Who are Nursing Enrichment and Tutoring (NET) tutors?

By Min Kyung Kang

The NET tutors are nursing students who have demonstrated academic achievement and have a strong desire in assisting other nursing students. The NET tutors provide tutoring in both academic and clinical practice to nursing students in UDC 1 – 4 levels.

Areas in which tutoring is available include but are not limited to:
- Written assignments (age span, teaching plans, nursing care plans, etc.)
- Preparation for exams & test taking strategies
- Dosage calculations
- Medication administration
- Assessment skills

Both one-on-one and group tutoring sessions are available. Nursing students who want to improve their academic and clinical performance are highly encouraged to use the tutoring service. To schedule, please stop by Hunziker Wing room 103.

NET tutor Sandra Zavala has created a 20-minute Tegrity session that offers tips on writing nursing care plans!

The recording may be viewed on the Student Success Home Page at http://www.wpunj.edu/cosh/departments/nursing/student-success/

In the left column on the Student Success Home Page, click on “Care Plan Tips Tegrity—20 minutes”
Humans are Not Nocturnal  
*By Jaclyn Tan*

I used to stay awake into odd hours of the morning, studying for exams, editing papers, and working on projects. I was striving for that A on every assignment, but I noticed that sleeping for only a few hours the night before a due date did not yield good results. So I set my priorities straight and stopped pulling all-nighters. Now, I plan ahead and rarely study past midnight. If necessary, I wake up early to get in a couple more hours of review in order to reinforce what I already know. Human beings are not meant to be nocturnal; your mind will not efficiently or optimally work with deficient rest. Still strive to do your best, but do not do so at the expense of your physical and mental health. As future nurses we will be useless to our patients if we do not first care for ourselves. Remember to eat proper meals/snacks, get some sleep, spend time with the people you love, and take personal moments to decompress (walk outside, watch a funny video, sing your favorite song, and dance around the room).

The Mentor-Mentee Program  
*By Robin Del Rosario*

The mentor-mentee program, created by Erin Wydner last year, started off slowly with about 20 mentees and mentors combined. This year the program has doubled in size and has been very successful!

**What is the mentor-mentee program?** Upper UDC students (mentors) are paired up with newer UDC students (mentees). Mentees can ask their mentors anything about the nursing program such as how to study, what are clinicals like, what classes to take – any questions or concerns that the mentees may have, their mentors will try their best to help them. The program is very flexible. Mentors and mentees should meet each other a couple of times during the semester. In addition, they can contact each other via e-mail or text. The program has received positive feedback from students and faculty. It is a great opportunity to give mentees a heads up on what to expect in upcoming semesters. Erin has invested a lot of hard work in putting this program together. As the new coordinator, I hope to continue the success of this program and even expand it to freshmen and sophomores who are already nursing majors. I am open to new ideas and I cannot wait to run it next semester. Congratulations to the graduating seniors and I hope everyone has a relaxing summer – we deserve it!
Successfully Surviving Nursing School — From Someone Who Did It

By Erin Wydner

Nursing school is no easy task as all of us who have completed, or are still in the process of completing our degrees, know. As both a tutor and the nursing mentor program coordinator, I know the struggles students face. However, you are not alone, and you are not perfect, nor should you be. Being a great nurse does not mean getting A’s on every assignment you hand in and performing flawlessly in clinical. Some of the most valuable learning experiences will be those in which you make mistakes. Being a great nurse means having compassion, being knowledgeable, and being able to apply your knowledge in a clinical setting, as well as taking care of yourself. You must know how to balance. Take a break, call a friend, sleep in — whatever helps you personally to relax (this makes it much easier to focus and study). Remember, I did it, my peers did it, and all the nurses you see in clinical did it, and so can you.

Advice from a Graduating Nursing Student

By Sandra Zavala

1. Read each chapter TWICE before an exam.
2. Do the end of chapter resources available to you online (www.evolve.elsevier.com).
3. Don’t pull all-nighters. You actually do worse!
4. Buy an NCLEX book as soon as possible. Do at least 5 questions a day.
5. Practicing NCLEX questions will help your ATI grade as well.
6. Start saving up for graduation and licensure fees. It’s almost $1,000!
7. Invest in a Starbucks gold card.
8. Don’t sweat the small stuff. You’re allowed to make mistakes.
9. Go out with your friends AT LEAST twice a month.
10. Go to tutoring! There are some great tutors in there ready to help with all of your subjects!

Erin & Sandra,

Congratulations on Your Graduation!