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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.



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.



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.



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

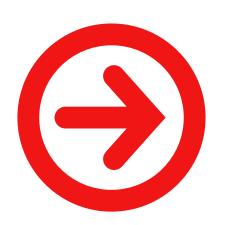
If you want to change your email to something more simple (e.g. firstname.lastname@rutgers.edu), go to https://netid.rutgers.edu/index.htm and click "Manage Email Addresses." The new email addresses you create will forward emails to your Scarletmail address.

You also have a School of Nursing email address, netid@sn.rutgers.edu, which should be your default mail. You can view your emails for this account at connect.rutgers.edu.

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:

<u>iOS Devices</u> <u>Android Devices</u>



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 <u>getoffice.rutgers.edu</u>.



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 or to schedule an appointment, email counseling@newark.rutgers.edu.



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 <u>Pathways to</u> <u>Success Program</u> 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 <u>academic coaching</u> <u>session here.</u>



TUTORING

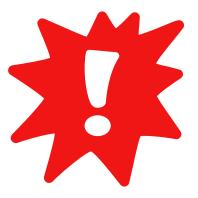
The Office of Academic Success and the Writing Center offer individual and small-group tutoring sessions virtually for many SON classes.

How do I sign up for tutoring?

OAS offers both drop-in hours and appointment-based tutoring for SON classes. You can <u>check-out the OAS website</u> for up-to-date drop-in hours.

To sign up for a tutoring appointment, <u>fill out the wufoo form here</u> and select which course you would like assistance with.

For more information on tutoring for your English Composition course contact the <u>Rutgers Newark Writing Center here.</u>



Hot Tip:

Sign up for tutoring for English Composition (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 Center: For additional information, please email counseling@newark.rutgers.edu

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

Educational Opportunity Fund (EOF): For additional information, please contact eof@sn.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



MARK FABBI, MS

JANE FERRICK



STEPHANIE PFEIFER

Associate Director, Office of Undergraduate
Advisement

Academic Success

Director, Office of

Academic Support Specialist, Office of Academic Success

What he can help with: Academic advising

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

Email: advising@sn.rutgers.edu

Email: jaf449@sn.rutgers.edu

Email: Sap355@sn.rutgers.edu

SHAKIRA ADAMS, MPA



ASANTÉ BARR, ED.D, MBA, MSOL



YOSAYRA SOLANO, MA ED



Undergraduate Student Counselor Assistant Director of Infrastructure, Instructional Design and Educational Support Director, SON
Educational Opportunity
Fund Program

What she can help with:

Student leadership, student programming development and logistics, liaison to resources and departments outside the SON

What he can help with: Technology, computers, technical questions What she can help with: EOF program questions and resources

Email:

shakira.adams@rutgers.edu

Email: son_it-admins@sn.rutgers.edu

Email:

yosayra.solano@rutgers.edu

FACULTY & STAFF CONTACT INFORMATION



MARY JOHANSEN, PH.D, RN, NE-BC, FAAN

Interim Assistant Dean,
Entry to Baccalaureate
Practice Program Newark, and Clinical
Associate Professor

What she can help with:

Major academic concerns that cannot be solved by Academic Advising

Email:

mjohanse@rutgers.edu

NICOLE THOMAS



Administrative Assistant, Helene Fuld OOH Program

What she can help with: Out-of-Hospital program

Email: Nat89@sn.rutgers.edu

questions, externships



DEBORA TRACEY DNP, RN, CNE

Assistant Dean and Assistant Professor, Center for Clinical Learning

What she can help with:

questions about the simulation labs

Email:

traceydl@rutgers.edu

VIVIAN MOLINA



Clinical Clearance
Coordinator

What she can help with: Clinical clearance questions

Email:

clinical clearance@sn.rutger s.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

TONY SHARO



Manager of Facilities

What he can help with:

Room or building facilities questions

Email:

Anthony.Sharo@rutgers.edu

HOW TO GET INVOLVED



Volunteering

What hospitals can I volunteer at?

There are three hospitals available for volunteering in Newark: St. Michael's, Rutgers Hospital and Beth Israel. For more info, click on the links below.

St. Michael's Medical Center

<u>Rutgers Hospital (formerly University Hospital)</u>

Newark Beth Isreal

HOT TIP:

You may be required to submit a resume and cover letter in order to volunteer. For help developing those, click here to schedule an appointment with the Career Development Center.

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, <u>check out this link.</u>

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, <u>click</u>
<u>here</u> and scroll to the bottom of the page to check out the Student Engagement Office's events calendar.



PEER MENTORS

2020 - 2021

One must be the master of their own destiny" - G. and F.



EMILY GILDA ANI-ZAVALA

Email:

ea523@sn.rutgers.edu

Hobbies/Involvement:

- Exercising
- Traveling
- Member of UNICEF-Newark, Red Cross Corps, and RESNA



CHARLIZE BULUSAN

Email:

crb190@scarletmail.rutgers.edu

"Successful people are not gifted; they just work hard then succeed on purpose." - G. K. Nelson

Hobbies/Involvement:

- Reading
- Traveling
- Writing
- Playing Tennis



CATHRYN GARCIA

Email:

ccg74@scarletmail.rutgers.edu

"Things work out best for those who make the best of how things work out." —John Wooden

Hobbies/Involvement:

- Senior Representative of Newark Council RUSON Senate
- University Senator
- RUSONDirector of Correspondence Men in Nursing
- Traveling
- · Working out



CAITLYN GARCIA

Email

cmg362@scarletmail.rutgers.edu

"The only thing we have to fear is fear itself." —Franklin D.

Roosevelt

Hobbies/Involvement:

- RUSON Newark Campus Council Vice President
- EOF Ambassador
- Working out
- Food
- Watching baseball



ASHLEY THOMAS

Email:

at 992@scarletmail.rutgers.edu

"To know even one life has breathed easier because you have lived. This is to have succeeded." ~Ralph Waldo Emerson~

Hobbies/Involvement:

- Member of the Indian Student Association
- Writing Tutor at the Rutgers Writing Center
- Junior Representative for the RUSON Student Senate
- Trying new food!
- love to draw and play piano in my free time!