



Nursing Society

First-Year Welcome Event

Wednesday September 8, 2021

Join us to:

- Meet fellow first-year nursing students!**
- Learn more about Nursing Society and how to get involved on campus!**
- Meet upper year nursing students and ask any questions you have!**
- Have fun!**



Please note that the Nursing Society Orientation is a separate event from the mandatory program orientation on Thursday September 9, 2021



Feeling overwhelmed? Extra help is always available!

Peer Mentoring



- Peer mentors are 3rd and 4th year nursing students who work in the nursing lab and simulation lab
- Within the lab, they assist the students with skill practice (e.g. dressing changes and inserting catheters)
- Peer mentors are available during select times and you may schedule appointments with them for individual practice and feedback

Mental Health Support and Counselling

- FREE, confidential counselling appointments are available throughout the year for any nursing student in the program.
- Email scc@uwindsor.ca to set up your first appointment with the Nursing Clinical Therapist!



Students Offering OSCE Assistance (SOOA)

- Students run practice sessions to help students prepare for OSCEs
- They will guide students through the skills and answer any questions
- Students can practice their OSCEs and will receive feedback and tips for improvement
- *Please note that this program is pending due to current circumstances



Student Success Coordinator

- The Student Success Coordinator is available to help students make safe decisions related to academic planning and facilitate individualized referral of support services within the Faculty of Nursing or on campus.
- Academic advising appointments are available for all nursing students Monday-Friday 8:30AM-4:30PM
- Email Fran Meloche, RN MScN to make an appointment: fmeloche@uwindsor.ca

TIPS TO MANAGE SCHOOL, WORK AND A SOCIAL LIFE



TIME MANAGEMENT

When faced with many different tasks, it is important to prioritize those responsibilities and ensure that you are delegating enough time to complete them. This can be done by using a planner to organize important dates, creating a to-do list or setting deadlines for the things you wish to complete.



WORK AHEAD

Many professors post the schedules for assignments and readings at the beginning of the semester. Try to get ahead with assignments or studying so that your workload does not pile up. This will allow you time to focus on other activities, such as work, clubs or spending time with friends.



SET GOALS

Setting both short and long-term goals can motivate oneself to work hard in order to achieve the goal. These goals can be education based, work-related or a part of ones personal life. When one meets a goal, it can create feelings of success that can lead to a stronger work ethic for future tasks.



MAINTAIN A HEALTHY LIFESTYLE

Creating a balance between school, a social life and work can put a toll on oneself. It is important that you recognize signs of stress and partake in behaviours that can improve your overall health. This includes getting enough sleep, eating a well-balanced diet and taking time for yourself.



How to Survive

Nursing School

Tips to for incoming nursing students. Follow these to minimize stress and maximize productivity.

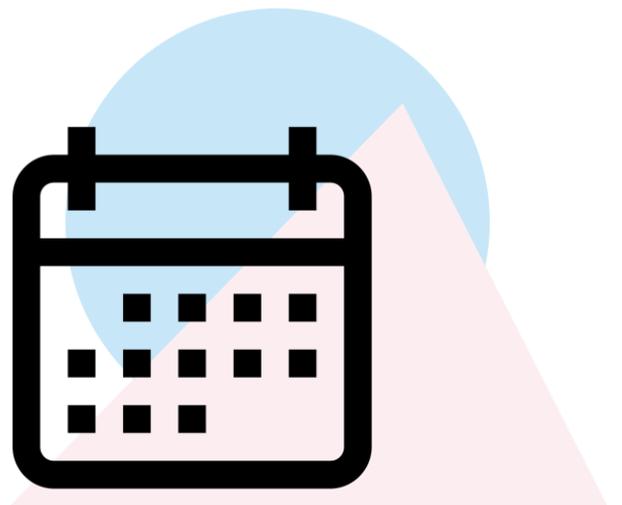


Study Buddy

Studying with someone or a group of other nursing students, allows you to not only clarify questions but allows you to teach one another, further solidifying your knowledge, while having fun!

Study in Advance

Do NOT procrastinate. This is definitely easier said than done. From experience, it is increasingly important that you take time each day to review your learned content. Research has proven that the more times something is reviewed the sooner it enters long-term memory.

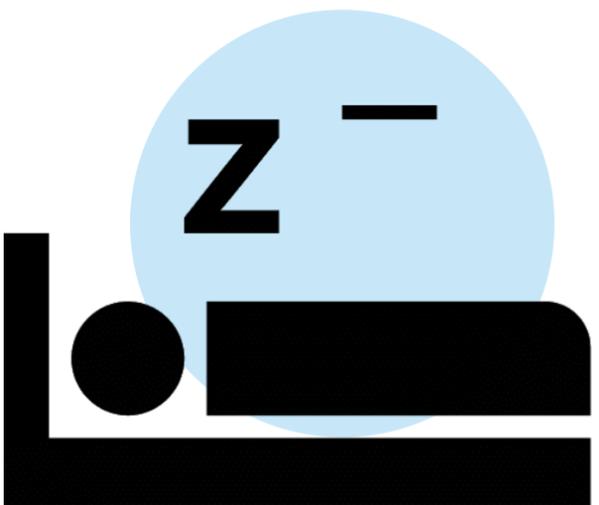


Highlighted Parts

It's important you don't get hung up on trying to memorize and learn every single detail. It is important to take thorough notes but when studying focus on the topics and slides "highlighted" by professors in class.

Practice Questions

With nursing, a knowledge and application based program, it is highly recommended that you do practice questions before any exams. These questions ensure you not only have memorized what you've studied but have a thorough understanding of the topic. As well, practice questions allow you to practice time management skills used during your exams.



Sleep

A regular sleep schedule is crucial for success. Your memory functions 10x better when you allow your body rest. In times of stress and minimal sleep you function on short term memory, anything "learned" will eventually be forgotten. With accurate sleep your brain is able to fully process questions and access information in both your long term and short term memory effectively.

"You must take care of yourself, to care of your patients"

How to be Successful While Learning From Home

Productivity and Efficacy

With current times being so unpredictable and school courses being learned from the comfort of our homes, motivation and organization can be lacking. Below are tips to help you maximize your productivity and focus, while learning from home.

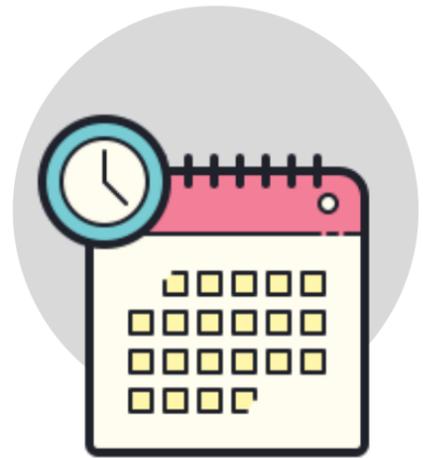


CREATE A MORNING ROUTINE

Shower, get dressed, grab a cup of coffee/tea, have breakfast, do a workout, meditate - create a routine that starts your day positively and motivates you to stay determined and focused for the day. Simply showering and getting dressed, allows your mind to transition, encouraging a more focused mindset.

FOLLOW A SCHEDULE

Outline your tasks for the day and create a schedule. Ensure to schedule in both class, study time, house work and breaks. Following a schedule allows you to work to your maximum efficiency, preventing you from getting tired and losing focus. Automatic time-tracking apps like Flora and Forest, are recommended for those who find themselves easily distracted by their phone, as they maximize your productivity during your schedule work times.



DEDICATED STUDY SPACE

Find a quiet, clean, organized, distraction-free space for maximum focus. Use this space ONLY for class/study time. Avoid working in places like your bedroom/living room, as these are normally associated with relaxing. Ask family members/roommates to respect your studying hours so you're not interrupted or distracted unnecessarily.

TAKE BREAKS

Take your breaks!! Taking breaks allows your brain to better process what you've just learned. Breaks allow your body/mind to regain and renew energy, ensuring better focus on returning to your task. When taking a break, change your scenery; even if it's just stepping outside for a minute.



ASK FOR HELP

Know that you are never learning alone. If at any point you feel as though you are struggling or confused, don't hesitate to reach out. Your lecturers and members of Nursing Society are always on hand to help. Asking questions not only benefits your learning but your peers as well. Questions allow your professors to evaluate the effectiveness of their online teaching and make changes accordingly.

STAY CONNECTED

Reach out to your friends and classmates.
Communication is key to your learning.
Discussing topics and working together will
allow you to test your knowledge and solidify
your understanding.



PRACTICE POSITIVITY

Take time to do things that make you happy.
Speak positively to yourself. Reward yourself
when completing tasks and learning new
concepts.

**Having trouble focusing? Staying productive? Need motivation?
Contact any of the members of Nursing Society using the Contact
Sheet provided.**

ABBREVIATIONS

PAST MEDICAL HISTORY

CP - chest pain	CABG - coronary artery bypass graft
SOB - shortness of breath	CAD - coronary artery disease
N/V/D - nausea, vomiting, diarrhea	CF - cystic fibrosis
Afib - atrial fibrillation	DVT - deep venous thrombosis
GIB - GI bleed	SI - suicidal ideation
UGIB - upper GI bleed	FTT - failure to thrive
CHF - congestive heart failure	GERD - gastroesophageal reflux disease
ARF - acute renal failure	ICD - internal cardiac defibrillator
CKD - chronic kidney disease	ICP - intracranial pressure
ACS - acute coronary syndrome	DKA - diabetic ketoacidosis
T1DM - Type 1 diabetes mellitus	C.diff - clostridium difficile
T2DM - Type 2 diabetes mellitus	MRSA - methicillin resistant staphylococcus aureus
HTN - hypertension	NSTEMI - non-ST elevation myocardial infarction
HLD - hyperlipidemia	STEMI - ST elevation myocardial infarction
OA - osteoarthritis	OSA - obstructive sleep apnea
RA - rheumatoid arthritis	PD - peritoneal dialysis
CAP - community acquired pneumonia	HD - hemodialysis
IBD - inflammatory bowel disease	PE - pulmonary embolism
AAA - abdominal aortic aneurysm	SBO - small bowel obstruction
ALL - acute lymphocytic leukemia	SLE - systemic lupus erythematosus
MI - myocardial infarction	TB - tuberculosis
ARDS - acute respiratory distress syndrome	TURP - transurethral resection of prostate
BPH - benign prostatic hyperplasia	URI - upper respiratory infection
	# - fracture