you didn't catch and vice-versa.
6. Use the textbook to your advantage. Outline each chapter, write down ques-

tions about concepts you don't understand and refer to other resources for extra help (i.e. the Internet, nursing journals, NCLEX review materials, etc.).

7. Stay informed. Attending class is important. You never know if a question asked by a fellow classmate or a piece of information not found in the book might be found on the next exam.



Retrieved from: <http://www.bazaclanaka.com/posao-karjera/saveti-za-bolje-i-efikasnije-ucenje/>

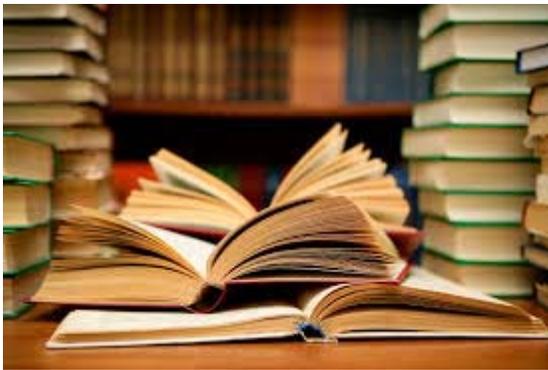
8. Ask questions. Get answers to questions raised in your book, ideas you're unclear on from lectures or clarify your notes.
9. Stay in touch with your instructor. Visit during office hours, send an e-mail, talk by phone and sit in the front row during class whenever possible.
10. Be exam prepared. Find out what the exam will cover and the exam format. Review points emphasized in class, questions in your study guides, past quizzes and end of chapter review sections.

METHODS OF STUDY

Studying Alone

These are some tips for studying alone:

1. Decide what to study. This means figuring out what you'll study, for how long and how many chapters, pages, problems or case studies you want to complete. Once



Retrieved from: <http://www.uglydogbooks.com/>

you've set your "schedule," stick to it.

2. Complete difficult tasks first. If you're a procrastinator, start with something simple and/or interesting to get you motivated and on task.

3. Give yourself a break. Study for 50 minutes and then give yourself a 10 minute break. The break is a good time to stretch, relax or have a snack.

4. Change scenery. Often, locking yourself up in your dorm or apartment makes it more difficult to study, especially if you're studying in a room that's less than neat. Get out and study at a coffee shop, the library or the park. You're likely to concentrate better and get more done.

5. Getting tired or bored? Put down what you're doing and start on a different task or subject. Stop studying when you're no longer being productive.

6. Keep your schedule practical, flexible and realistic. Make time for socializing, studying and sleeping. If you're someone with lots of time, develop good organizational skills. For those with an already busy schedule, re-establish your priorities so that you aren't trying to do too much in too little time.

7. Repetition, repetition, repetition. It's true that practice makes perfect-read your notes several times over until you remember the important points.

Get plenty of sleep. Pulling an all-nighter won't help you if you're mind turns to gelatin by the time you arrive for the exam. Instead, study until your usual bedtime, then plan to rise earlier than usual the next morning for last minute reviewing. You'll find that your mind will be fresher and ready for testing. And don't overcaffeinate!



Retrieved from: <http://www.bu.edu/today/2008/health-matters-caffeine/>

Studying Continued

Studying in Groups

Three's Company. The ideal size of a study group is three.



Retrieved from: <https://stepsofwisdom.wordpress.com/author/stepsofwisdom/>

Don't forget, two heads are better than one. If you're not feeling too confident about a class or find it easier to learn by discussing study material, you may want join a study group. It's a great way to share ideas and teach each other, but it can also be unproductive if discussion departs from organic chemistry to who's dating whom. Here are some tips for getting the most out of your study group sessions:

1. **Three's Company.** The ideal size of a study group is three. The smaller your study group, the more it will help you and members be more efficient, thorough and productive. This also places each member in the leader position.
2. **Set goals.** Each person should walk into a study session with a list of questions or goals to accomplish for that session. This

will help keep the group on target and from wavering off the subject.

3. **Group effort.** Assign a portion of each chapter or assignment to a member of your group. From there, make up study questions for your portion and distribute copies to the others. And voila, you have your own practice exam.

No substitutions. Group study is not a substitute for individual learning and understanding. The key to learning is not the actual answer but the process of critical thinking.

Internships for Undergraduate Nursing Students

By: Kathryn Rotsch

There are many different types of internships available for student nurses throughout the state of Wisconsin. In this article two members of the WNSA share two different types of internships for nursing students.

Cali Trepp is a Senior Nursing Student at Alverno College. She has an internship at the Wisconsin Nurses' Association where she is learning about one of the different avenues of nursing that is different from direct patient care. The WNA is the only organization that lobbies for registered nurses.



Retrieved from: <http://www.feldbergfoundation.org/board/>

Cali is currently working on a task for workplace violence and is in charge of collecting and summarizing evidence of workplace violence in nursing. Cali states that through this internship she is “gaining in-

sight into how the WNA supports its fellow nurses.” Through this internship she is experiencing firsthand the process in which task force members collect evidence to support legislative changes.

“The WNA is the only organization that lobbies for registered nurses.”

She has the opportunity to educate registered nurses and student nurses on workplace violence, where she has gained the support of many nurses for the WNA's plan of action. Not only does she do some teaching she also creates teaching materials and visual representations of the data collected. Her work is creating the information needed to write a position paper to support the change of current legislation on workplace violence against nurses.

Cali will have the opportunity to present this data and speak on behalf of RN's and SN's to the state legislator to help change the laws in this state.

Internships Continued

Kathryn Rotsch is a Senior Nursing Student at the University of Wisconsin Parkside. She has an internship at the Kenosha Medical Center in the float pool where she is learning the skills of the tech but also the skills of the nurse.



Retrieved from: <http://www.smma.com/project/health-and-science/manchester-memorial-hospital-icu>

Kathryn started this internship after her first two semesters of nursing school. She stated that, “during the first few weeks of my internship I was able to perform a ton of skills. Having the opportunity to work with real patients after learning skills in the lab is incredible”

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She is in the float pool and has had the opportunity to work on a cardiac step down

unit, telemetry unit, critical care unit, med-surg unit and ortho-trauma unit. “I wasn’t sure about specializing but the float pool has helped me narrow down what I like and what I don’t like”.

The first few months of Kathryn’s internship she works as a tech and will then be moved into a preceptor-ship program where she will work on the floor of her choosing.

There are many opportunities for internships across the state of Wisconsin. Here are a few places that offer internships and externships: University of Wisconsin Student Nurses’ Association, VA Valor, Wisconsin Long Term Care Clinical Scholars Program, Meriter Summer Extern Program for Student Nurses, Mayo Clinic Summer Nurse Externship, Monroe Clinic Summer Internship, St. Jude Summer Nurse Externship, United Hospital in Kenosha, Wheaton Franciscan Southeastern Wisconsin, Gundersen Health System in La Crosse, Nurse Extern Aurora Health Care, Community Health Internship Program (CHIP) and ThedaCare externship in the Fox Valley Area.

Learn From Me: Tips & Tricks for New Nurses

By: Kathryn Rotsch



Retrieved from: <http://scrubsmag.com/how-to-get-organized-for-clinical/>

We often hear stories about people saying “I wish I knew that when I first started,” or “I wish someone would have said something before!” One of the beautiful things about becoming a nurse is the vast knowledge at our feet from the nurses we all know and work with. I have taken the time to ask a few nurses what they wish someone would have told them and added a few things I have learned along my journey as a student nurse.

Being organized on the floor can happen before you even start on one.

Clinical is a great time to develop your patient care priority sheet. If you have the chance to be on different floors ask the nurses if they have organization sheets for their particular floor you could look at and even use. Ask the nurses you are working under how they organize their sheet and ask if you can take a look at it. One size will not fit all because our minds work differently;

you can pick and choose what works best for you and try it out in clinical. Asking the nurses you know and work with is a great way to get exposure to different types of organization formats before you start out on your own. After you’ve graduated, passed the NCLEX and attained your dream job of being a floor nurse take the time at home to work on your formatting and keep an original on you at work that you can just photo copy.

Comfy shoes are a must and attainable.



Retrieved from: http://www.aliexpress.com/promotion/fashion-beauty_black-gym-shoes-promotion.html

The first week I worked 32 of my 40 hours on my feet I wanted to cut them off. It was because of my shoes. I thought they were fine but when it came to Friday they weren’t and it was time for new ones. I waited until I worked another eight hours and spent the evening trying on about twenty different types of shoes until I found the right pair. When your feet are in their worst shape and you feel like crying tell yourself it’s time to push through and go shoe shopping!

Tips and Tricks Continued

Compression stockings will change your life. often know what their normal is and when they're deviating from it. While assessing them it's important to listen to what they're telling you. The patient will not tell you what's going on the way a textbook or a clinical scenario may but it will clue you into what's really going on.



Retrieved from: <http://www.shoeline.com/ViewAll/All-Brands/Womens/Accessories/Socks%20and%20Hosiery/All-Sizes/All-Colors/Newest/Page-2>

Working for eight hours on your feet is difficult, especially if you've never done it before. When I first started my eight hour shifts and didn't have my stockings, I had major leg and foot fatigue. Not to mention at an increased risk for blood clots. We may not need to go out and buy a pair of TEDS just yet but it's a good idea to look into compression stockings. I recommend starting at a mid-range compression, at about 11 mmHg, and moving up or down from there. The stockings will cut down on swelling that you may not even notice is happening and your legs will thank you for it after your shift.

Listen to your patient because they will tell you 90% of what you'll need to know.

I had a nurse tell me in clinical that he would have appreciated it if someone told him to not focus so intensely on the assessment but to also take the time to listen to the patient. Patients



Retrieved from: <http://www.nursetogether.com/3-emphatic-listening-tips-better-nursing-communication>

Remember, you're not the first person on the path to becoming a nurse. There are many people ahead of you that have braved the nursing journey; don't be afraid to ask them questions and see what worked best for them.

CONVENTION 2016 IS COMING



Start planning your chapter's trip to convention for this February!

When: February 5th—February 7th

Where: The Kalahari in the Wisconsin Dells

Focus: Mental Health



Watch for the future WSNA STAT issue with information on **Convention** and other important information

I am very excited to be your STAT Editor. I would **love** to share your **interesting** ideas, your **fantastic** journeys and the **exciting** activities you are involved in!

Is there something you would like to see in an up coming STAT? Did your local Student Nurses Association do something **amazing** that you would like to **highlight**? Do you have **fabulous** pictures or a **funny** nursing joke to share?

Please send any information you would like to see in STAT to Krrotsch@gmail.com and it may be published in the next issue!

