

# RUTGERS

## School of Nursing

NEWSLETTER

May, 2021  
Issue 10

Department of Student Engagement

## Congratulations Class of 2021!

Dear Graduates,

It is a pleasure to share my most heartfelt congratulations to each of you!

There is no doubt that during your time in the program, the world has transformed in so many ways. Although rife with challenges, the world was reminded of the compassion, fortitude, and brilliance of nurses. There is no doubt that those very qualities were exhibited by each of you as you navigated your academic programs at the School of Nursing. While many of you may have entered the doors of the School of Nursing with trepidation, my hope is that you leave with confidence and excitement knowing that, no matter the level of your program, you are a Rutgers Nurse!

I encourage you to continue your engagement with the School of Nursing through the RU-SON Alumni Association and I emphasize the value in cultivating the many relationships built throughout your time at the School of Nursing.

While your formal graduation ceremonies were non-traditional, please know that the faculty and staff celebrate you each and every day – indeed, the world celebrates you every day!

I wish you the absolute best as you begin your next chapter. Congratulations!

**Kyle D. Warren, Ph.D.**

*Senior Vice Dean – Administration and Student Services*

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## Class of 2021 Graduation Campaign

**Class of 2021 graduates shared what they will remember most about their time at Rutgers University School of Nursing.**



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What I will remember most about my time as a Rutgers University Nursing Student is the bonds I have made. I expected to make close ties to my fellow classmates but I never anticipated how strong they would truly become, not only with my peers but with the faculty as well. I cherish every lesson I learned from my Rutgers family. The most valuable lessons were not taught on PowerPoint, from the textbooks, or from zoom meeting lectures. The most memorable and valuable memories I will keep close to me are those that I learned from the open communications I have had with professors and my peers alike. Rutgers has changed my life in so many wonderful ways. I am so proud to graduate a Rutgers Scarlet knight."

**Jessica Howie**

*Traditional Program, Blackwood Campus*

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What I will remember most about my time as a Rutgers University Nursing Student is the clinical experience from the lab skill to all the way during clinical rotation in the hospitals with different students learning about their culture and interests."

**Mercy Owiti**

*Second Degree Program, Newark Campus*





“What I will remember most about my time as a Rutgers University Nursing Student is the close friendships I have made with my classmates and staff. Not only have I learned so much, but this school has allowed me to grow into someone I never would have expected.”

**Surabi Ragulan**

*Traditional Program, New Brunswick Campus*

“What I will remember most about my time as a Rutgers University Student is the relationships I’ve made -from my closest friend I met at orientation, to the relationships I’ve had with my preceptors and professors. Hands down, the people at the School of Nursing make this program worthwhile!

**Sherri Nixon**

*DNP Program, Newark Campus*







"

What I will remember most about my time as a Rutgers Nursing University Student is the feeling of great camaraderie whenever I stepped into the atrium of the Ackerson building. Whatever time it was, I always saw my fellow classmates studying, struggling, and supporting one another. I always felt that we were a team, and that we were on this journey together. Even if I did not know a classmate well, I knew I could just walk up to them and find support or empathy. I loved entering the third floor whenever it was full, because the atmosphere made me feel happy and unalone."

**Charlize-Krish Bulusan**

*Traditional Program, Newark Campus*



"

What I will remember most about my time as a Rutgers University Nursing Student is the people I met, the confidence and skilled I gained, and the hardships we overcame together."

**Tracey Miller**

*Second Degree Program, New Brunswick Campus*



What I will remember most about my time as a Rutgers University Nursing Student is the camaraderie of the people that I've met through each class and the valuable lessons learned from my professors. We have learned so much throughout the years and I have made many connections in my field of work. This has allowed me to step out of my comfort zone, expand my horizons and reach new limits. As a Rutgers University Nursing Student, I have worked harder than I thought I could and accomplished things I never dreamed of."

**Yesenia Siete Valdez**

*Traditional Program, Blackwood Campus*



What I will remember most about my time as a Rutgers University Nursing Student is when Dr. Darcel Reyes explained that nurses have the power to improve care, change policy, and fight for equity through our writing and research. It really shaped the way I thought about being a nurse and how to have an impact that extends beyond the bedside."

**Candice Elam**

*DNP Program, Newark Campus*



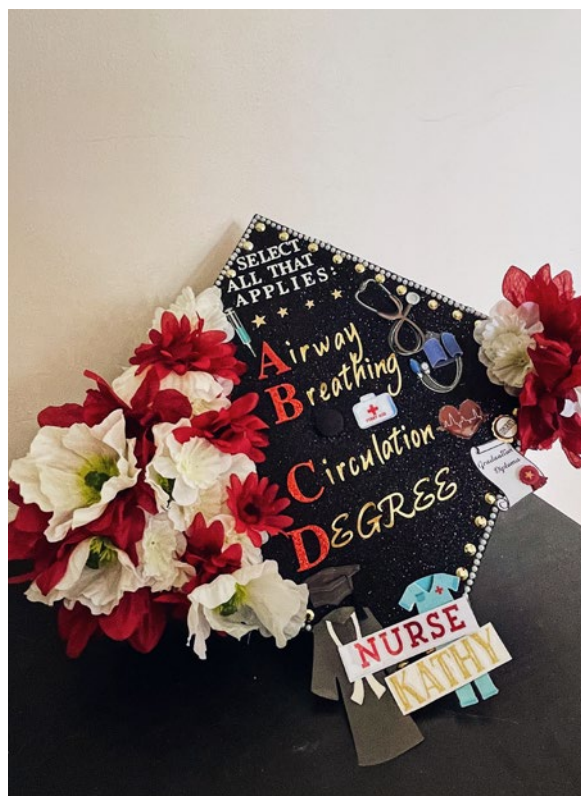




## Inaugural Cap Decorating Contest

As part of Class of 2021 graduation celebrations, the Department of Student Engagement hosted the inaugural virtual Cap Decorating Contest on social media. Students submitted their creative, witty designs and the Top 10 faced off on Instagram as their peers, faculty, staff, family, and friends voted for their favorites.

**Congratulations to the winner, Kathy Huynh! Kathy is a traditional student on the Newark campus. She received a total of 481 votes (52%) in the final round. Kathy is proud that many elements of her cap were hand-made. She has been awarded a School of Nursing diploma frame for her beautiful work!**



## School of Nursing Career Month Recap

BY LAURA STONE

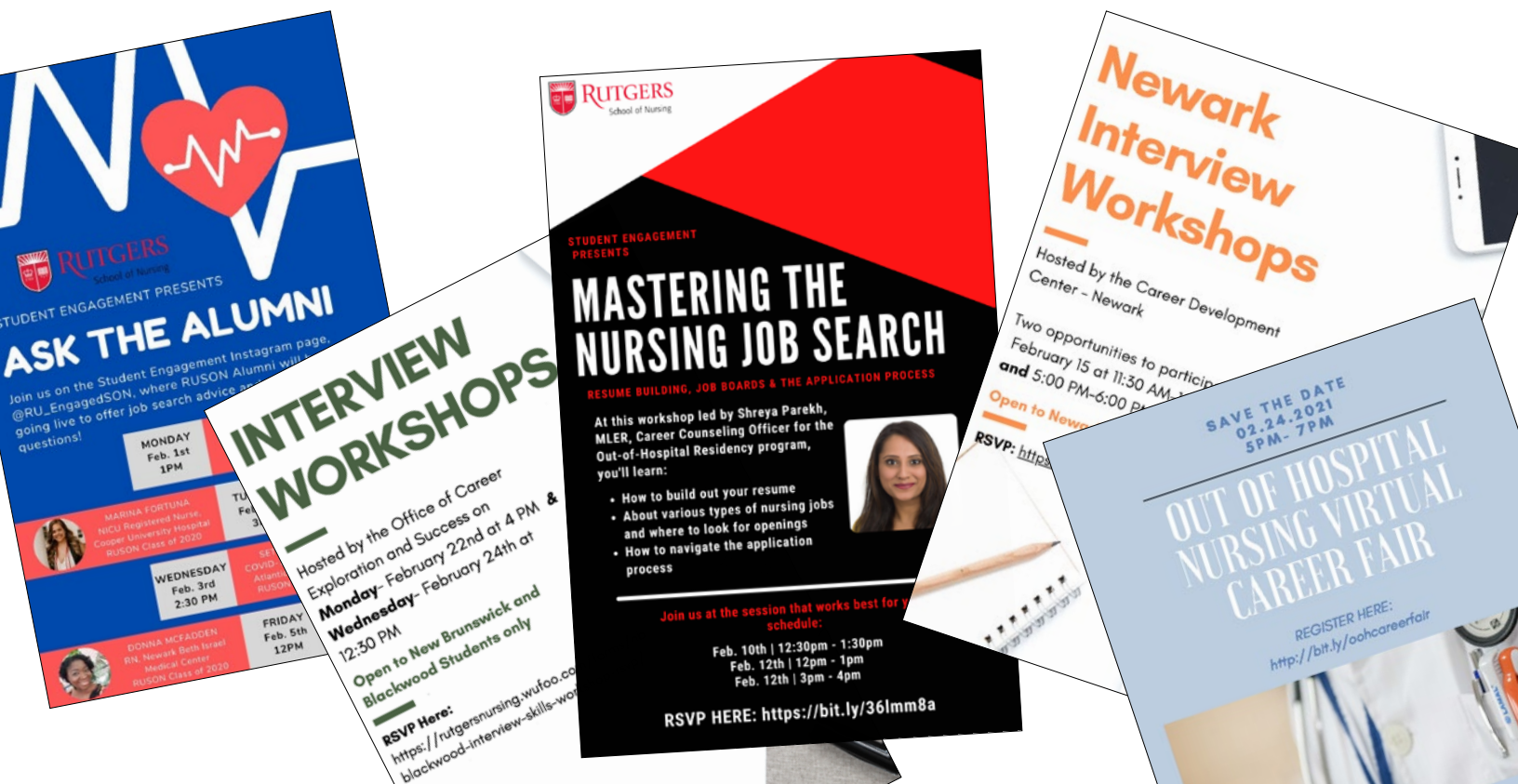
*Senior Student Program Coordinator for Student Engagement*

This February, the Department of Student Engagement hosted the School of Nursing Career Month. The start of career month began with the "Ask the Alumni" Instagram live series. During this series, recent alumni from the Traditional and Second Degree programs went live on Instagram to answer questions current students had about their graduation/professional experiences. This included their NCLEX study process, their experience applying for jobs, as well as the training they received for their first positions. We would like to thank all of the fantastic alumni that participated.

During the second week of Career Month, the "Mastering the Nursing Job Search: Resume Building, Job Boards & the Application Process" workshops were hosted by Shreya Parekh, MLER, Career Counseling Officer for the Out-of-Hospital Nurse Residency Program. At these workshops, students learned how to build their resumes, where to look for nursing job openings, and how to navigate the application process. The Out-of-Hospital Nurse Residency Program also hosted an Out of Hospital Career Fair with over 50 employers! Students were able to learn about job opportunities outside of the hospital setting and were able to network with recruiters.

Lastly, the Department of Student Engagement partnered with the New Brunswick Office of Career Exploration and Success, and the Newark Career Development Center to host Interview Skills Workshops. Both offices hosted multiple workshops where students learned interview skills and techniques to prepare for nursing career interviews. Students who are looking for any assistance with resumes or mock interviews are encouraged to attend drop-in virtual hours hosted by both the Newark and New Brunswick offices.

The Department of Student Engagement would like to thank all students, staff and presenters who made these events possible. We look forward to hosting the next career development month during the spring 2022 semester!





## Celebrating Wellness at RUSON

BY TAYLOR SINKWAY

*Student Engagement Graduate Student Intern*

March was an exciting month at RUSON as we celebrated the importance of physical, emotional, and mental health and wellness. Student Engagement had the opportunity to collaborate with folks in the School of Nursing and the larger Rutgers community to create some fun, informative programming for all. Throughout the month, School of Nursing students shared their favorite wellness activities live on our Instagram page for "Wellness Wednesday". Julia Lombardi demonstrated how to do a quick and easy stress-relieving workout. Sam DeMarco showed how to make some quick, easy, healthy snacks. and Cathryn Garcia discussed the benefits of journaling and how to get started.

Student Engagement also partnered with other Rutgers departments to create and share some fun, healthy cooking demonstrations. Rutgers Dining Services created a shopping list and recorded a cooking demonstration for bibimbap bowls that was sent out to the School of Nursing community. Faculty, staff and students also had the opportunity cook along with Stephanie Vollmer, a graduate student in the Rutgers School of Health Professions MS in Clinical Nutrition program, to create a delicious and nutritious burrito bowl. In this collaboration with the Rutgers SHP Student Dietetic Association, Stephanie also shared tips and tricks for washing produce, cutting your veggies and meal prepping.

To finish out the month, Student Engagement worked with Rutgers Health Outreach, Promotion, and Education (H.O.P.E.) to host a workshop on self-compassion. Attendees learned how to foster self-compassion within themselves and the impact self-compassion has on our overall happiness.

If you missed out on our student-lead Wellness Wednesdays, you can view them again on our Instagram (@RU\_EngagedSon) or Facebook pages. To check out the recorded cooking demonstrations and their corresponding shopping lists, go to this link: <https://rb.gy/bfd97k>







## Giving Month

BY DELORES SARFO-DARKO

*Assistant Director for Graduate Student Engagement and*

SHAKIRA ADAMS

*Student Counselor*

Student Engagement designated April as Giving Back month! Nursing students do incredible work on campus, clinical sites as well as in our local communities. We decided to highlight some of the great work taking place by asking students to share their current volunteer involvements with us. We received a vast amount of submissions (not surprised –hey! We are talking about a Rutgers Nurse!) The volunteer work sites included local health clinics, hospitals, and community centers. The lives they touched ranged in age and socioeconomic backgrounds.

Please join us in celebrating and showing appreciation to our Rutgers Nursing students who balance studying, while making significant contributions to those in need.

To all those who give their time, your selfless commitment as volunteer leaders to the many organizations listed is truly incredible. You are appreciated.



**“During these unprecedented times of pandemic where the signs of hope is available to us through vaccines, I volunteered to be a COVID-19 vaccinator.”**

**Analiza Guerrero**

Juvenile Justice Commission



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**"I have recently donated to the American Nurse Foundation. I was motivated to do so because the proceeding goes towards mental health, financial assistance, educational and advocacy needs of nurses during and after the pandemic. I empathize with nurses because they have been working extremely hard since the beginning of the pandemic; their sacrifices to save the lives of Americans are indebted."**

**Niki Patel**

American Nurse Foundation



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**"In light of the recent rise in Asian hate crimes and growing racism towards the Asian community, I chose to donate to the Chinese-American Planning Council (CPC) which directly helps Asians in the heart of New York City."**

**Emily Botros**

Chinese-American Planning Council







**“Nassan’s Place helps provide resources, education, respite, recreation, and social inclusion activities for families in New Jersey impacted by autism and other developmental disabilities. They focus on empowering underserved communities and bring hope and encouragement to many families. They are amazing. I have been lending my time to help write grant applications and help with an educational seminar to support families.”**

**Angela Alberti**

Nassan’s Place



**“I received a work email from my clinical director explaining this brand new foundation called Addie’s Pact. Addie’s Pact was started by the parents, I work with one of them, of this little beautiful warrior (who was 14 months old at the time). Addison was diagnosed with Human Metapneumovirus, Coronavirus HKU1, and Pneumonia all at the same time in February 2020. She was admitted to the Pediatric ICU and spent 9 days there, 6 of which she was fighting on a ventilator before being transferred to CHOP’s PICU. Three days after being at CHOP, she was extubated, and their rehab started! The sole comfort they had to get through that time was when bath time rolled around. Their amazing nurse came in with Johnson and Johnson’s soap that the nurse purchased. Having Addie smell like a baby again and not like antiseptic gave them so much comfort and hope. Addie’s Pact comes from that night. Since this was a brand new foundation, and being in a leadership position at Rutgers School of Nursing, I knew I could help, along with my peers, spread the word of this wonderful cause.”**

**Stephanie Schlosser**

Addie’s Pact



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**"I love animals and I donated to this website because I have seen animals in Peru in the streets, hungry, dirty, and alone. Animals can't speak or ask for help and this organization provides homes for dogs that are thrown in the streets of Peru."**

**Rose Bautista**

Asociación Albergue Can Martin



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**"My brother has autism and I was able to participate in the asthma and autism camps as a nurse allowing these kids to have a true summer camp experience!"**

**Sonia Patel**

Dragonfly Forest







## RUSON Student Senate Recap

BY ARGYLLE LUBANG

*President at Large*

This year has been a challenging year for all the student organizations as we recreated our usual in-person events as virtual events. Student Senate has been able to overcome this difficulty and continued to promote professional and academic success, encourage campus and community involvement, and advocate student issues.

Student Senate started off the academic year with an event for the Freshmen to learn more about what RUSON had to offer and what organizations they could join. This event featured Peer Mentors, RSNA/NJNS, Men in Nursing, Peer Tutors, and of course, Student Senate. The pandemic did not stop us from collaborating with Peer Mentors to host the annual Halloween Mixer for the Freshmen where they were able to destress by playing various games with their fellow classmates. The Presidential Cabinet continued with their fall and spring panels. The fall featured May 2020 graduates who provided insight on their experience transitioning into the profession during the height of the pandemic. For the first time, we were able to hold two spring panels. One featured med surge, psych, OB, and pediatrics, while the other featured panelists with backgrounds in ED, travel nursing, leadership, OR, and business. Student Senate has also assisted other organizations such as Men in Nursing by donating apparel for their raffle to benefit the "Movember" foundation.

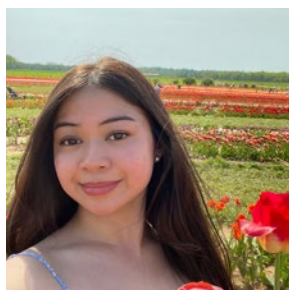
Our Newark and New Brunswick Campus Councils have held multiple events to help the junior class as they prepare for externships and hospital jobs. They collaborated on an externship panel that featured current seniors who had externships at Memorial Sloan Kettering, NYU Langone, Thomas Jefferson, and more. They will be collaborating again to hold a CNA/Tech panel for those who are interested in looking for hospital jobs. They also held destress events such as scary movie nights during Halloween Week.

Second Degree has continued to advocate student issues to improve the students' experience in the accelerated program. They have also helped with transitioning Level 2 students into Level 3, which is considered to be the most difficult level.

Our Blackwood Campus Council has been active in community involvement through their various drives throughout the year. They spearheaded drives for Homeward Bound Pet Adoption Center, Barney's Place Food Pantry, Cathedral Kitchen, and Anthony Salvino's CHOP Toy Drive during the fall. For the spring semester, they held donation drives for Addie's Pact and Jersey City Mutual and Society Donation Drive. They will be hosting one more drive so make sure to check your email and donate!

It has been a busy and productive year for the Student Senate and we hope to bring more events and opportunities in the following year as we begin transitioning back into campus.

**Meet the 2021  
Student Senate  
Presidential Cabinet!**



**Alexa Asperilla**  
President at Large  
New Brunswick Campus  
[aca124@sn.rutgers.edu](mailto:aca124@sn.rutgers.edu)



**Elaine Vuong**  
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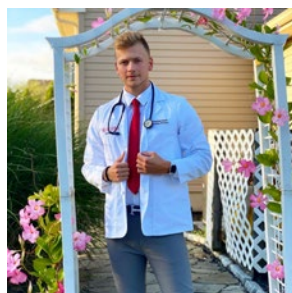
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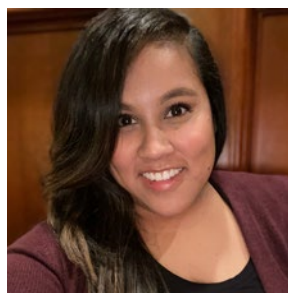
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**Julia Weiner**  
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## How Does Prior Knowledge Hurt or Hinder Your Learning?

BY JANE FERRICK—Director, Office of Academic Success

One of the more common areas that students find challenging in their upper-level nursing courses is the use of prior knowledge and how it can hurt or hinder their learning. As you prepare to move to your next academic level, consider the types of prior knowledge needed for each of your classes and how you can use some of the strategies listed below to prepare and overcome some of these knowledge challenges.

### Inappropriate Prior Knowledge

Often students finish their foundational nursing classes feeling confident about their knowledge and abilities. They understand the key concepts and the application in a specific context, but as they progress in their nursing classes, they may have difficulty applying those critical concepts in a new context. For example, as a student you may understand how to apply information to an adult, but might struggle with adapting that information for a school-aged child.



#### **Strategies to deal with inappropriate uses of prior knowledge:**

- Reviewing facts and concepts that you learned previously is helpful.
- It is essential to also consider the limits to previous applications and the new context that you apply them.

### Inactive Prior Knowledge

Another standard error students make is to compartmentalize knowledge. Students are expected to apply what they have learned in previous courses but might not reflect and bring forward that information.



#### **Strategies to help activate prior knowledge:**

- Before reading a topic or attending class, spend a few minutes thinking about what you already know about the topic. This will help you to make connections to the material you are about to learn.

### Insufficient Prior Knowledge

In previous nursing classes, you might have learned a concept or definition or what we call declarative knowledge. As you progress into your higher-level courses, you will apply that information in a variety of contexts. If you are struggling with application in your higher-level nursing courses, consider the strategies listed below.



#### **Strategies to help activate prior knowledge:**

- Your course syllabus serves as a tool for identifying the types of prior knowledge expected for success in a class.
- Reviewing course objectives and even explicit language regarding what you are expected to know can help you identify some of those gaps early.
- Meeting with a tutor to talk through case studies or end-of-chapter questions can be valuable for identifying prior knowledge gaps.
- Faculty will often emphasize using Evolve resources such as adaptive quizzing and reviewing remediation plans to help you achieve this goal.

### Inaccurate Prior Knowledge

The final type of previous knowledge that can hinder learning is incorrect prior knowledge. Incorrect prior knowledge is having a misconception or misunderstanding of both the concepts and how to apply them. As a student, you may feel quite confident that what you know is true even though it may be inaccurate.



#### **Strategies to dispel inaccurate prior knowledge:**

- Maintaining a level of intellectual humility will help you make corrections to your understanding.
- Nursing faculty will often talk about "Evidence-Based" nursing practice. Cueing into the guiding research and principles behind the concepts can serve as a tool for helping you dispel misconceptions.

Ambrose, S.A., Bridges, M.W., Lovett, M.C., DiPietro, M., Norman, M. K., Stephens, C., & Audio, T. (2019). *How Learning Works: Seven Research-Based Principles for Smart Teaching*. Tantor Audio.



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