

**RUTGERS
UNIVERSITY
SCHOOL OF NURSING**

FIRST-YEAR GUIDE

New Brunswick

FROM YOUR PEER MENTOR

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STUDY TIPS FOR COLLEGE LEARNING

Nursing courses and prerequisites can be a challenge, especially as a new college student. Here are some tips to make the most of your 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 work and study 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, ADVISORS & PROFESSORS

Reach out to your peer mentors, academic advisors 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.** 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:

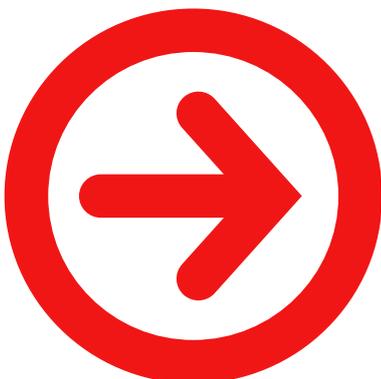
[iOS Devices](#)

[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



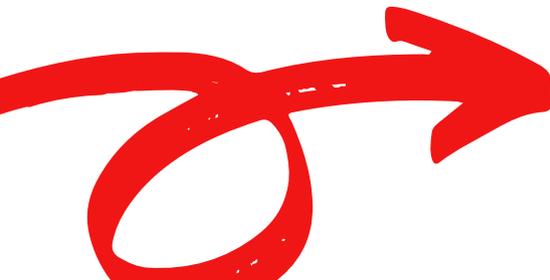
All SON students have access to both Webex and Zoom for academic use. You can use these accounts to schedule and join meeting with professors, advisors, classmates and student organizations. Meeting members can even share their screen with the group, which improves collaboration.

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 from high school isn't easy. 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 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:

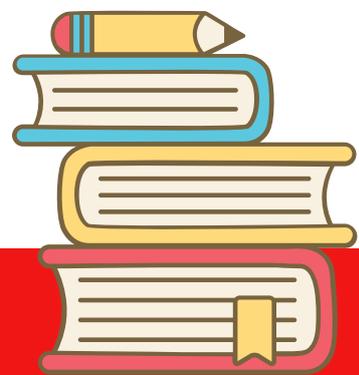
- Preparing for Remote Learning
- Creating a Plan
- Organizing Your Study Time
- How to Talk to a Professor
- How to Think Like a Nurse
- Tips for Success from Tutors



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

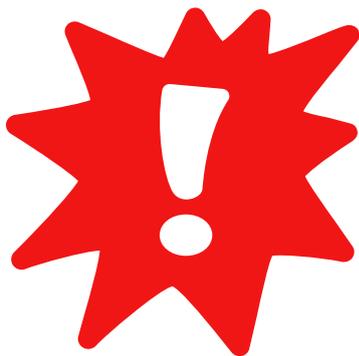
The Office of Academic Success and the Writing Center offer individual and small-group tutoring sessions virtually for many SON classes.

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

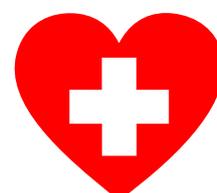
Counseling, Alcohol & Other Drug Assistance Program (CAPS): For additional information, please call 848-932-7884

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



TRACI CUMMINGS-MCGREAL

Student Counselor, Office of Undergraduate Advisement

What she can help with:
Academic advising

Email:
advising@sn.rutgers.edu



STEPHANIE PFEIFER

Assistant Director, Office of Academic Success

What she can help with: Tutoring, academic coaching

Email:
sap355@sn.rutgers.edu



LAURA STONE

Associate Director for the Department of Student Engagement

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

Email:
ls706@sn.rutgers.edu



BARBARA SINACORI

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:
bcs125@sn.rutgers.edu



ANTHONY WINSTON

Manager of Computing Services and Support, Information Services and Technology

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

Email:
son_itadmins@sn.rutgers.edu



ODALIS STAHL

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.](#)

HOW TO GET INVOLVED

Campus Organizations

Rutgers Association for Men in Nursing (open to all students)

The Rutgers Association for Men in Nursing is the local chapter of the National American Association for Men in Nursing (AAMN). AAMN is a professional organization for nurses that works to improve gender inclusion in nursing profession. The AAMN runs an annual award scheme which aims to recognize contributions made to the profession. 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.](#)

Faculty Nominated Peer Tutors (open to level 2/second semester students with a 3.5+ GPA)

Faculty Nominated Peer Tutors are leaders in the School of Nursing who have a passion for helping other students. Peer tutoring is a unique opportunity to help students better understand course content while sharing strategies for time management, study skills, and test-taking. Supporting other nursing students is a proactive way to constantly refresh your own nursing knowledge and prepare for the NCLEX. All Peer Tutoring is conducted via individual appointment or small-group sessions. For more information, [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 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



Vanessa Arbaiza

Contact: va330@sn.rutgers.edu

Class Year: Sophomore

Hobbies/Involvement:

- Douglass PNLLC
- Reading
- Adult coloring books
- Going on walks



Tanaya Bhatt

Contact: tpb64@sn.rutgers.edu

Class Year: Sophomore

Hobbies/Involvement:

- Painting
- Badminton
- Baking



Dylann Cedeno

Contact: dvc43@sn.rutgers.edu

Class Year: Senior

Hobbies/Involvement:

- School of Nursing Student Senate
- Studying Spanish
- Sightseeing
- Exploring new hobbies



Christina Cestone

Contact: ctc113@scarletmail.rutgers.edu

Class Year: Senior

Hobbies/Involvement:

- School of Nursing Honors Program
- Student-Organized Rutgers Against Hunger
- Traveling
- Going to the beach
- Love trying new foods

PEER MENTORS



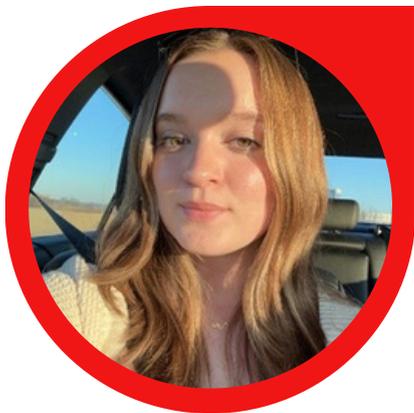
Menna Elwan

Contact: mie17@sn.rutgers.edu

Class Year Senior

Hobbies/Involvement:

- RUSON Community Outreach Committee
- Reading
- Baking



Amy Heery

Contact: aph81@sn.rutgers.edu

Class Year: Junior

Hobbies/Involvement:

- Hiking
- Traveling
- Community service



Eliana Lee

Contact: ecl92@scarletmail.rutgers.edu

Class Year: Sophomore

Hobbies/Involvement:

- RUSON Community Outreach Committee
- Project Sunshine
- Playing tennis
- Traveling



Luis Luque

Contact: ll980@sn.rutgers.edu

Class Year: Sophomore

Hobbies/Involvement :

- EA – Rutgers Ecuadorian Alliance
- Volleyball
- Playing alto saxophone
- Miniature crafts

PEER MENTORS



Laila Middleton

Contact: Inm81@scarletmail.rutgers.edu

Class Year: Junior

Hobbies/Involvement:

- NJ National Guard Teen Board
- Special Olympics Volunteer
- Rutgers Student Nurse Association (RSNA)
- Black Student Union
- I love shopping, reading, and cooking!



Sarah Pierre

Contact: sjp300@sn.rutgers.edu

Class Year: Senior

Hobbies/Involvement:

- OAS Peer Tutor
- President of Rutgers PilotMe
- Volleyball
- Reading
- Traveling



Skye Raymond

Contact: scr118@sn.rutgers.edu

Class Year: Senior

Hobbies/Involvement:

- Volleyball
- Crocheting
- Watching Disney movies



Pearl Rowland

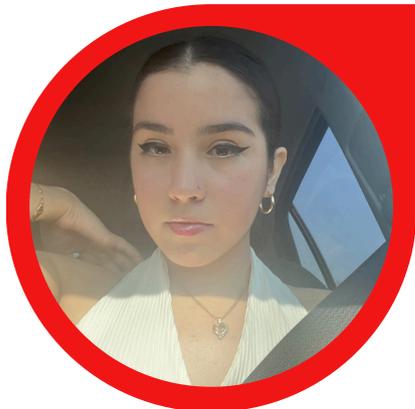
Contact: ppr29@scarletmail.rutgers.edu

Class Year: Junior

Hobbies/Involvement:

- Rutgers Student Nursing Association (RSNA)
- Vice President of SEARU
- Food
- Traveling
- Thrift shopping

PEER MENTORS



Lorena Sablon Serrano

Contact: ls1339@sn.rutgers.edu

Class Year: Junior

Hobbies/Involvement:

- Reading
- Drawing
- Watching reality shows
- Making bracelets & charms
- Looking to learn how to crochet



Mehak Saggu

Contact: ms3665@sn.rutgers.edu

Class Year: Sophomore

Hobbies/Involvement:

- Peer Health Exchange Community Youth Advocacy Group
- Walking
- Cooking



Adrian Schilling

Contact: as4550@sn.rutgers.edu

Class Year: Sophomore

Hobbies/Involvement:

- OAS Peer Tutor
- Rutgers Glee Choir
- Playing guitar & piano
- Rutgers Rock Climbing Club
- College Ave Players Theatre Club



Olivia Sharkey

Contact: oms41@sn.rutgers.edu

Class Year: Sophomore

Hobbies/Involvement:

- OAS Peer Tutor
- Lacrosse
- Reading
- Listening to music

PEER MENTORS



Natalie Swan

Contact: nss193@sn.rutgers.edu

Class Year: Sophomore

Hobbies/Involvement:

- OAS Peer Tutor
- Rutgers School of Nursing Senate
- Reading
- Exercising
- Traveling



Melissa Tomlin

Contact: mt925@sn.rutgers.edu

Class Year: Junior

Hobbies/Involvement:

- Rutgers Student Nurses Association
- RUSON Student Senate
- Peer Tutoring Program
- Going on walks & hiking



Aleanna Topacio

Contact: aleanna.topacio@rutgers.edu

Class Year: Sophomore

Hobbies/Involvement:

- Rutgers Association for Philippine Students (RAPS)
- Volunteer at St. Joseph's Hospital in Paterson
- Traveling
- Baking



Jenny Zijun Wang

Contact: jw1488@rutgers.edu

Class Year: Senior

Hobbies/Involvement:

- RWJUH Volunteer
- Rutgers Student Senate
- OAS Peer Tutor
- RUSON Honors Program
- Rock climbing
- Playing violin