



RUTGERS UNIVERSITY SCHOOL OF NURSING

2ND DEGREE PROGRAM GUIDE

Back to Campus | NEWARK

FROM YOUR PEER MENTORS

TABLE OF CONTENTS



I. ACADEMICS

Study Tips For Remote Learning.....3
Email Communications.....4
Video Communications.....5

II. STUDENT RESOURCES

Self-Care Tips.....6
Important Things To Know.....7-9
Academic Coaching.....10
Tutoring.....11
Getting In Contact.....12
Faculty and Staff Contacts.....13-14

III. STUDENT ENGAGEMENT

How To Get Involved.....15-16
Social Media & Events.....17
Peer Mentors.....18-20

STUDY TIPS FROM YOUR PEER MENTORS

Nursing courses can be different from previous learning you have experienced.

Here are some tips to make the most of this new 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.



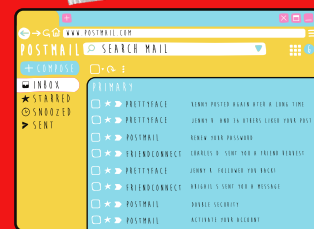
DEVELOP A SCHEDULE OR ROUTINE FOR YOUR DAYS

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 Nursing School can be difficult be sure to be there on time; 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, ACADEMIC DEANS & PROFESSORS

Reach out to your peer mentors, academic deans or professors with any questions and concerns. Everyone is invested in your success and would be happy to chat over email, in-person, 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 study group. 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.**

Please make sure that sn.rutgers.edu is your default email. Go to Manage email addresses. Select your “@sn.rutgers.edu” as the default email. 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.

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, your academic dean, classmates and student organizations. Meeting members can even share their screen with the group, which improves collaboration.

How To Access Your Accounts

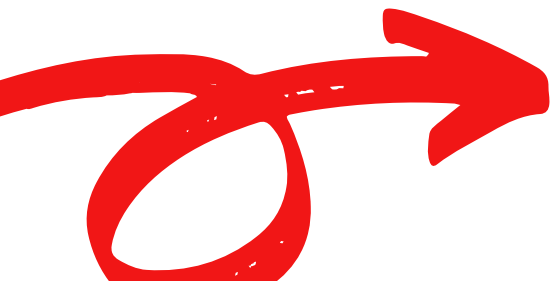
[How to create your Rutgers Zoom Account](#)

[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 back into the student lifestyle 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

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.

IMPORTANT THINGS TO KNOW - BEFORE YOU START -

Below are some important things to know before you begin the program, based on recommendations from your Peer Mentors.

Before you begin, you will need to acquire the following:

2nd Degree Program Supply Checklist



Clinical site uniform – for more information on purchasing, [click here](#).



Comfortable all-black sneakers - See recommended brands on the following page.



Your own dual bell stethoscope – we recommend purchasing a tag to write your name and "Rutgers Student" on it in case it is misplaced.



A laptop – Your choice of laptop is up to you, but your peers recommend avoiding Chromebooks and tablets, as they don't have the processing power necessary for the various assignments and software needed for the program.



OTHER TIPS:

- When you begin, you'll be provided a nurse pack of nursing supplies, including a penlight, mask with shield, gloves, blood pressure cuff, injection pad and more.
- To save money on textbooks, your peers recommend looking online for PDF versions



PREPARE FOR CLINICAL WITH THESE ITEMS



Please note that these items are recommended by current students and these specific brands are not mandatory for purchase.

Students will need a stethoscope and black shoes for clinical.



Notepad



Watch



Stethoscope



Eyewear



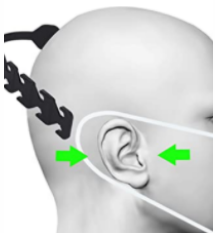
Puma Men's Sneakers



Adidas Men's Sneakers



Reebok Women's Sneaker



Mask Strap Extender



Foldable Clipboard

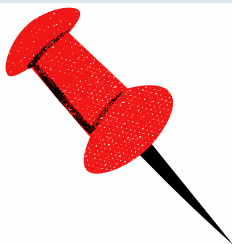


4-Color Pen

IMPORTANT THINGS TO KNOW -LEVELS 1 THRU 4-



- Don't be afraid to reach out for your peer mentors for tips and advice! They have been where you are.
- For Level 1, there are PDF guides available online that include nursing diagnosis and interventions to help you write Care Plans.
- We recommend that you attend open Health Assessment labs to prepare for practical exams, especially for Level I Health Assessment.
- It may be helpful to record lectures and listen to them as you review your notes and study.
- For Level 4, reach out to career services for help with resumes and your CV, job searching and interview tips. Be on the look-out for workshops hosted by Career Services that cover these topics.
- Look into Uworld and other NCLEX test prep resources. Consider getting a group together so you can take advantage of group order discounts.

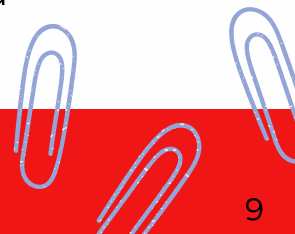


IMPORTANT LINKS

[Academic Calendar](#)

[Scholarships](#)

Keep checking back, as the scholarship page is regularly updated with new scholarship opportunities



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 experience in the 2nd degree program.

The Pathways to Success 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 or In-person 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 writing assistance on class papers, contact the [Rutgers Newark Writing Center here](#).



Hot Tip from your Peer Mentors:

Sign up for tutoring for Pathophysiology, Health Assessment, Pharmacology, OB and Peds.



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

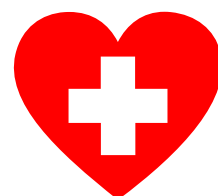
Counseling Center: For additional information, please email counseling@newark.rutgers.edu

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



SHAKIRA ADAMS,
MPA

Undergraduate Student Counselor

What she can help with:

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

Email:

shakira.adams@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

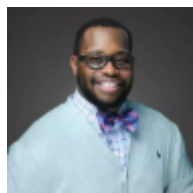
What she can help

with: Tutoring, academic coaching

Email:

Sap355@sn.rutgers.edu

ASANTÉ BARR,
ED.D, MBA,
MSOL



Assistant Director of Infrastructure, Instructional Design and Educational Support

What he can help with:

Technology, computers, technical questions

Email:

son_it-admins@sn.rutgers.edu

WILLIAM NOEL



Manager of Facilities

What he can help with:

Room or building facilities questions

Email:

wnoel@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:
All academic concerns; Dr. Ca handles all academic advising

Email:
cannella@rutgers.edu



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



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

VIVIAN MOLINA



Clinical Clearance Coordinator

What she can help with:
Clinical clearance questions

Email:
clinicalclearance@sn.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](#)

[Rutgers Hospital \(formerly University Hospital\)](#)

[Newark Beth Israel](#)

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 Level 2 and up students 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.

American Association of Men in Nursing, Rutgers Chapter (Open to all students)

The Rutgers chapter of the American Association of Men in Nursing supports men who are nurses in their professional growth and highlights the increasing contributions of men within the nursing profession. The organization also advocates for continued research, education and the dissemination of information about men's health, men in nursing and nursing knowledge at both the local and national levels. For more info and to join, [click here](#) or email advisor Mr. Kofi Polley, Ed.M at kgp52@sn.rutgers.edu.

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

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



Okwuchi "Chi" Onwubu

Contact: ooo68@sn.rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- Community Outreach Ambassador for the RUSON Student Senate
- I love yoga! I'm a certified teacher (although I really enjoy being a "student" more)
- I help run a sexual health education organization/collective in Chicago



Sara White

Contact: siw20@sn.rutgers.edu

Classification: Level 2

Hobbies/Involvement:

- Spending time with friends and family
- I enjoy reading in my free time
- Traveling and exploring the world



Kiersten Zinnikas

Contact: Kmlz@sn.rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- Campus Coordinator
- Level 3 Representative for the RUSON Student Senate
- Reading, writing, hiking, learning new things
- I love to spend time with my pets! :)



Nelly Sekyere

Contact: nos14@sn.rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- Manufacturing Technician at Bristol Meyers
- Journaling
- Drawing

PEER MENTORS



Ruben Cruz

Contact: ric22@sn.rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- Member of Rutgers Men In Nursing
- Member of Student Nurses' Association
- Enjoy snowboarding and eating
- Aspiration is to obtain an ICU position then pursue my doctorate



Nicole Boucher

Contact: Njb140@sn.rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- Peer Tutor at Rutgers Office of Academic Success
- Personal trainer and competitive weightlifter
- I enjoy new food experiences, walking my dogs at the park and spending time with my niece



Samantha Thompson

Contact: set92@sn.rutgers.edu

Classification: Level 2

Hobbies/Involvement:

- I love to read and go to museums.
- I enjoy traveling whenever I get the chance.
- I love spending time with friends and family.



Mags Castaneda

Contact: mags.castaneda@rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- Running (casual and races)
- Hiking and other outdoor activities
- Trying new food
- Fitness classes

PEER MENTORS



Juan Floriano

Contact: floriano@sn.rutgers.edu

Classification: Level 2

Hobbies/Involvement:

- 2nd Degree Senate Student Representative
- Member of National Student Nurses Association
- Enjoy traveling and experiencing new cultures
- Staying physically active
- Known to randomly drop a movie or song quote in conversation



Milena Kudziela

Contact: Mk1060@sn.rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- I love being outdoors and hiking
- I find baking to be fun and therapeutic
- I was born in Poland, and I am bilingual!
- I really value traveling and learning about new cultures
- I love to read in my free time. Always looking for book recs!



Caroline Drubulis

Contact: ced184@sn.rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- Trying new foods
- Spending time with friends and family
- Reading



Andr ea Deeb

Contact: acd195@sn.rutgers.edu

Classification: Level 4

Hobbies/Involvement:

- Peer Mentor
- Peer Tutor
- Secretary for Second Degree Student Senate
- CNA at Morristown Medical Center
- Interested in Gerontology Nurse Practitioner
- For fun, I like to play the violin, read Harry Potter in French, train for half marathons, bake with my sister, and spend time with family and friends!