MNSA meeting: New Grad Panel & Guide Dog foundation

**Present**: Julia, Rachel, Teresa, Steph, Emily, Sam, Jackie, Dr. Moore, Professor Mullarkey

**Not present**: Phil, Kaitlyn (both at clinical, excused), Doctor Emeghebo

Number Present: 34

Speakers:

* Bob- South Nassau (ED resident)
* Hope- New York Presbyterian (Med Surg/ Telemetry unit)
* Katie-Sloan Kettering Memorial Hospital (Bone Marrow transplant floor)
* Toni-New York Presbyterian (Labor and Delivery)
* Christina-Saint Francis (Cardio Step down unit)

**What tips do you have when preparing for the NCLEX?**

* Take a prep course (Kaplan, Hearst), do tons and tons of questions, do not get discouraged if you don't pass the first time
* Don’t be so focused with content, do it for the ones you are not confident about.
* Stay positive
* If money is tight use your resources.
* Understand why you're getting the practice questions correct / incorrect
* Lippincott's Q&A Review for NCLEX-RN is the most realistic book.

**What was the biggest challenges about getting a job?**

* Make contacts way before you're ready to start searching.
* Be proactive, write thank you notes.
* Pick up part time Nursing Assistant jobs/nurse Externships
* Have resume ready
* Come with questions to your interview
* Treat your preceptorship like it is your job interview.
* Build up your resume.
* Work as hard as you can
* Molloy has great resources. ex: Career Center

**Biggest Challenges of being a new nurse?**

* Doesn't matter how book smart you are, honestly.
* Being a night nurse, the constant exhaustion.
* Write small little notes
* Being very overwhelmed
* Talk to other new nurses
* Don’t be afraid to ask questions
* Take it day by day, have a smile always.
* Everyday you learn something new.
* When you do ATI’s pay attention to the questions that ask who to take care of first.

**How early on should I start doing questions?**

* Always keep your mind going, constantly.
* The textbook questions help at the end of the day.
* The ATI books are great.
* They're putting lots of specialty questions on the NCLEX
* Do not over study, take breaks.

**When doing NCLEX questions how did you organize yourself?**

* Focusing on the subject rather than body systems
* RN entertainment, board game that helps with the rational.
* Start with content that you're unsure with.

**How long did you wait to take your boards after taking the review course?**

* 2-3 weeks
* You don't want to take time off.
* Keep the NCLEX date do not change it, its a goal.

**What do you do about driving and snow?**

* Rely on commuting with friends
* ALWAYS bring snacks so you don't sleep at the wheel
* When it snows you're still going to work. Pack a bag.
* Discounted parking fee at hospitals.
* Switch with friends, it is better to switch than call out when its snowing.

**Guide Dog Foundation: Joan Lee**

* There are different types of blindness, total, partial.
* Visually impaired since the age of 18
* Before getting a dog, the visually impaired person must be cane trained
* A bystander can not touch the dog, the dogs are working
* **Can the dog go to two the hospital with you?**
  + No, only if she visits a patient
  + If she is the patient, the dog has to be walked etc.
* The insurance company does not pay for this.
* Cane training is done by a class
* Networking helps with the process of becoming cane trained
* To train a dog it costs 50,000