



RUTGERS-SCHOOL OF NURSING

**RUTGERS
UNIVERSITY
SCHOOL OF NURSING**

**FIRST-YEAR GUIDE
REMOTE EDITION**

New Brunswick

FROM YOUR PEER MENTOR

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STUDY TIPS FOR REMOTE LEARNING

Taking classes remotely can be a challenge to those who are used to or prefer in- person instruction, especially as a new college student. Here are some tips to make the most of this remote learning experience and aid in your success this semester:

FIND A QUIET, COMFORTABLE SPACE TO WORK

A desk and comfortable, supportive chair are best, but try to work with what you have available to you. Investing in a lumbar pillow or supportive seat cushion might be worth it! If you can't find a completely private space, talk to the people you live with about setting quiet hours so you can attend classes and work in relative silence at certain times of the day.



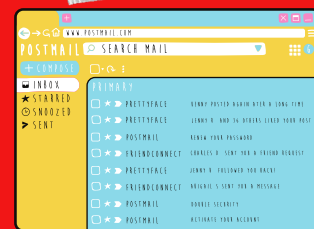
DEVELOP A SCHEDULE OR ROUTINE FOR YOUR DAYS

A consistent routine will help you stay on track and manage your time. Set aside blocks of time in your daily schedule for studying and assignments in addition to classes. Make sure to include time for exercise, meals and free time too. We recommend purchasing a calendar or planner to keep track of class times, assignment due dates and daily/ weekly goals. Try not to procrastinate either – leave yourself plenty of time to complete readings and assignments.



MAKE THE MOST OF YOUR CLASSES

Even though they are remote, be sure to login on time and pay attention. Zoom fatigue is real, but stay engaged by taking notes during the lecture, asking questions and participating in class discussions.



KEEP IN CONTACT WITH YOUR PEER MENTORS, ADVISORS & PROFESSORS

Even though you aren't on campus, you're more connected than ever to your campus community. Reach out to your peer mentors, advisors or professors with any questions and concerns. Everyone is invested in your success and would be happy to chat over email, phone or video chat!

FIGURE OUT THE BEST WAY TO STUDY

Some people prefer to study in silence on their own. Others prefer flashcards or studying in a group. Various apps and websites allow you to create digital flashcards to help you study. Don't be afraid to reach out to classmates to create a virtual study group that meets over Webex or Zoom. This will help you get to know your peers, give you a place to ask questions and work together to learn class material.

EMAIL COMMUNICATIONS



Which Email Address Should I Use?

All students have a School of Nursing email address, netid@sn.rutgers.edu. This should be your default email address. **This email address MUST be used for ALL academic work.** You can view your emails for this account at connect.rutgers.edu.

All students also have a generic Rutgers email, also called Scarletmail, (netid@scarletmail.rutgers.edu) that can be viewed at mail.google.com.

If you want to change your Scarletmail to something more simple (e.g. firstname.lastname@rutgers.edu), go to <https://netid.rutgers.edu/index.htm> and click “Manage Email Addresses.” The new email addresses you create will forward emails to your Scarletmail address.

Setting Up Email on Your Phone

Make sure you set up your emails to your phone. For your Scarletmail and generic emails, you can set them up on your phone as you would with any mail. For your nursing email, follow these specific instructions:

[iOS Devices](#)

[Android Devices](#)

DID YOU KNOW?

You can sign up for a discounted Amazon Prime account using your Rutgers email.

Your Scarletmail address has unlimited Google Drive storage and you can use it to get Microsoft Office at getoffice.rutgers.edu.



ACADEMICS

VIDEO COMMUNICATIONS



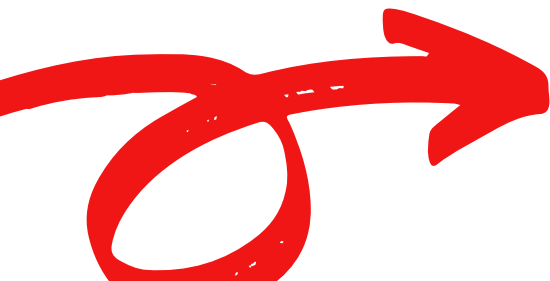
All SON students have access to both Webex and Zoom for academic use. You can use these accounts to schedule and join meeting with professors, advisors, classmates and student organizations. Meeting members can even share their screen with the group, which improves collaboration.

How To Access Your Accounts

[How to create your Rutgers Zoom Account](#)

[How to create your Rutgers Webex Account](#)

For more information on how to schedule and join meetings check out these links:



[Webex Tutorials](#)

[Zoom Tutorials](#)



SELF CARE TIPS

Adjusting to college isn't easy, especially during a pandemic. Here are some tips to help you stay healthy and well, physically, emotionally and mentally:

EAT HEALTHY AND STAY HYDRATED

To keep feeling good, try to eat well as much as possible. Incorporate fruits and veggies into your day and avoid fried foods or overeating, which will make you feel tired and sluggish. Staying hydrated is also important. Keep a glass of water or water bottle close by while you do your work and attend class so you can sip throughout the day.

EXERCISE, GO FOR A WALK AND STRETCH

Remote classes, studying and assignments means you'll be spending long periods of time sitting down. Try to get up at least once an hour to stretch and walk around your home. Incorporate exercise into your day if you can, and at the very least take a walk outside.

MAKE SURE TO SET TIME FOR YOURSELF

Avoid burn out by taking some time for yourself to talk to family and friends, enjoy a hobby, or even just read a book or watch some TV. This is essential to your mental health, and will make you more productive in the long term. It's okay to prioritize some me-time in your busy schedule!

REMEMBER, HELP IS AVAILABLE IF YOU NEED IT

Rutgers offers its students confidential counseling services to help them deal effectively with school-related stress and personal problems that affect general well-being, home life and/or academic performance. For more info on how to schedule an appointment, [visit this link](#).



ACADEMIC COACHING

The Office of Academic Success (OAS) offers academic coaching and other resources to help you develop skills, strategies, and tools needed to succeed within the rigorous expectations of the School of Nursing curriculum.

What Topics Can OAS Help With?

The Office of Academic Success has developed the Pathways to Success Program to help you navigate your first year as a nursing student.

The program includes workshops that cover various topics, including:

- Preparing for Remote Learning
- Creating a Plan
- Organizing Your Study Time
- How to Talk to a Professor
- How to Think Like a Nurse
- Tips for Success from Tutors



To view the workshops, go to the [OAS Canvas page](#)

Requesting an Academic Coaching Appointment

For additional coaching on the topics listed above, or other questions, you can schedule an [academic coaching session here](#).



TUTORING

The Office of Academic Success and the Writing Center offer individual and small-group tutoring sessions virtually for many SON classes.

How do I sign up for tutoring?

OAS offers both drop-in hours and appointment-based tutoring for SON classes. You can [check-out the OAS website](#) for up-to-date drop-in hours.

To sign up for a tutoring appointment, fill out the [wufoo form here](#) and select which course you would like assistance with.

For more information on tutoring for your Expository Writing course hosted by the Writing Center, and to sign-up for their [virtual tutoring sessions, click here](#).



Hot Tip:

Sign up for tutoring for Expository Writing (if you did not receive credit for it) and Anatomy & Physiology I as soon as you can during the fall semester.

During the spring semester, sign up for tutoring for Anatomy & Physiology II.



GETTING IN CONTACT



Faculty and staff are here to help! Don't be afraid to reach out with any questions or concerns at any time.

School of Nursing Department Contacts

Academic Advising Center: For additional information, please contact advising@sn.rutgers.edu

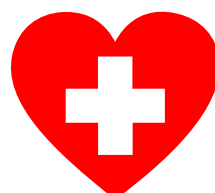
Counseling, Alcohol & Other Drug Assistance Program (CAPS): For additional information, please call 848-932-7884

Career Services: For more information, please contact careers@echo.rutgers.edu

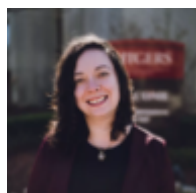
Office of Academic Success: For additional information, please contact academic.success@sn.rutgers.edu

Student Computing (Student Technology Support): For additional information, please email son_it-admins@sn.rutgers.edu

Student Engagement: For additional information, please contact student.engagement@sn.rutgers.edu



FACULTY & STAFF CONTACT INFORMATION



**BRITTANY
ROBISCHON**

*Assistant Director, Office
of Undergraduate
Advisement*

What she can help with:
Academic advising

Email:
advising@sn.rutgers.edu



**JANE
FERRICK**

*Director, Office of
Academic Success*

What she can help with:
Tutoring, academic
coaching

Email:
jaf449@sn.rutgers.edu



**STEPHANIE
PFEIFER**

*Academic Support
Specialist, Office of
Academic Success*

**What she can help
with:** Tutoring, academic
coaching

Email:
Sap355@sn.rutgers.edu

**LAURA
STONE,
MSW**



*Senior Programming
Coordinator for the
Department of Student
Engagement*

What she can help with:
Student leadership,
Student programming
development and logistics

Email:
ls706@sn.rutgers.edu

**ANTHONY
WINSTON,
PhD(c), MBA**



*Manager of Computing
Services and Support,
Information Services and
Technology*

What he can help with:
Technology, computers,
technical questions

Email: son_it-
admins@sn.rutgers.edu

FACULTY & STAFF CONTACT INFORMATION



BARBARA CANELLA,
PhD, RNC-OB, APN

Assistant Dean, Entry to Baccalaureate Practice & Clinical Associate Professor

What she can help with:

Major academic concerns that cannot be solved by Academic Advising

Email:

Canella@Rutgers.edu



TITA VIRAY,
BSN, RN

Clinical Learning Coordinator, Center for Clinical Learning

What she can help with:

questions about the simulation labs

Email:

Khannatv@sn.rutgers.edu



SHREYA PAREKH,
MLER

Career Counseling Officer for the Out-of-Hospital Residency Program

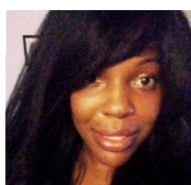
What she can help with:

Out-of-Hospital program questions, externships

Email:

Sparekh@sn.rutgers.edu

NICOLE THOMAS



Administrative Assistant, Helene Fuld OOH Program

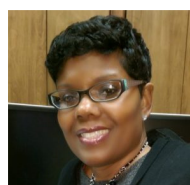
What she can help with:

Out-of-Hospital program questions, externships

Email:

Nat89@sn.rutgers.edu

SHERRI LYNN MOOSE



Program Assistant, Administration Suite

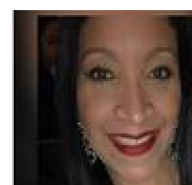
What she can help with:

Clinical clearance questions

Email:

clinicalclearance@sn.rutgers.edu

ODALIS SATHL



Program Coordinator I, Facilities

What she can help with:

Paterson or Albany building facilities questions

Email:

Odalis.stahl@rutgers.edu

HOW TO GET INVOLVED



Volunteering

What hospitals can I volunteer at?

There are two hospitals available for volunteering: Robert Wood Johnson Hospital and St. Peter's University Hospital. For more info, click on the links below.

[Robert Wood Johnson Hospital](#)

[St. Peter's University Hospital](#)

HOT TIP:

You may be required to submit a resume and cover letter in order to volunteer. For help developing those, contact Mindy O' Mealia at m.omealia@rutgers.edu in the office of Career Exploration and Success to schedule an appointment.

HOW TO GET INVOLVED

Campus Organizations

In addition to volunteering, there are many campus organizations to get involved in. Check some of them out below:

Rutgers Student Nurses' Association (open to all students)

The Rutgers Student Nurses' Association (RSNA) is the local chapter of New Jersey Nursing Students, Inc. and the National Student Nurses' Association. Their goal is to organize, represent, and mentor students preparing for initial licensure as registered nurses. In addition, members of the organization strive to promote the development of skills needed to be responsible and accountable members of the nursing profession. For more information, [check out their web page here.](#)

Peer Mentor Program (open to rising sophomores, juniors and seniors with 3.0+ GPA)

Our mission is to promote academic and personal success for nursing students at Rutgers School of Nursing by creating an environment of support and scholarship through mentorship. Peer mentors are assigned a group of mentees to work with throughout the year, and work with other peer mentors to help plan programming that helps the freshman class get acclimated to life as a nursing student. For more information, [check out this link.](#)

Student Senate (open to all students)

The Student Senate is the official student governance of Rutgers School of Nursing. There is one presidential cabinet with four different campus councils from Newark, New Brunswick, Blackwood, and 2nd Degree. Our mission is to promote professional and academic success, encourage campus and community involvement, and autonomously advocate for class issues. Students can easily get involved by attending the monthly General Body Meetings and participating in our social and academic events. For more info, email studentsenate@sn.rutgers.edu.

Alpha Tau Chapter of Sigma, the International Honor Society of Nursing (open to sophomores with a 3.6+ GPA)

As a chapter of the Sigma Theta Tau International Honor Society, the organization aims to develop nurses into strong leaders as a way to improve global healthcare. Members participate in professional development programming, fundraising initiatives and more. For more information on Alpha Tau, [check out this link.](#)

For more information about all of our student organizations including how to join, [click this link.](#)

SOCIAL MEDIA & EVENTS

Follow the RU SON Student Engagement Office on social media to stay in the loop about upcoming remote programming and events, important program deadlines and more:

Facebook

<https://www.facebook.com/ruengagedson>

Instagram

@ru_engagedson

Twitter

@ru_engagedson

Events Calendar

To see more about upcoming events and programs, [click here](#) and scroll to the bottom of the page to check out the Student Engagement Office's events calendar.



PEER MENTORS

2020 - 2021



ERIN JOEL

Email:

emj78@scarletmail.rutgers.edu

Class Year: Junior



My name is Erin Joel and I am a junior in the Rutgers New Brunswick School of Nursing. I am involved in several things on campus including the Coed Cheerleading Team and Greek Life. I live in Morristown, New Jersey and attended Morristown High School. I would like to be a nurse because of the impact you make on the lives of individuals and the hands-on experience opportunities in health care.



NARJIS MOOSAVI

Email:

nkm46@scarletmail.rutgers.edu

Class Year: Junior



My name is Narjis and I am a rising junior at the School of Nursing. I love to read, do crafts, and drink bubble tea. I enjoy exploring all the fun and unique spaces at Rutgers, finding new study spaces and cool places to eat. I am a commuter student, but Rutgers is like a second home to me. I love getting involved on campus and am currently a Peer Mental Health Educator for Rutgers H.O.P.E. I am also part of the School of Nursing Honors program. I am really looking forward to being a Peer Mentor this year and learning about all of your unique stories and experiences. I know everything has been very different during these past few months, but I hope that we can make this time at Rutgers Nursing a memorable and meaningful experience!



JULIA LOMBARDI

Email:

jml570@sn.rutgers.edu

Class Year: Junior



My name is Julia Lombardi and I am a junior in the school of nursing. I am excited to serve as a peer mentor for the second year in a row! My goals are to promote the nursing field in a positive manner and to help my peers transition into nursing school more comfortably. I am involved in other nursing organizations such as RSNA and the Community Outreach Committee, and in the past I have been an executive board member for the Rutgers Triathlon Club. My hobbies include racing, listening to/making music, and calligraphy. Don't be afraid to reach out to me if you have any questions, or just want to make a friend!



MARY KATHERINE JONES

Email:

mj617@scarletmail.rutgers.edu

Class Year: Junior



My name is Mary Katherine Jones but I prefer to go by MK! I am from Bridgewater, New Jersey and I am an only child! My tentative plan after graduation is to become an Emergency Room Nurse and eventually pursue a Masters Degree to become a Nurse Practitioner. I am currently a member of the Gamma Phi Beta Sorority at Rutgers University so if you have any questions about balancing Greek life and nursing, please feel free to reach out! For some personal information about me, my absolute favorite color is baby blue, my favorite show is Euphoria, and my favorite food is anything involving chocolate. I am excited to get to know all of you and nursing is truly one of the most promising and rewarding career paths to follow! Get excited!!

PEER MENTORS

2020 - 2021



TUYEN HUANG

Email:

tth43@sn.rutgers.edu

Class Year: Junior

I'm Tuyen (two-yen), and this is my second year in the Peer Mentor Program. I am the program's Campus Coordinator, which means I work with Laura Stone the advisor of this program and the peer mentors. I joined this program because my own peer mentor helped me a lot freshman year. And I hope to do the same as she did. So, if you ever have any questions or just want to talk, I'm here for you.



DANIELLE SAN PEDRO

Email:

ds1556@scarletmail.rutgers.edu

Class Year: Junior

My name is Danielle San Pedro! I'm a proud Filipino-American and my favorite thing to do is spend my time surrounded by friends and family. I also love to travel and there is no greater feeling than being able to see the amazing views that the world has to offer. My go-to coffee order is an iced mocha with almond milk. On campus, you can find me studying at either Starbucks, The Yard, or Alexander Library. As a peer mentor, I plan to use my experience at Rutgers to help future students with their transition into the nursing school.



ARIELLE MEDENILLA

Email:

arielle.medenilla@rutgers.edu

Class Year: Junior

I'm a rising junior at the Rutgers School of Nursing- New Brunswick! I am also a part of student organizations here such as Pilot Me, and the Rutgers Youth Empowerment Club, where I have been a Team Lead and now have the position of Activities Coordinator. With these clubs, I am able to participate in my love for volunteering and helping others! I'm also a Sagittarius, I love creating Spotify playlists and recently just learned how to embroider! Lastly, I enjoy all sorts of media from TV shows, to Broadway musicals, to novels and movies. If you need a recommendation on what to watch/read next, I'm your gal.



ABBY VASQUEZ

Email:

agv@scarletmail.rutgers.edu

Class Year: Sophomore

I'm Abby Vasquez, a sophomore at Rutgers School of Nursing. I'm from Sayreville, NJ and I come from a Rutgers family (my brother, parents, and grandparents went here). I absolutely love Rutgers and have always been excited about being part of the nursing program here. My favorite foods on campus are Halal Guys, Hansel and Griddle, and the Starbucks truck. I grew up dancing so I decided to take up Salsa Club for fun. Some of my favorite artists are The Weeknd, Bad Bunny, and Kehlani. I decided on nursing after an awesome experience volunteering and participating in a Nurse Camp. If you have any questions at all about nursing, academics, involvement, social/greek life, or literally anything about Rutgers at all, don't hesitate to reach out and I'll be glad to help!



JESSICA CULIN

Email:

jmc858@scarletmail.rutgers.edu

Class Year: Sophomore

My name is Jess and I am from South Jersey (go birds!). Some of my hobbies include reading, painting, watching a ton of Netflix (currently binge watching Criminal Minds), and going on fun adventures with friends. I have two dogs, Roxxy and Zoey, that I love with my entire heart. On campus, I enjoy taking the fitness classes and trying out all the local restaurants (Honey Grow is my favorite). In the future, I plan to become a nurse practitioner. I am super excited to be a peer mentor, and I cannot wait to meet you all. I know the transition into college can be tough, but I am hoping to dispel any worry or stress that may arise. I love the library, so if you ever need a study buddy come join me at Alex!

PEER MENTORS

2020 - 2021



STEPHANIE YUEN

Email:

sy605@scarletmail.rutgers.edu

Class Year: Sophomore


My name is Stephanie Yuen and I am a rising sophomore in the traditional 4-year BSN program (NB) with a minor in Spanish. I am actively involved in the Rutgers Student Nurses' Association (RSNA) and I serve as the Community Outreach Co-Director. I played basketball and was part of the marching band in high school so I am hoping to participate in the pep band or do a club sport this coming year. I encourage you to take part and get involved in the 400+ clubs and organizations that Rutgers has to offer—there's literally a club for everyone! During my first year at Rutgers, I participated in Scarlet Day of Service, took part in the Breast Cancer Awareness Walk in Pt. Pleasant, and went to a few nursing conferences, such as the COSP conference and the NJNS convention that was held in Atlantic City. I also would have been able to experience RUDM, but sadly it got cancelled this year due to the pandemic. There are amazing opportunities and resources available to you, so take advantage! If you have any questions about classes, professors, and anything Rutgers Nursing related or not, please feel free to reach out to me anytime. I can't wait to meet you guys and hope to see y'all in the fall! Stay safe!



MATTHEW IGIESIAS

Email:

Mmi43@scarletmail.rutgers.edu

Class Year: Sophomore


My name is Matt and I am a sophomore and peer mentor at the Rutgers University School of Nursing! I come from a family of health care workers and I plan to become a Telemetry Nurse in the future just like my older sister and mother! I enjoy eating at the different restaurants around campus as well as Filipino cuisine. I am a big Marvel fan and I am an avid movie watcher! I enjoy vibing out to music and some of my all-time favorite artists are Frank Ocean, Rich Brian, Childish Gambino, Joji & Daniel Caser. I used to run cross country and track and field in high school and I still enjoy running and working out. I am also the School of Nursing's Student Senate Vice President! I am super involved in the Shoo log Nursing and I strongly urge everyone to get involved in both extra-curricular clubs and the School of Nursing as much as possible! There are many great, valuable opportunities that Rutgers University offers! I love making friends with everyone so don't be afraid to say hello or hit me with any question on your mind!



JULIETTE DE MARIA

Email:

jnd86@scarletmail.rutgers.edu

Class Year: Sophomore


I am from Glen Rock, NJ. Currently, I work at an ice cream store local to my hometown called Van Dyk's Ice Cream. In addition, I have been a lifeguard at my town pool for the past two summers. In high school, I ran cross country, indoor track, and outdoor track, so I still go on runs regularly and I hope to run a half marathon soon. One of my goals is to achieve running a full marathon! Some of my favorite activities besides running include day trips to the beach, reading a good book, and hiking on a cool trail. In the future, I hope to be a nurse on a Labor and Delivery Unit!