

Molloy Nursing Student Association

Barbara H. Hagan School of Nursing

Meet the Executive Board for the 2016-2017 School Year!

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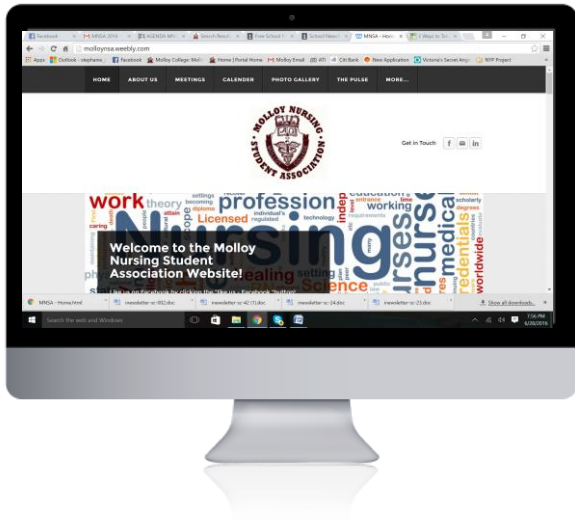
Club Advisers

Dr. Geraldine Moore
Dr. Lorraine Emeghebo
Margaret Mullarkey



Welcome Back to
Molloy Nursing
Student Association!

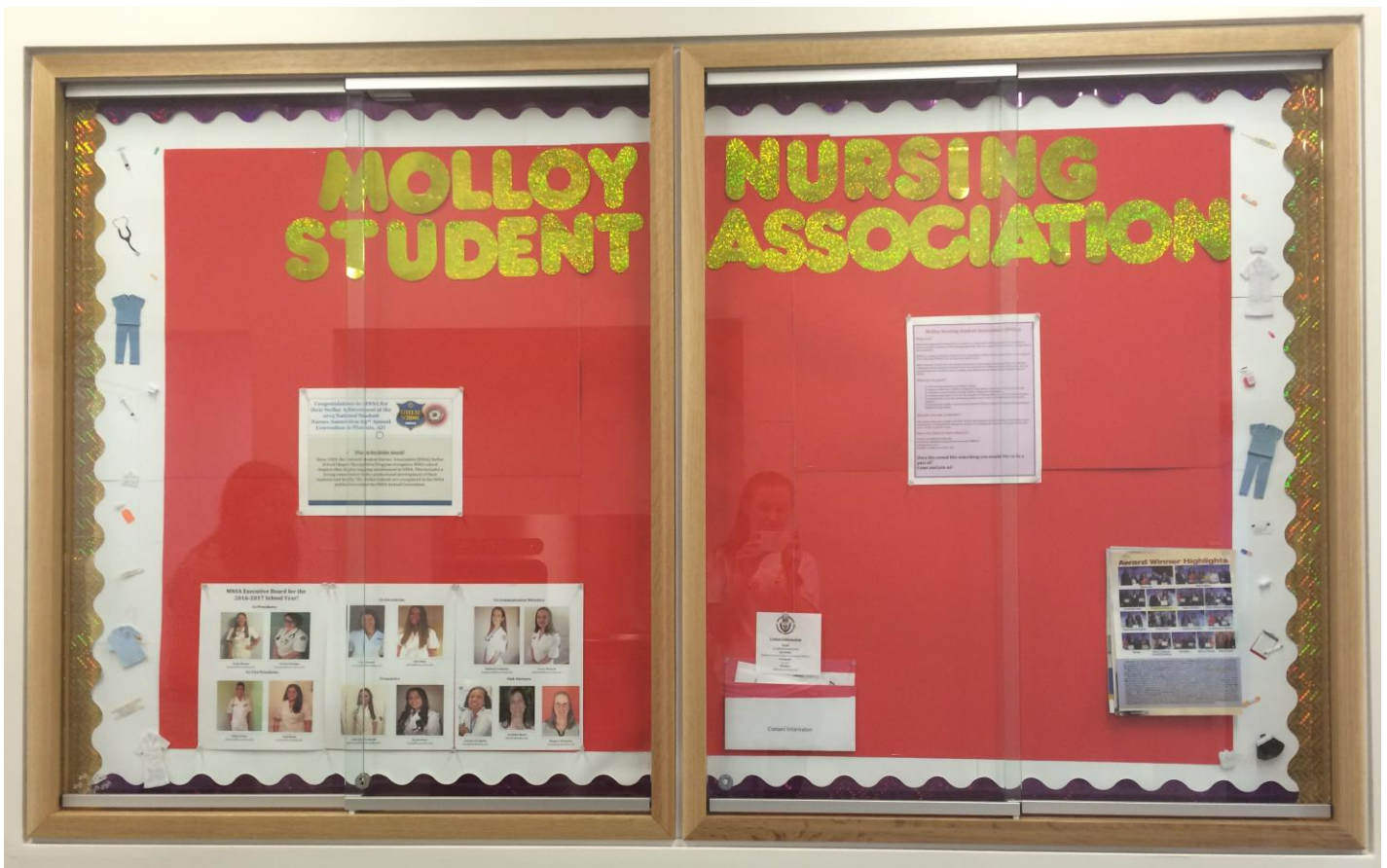
Welcome new and returning students! We hope you all enjoyed your summer vacation. We are very excited to see all of your beautiful, shining faces at our **Welcome Back meeting on September 27th in Madison Theatre, 4:30-5:30pm!** You don't want to miss this meeting. We have some great events going on this year!



Visit our website to get all information of our events, gear sale and see videos about the new nursing building!
<http://molloynsa.weebly.com/>

Keep Updated!

Your fellow communications directors have worked very hard on putting a new board on the second floor of the Barbara H. Hagan Center for Nursing. We also have another board in the basement of Kellenberg. Keep updated with information, events, job postings and what is happening with Molloy Nursing Student Association!



MNSA Calendar of Events for the 2016-2017 School Year

Date	Time	Location	Information
September 20th	11am-3pm	Public Square Lawn	Alex's Lemonade Stand
September 21st	11am-3pm	Public Square Lawn	Alex's Lemonade Stand
September 20 th , 21 st & 22 nd	TBA	Barbara H. Hagan Center for Nursing	Gear Sale
September 24th	7am	Westfield Sunrise Mall 1 Sunrise Mall Massapequa, NY 11758	St. Judes Walk
September 27th	4:30-5:30pm	Madison Theatre	Welcome Back Meeting
October 16 th	7am	Jones Beach	Breast Cancer Walk
October 23 rd	9am-1pm	Jones Beach	Out of the Darkness Walk
October 25 th	7- 9 pm	Hays Theatre	Legislative Night
November (TBA)	TBA	TBA	Veterans Day Meeting
December 1st	3:30-4:30pm	Hagan 339	Party with a Purpose
January 24 th	3:30-4:30pm	Madison Theatre	Travel Nurse Meeting
February (TBA)	TBA	TBA	Nurse Recruiters Meeting
February 18 th	TBA	TBA	NSANYS Convention
March 21 st	3:30-4:30pm	Madison Theatre	Cubs for Coping Meeting
April 5 th -9 th	-	Dallas, TX	NSNA Convention
April 11 th	3:30-4:30pm	Madison Theatre	Medical Missions Meeting



Molloy Nursing Student Association (MNSA)

What is it?

Molloy Nursing Student Association is a student-run organization whose mission is for students to pursue academic excellence while building leadership roles as a result of being active on campus and in the community.

MNSA is a chapter of National Student Nurses Association (NSNA) and Nursing Students Association of New York State (NSANYNS) pre-professional organizations.

MNSA members attend state and national conventions, hold speaker events, participate in different community service activities, fundraise and raise awareness for different diseases/disasters, host our annual *Party with a Purpose* event on campus, and collaborate with other student organizations at Molloy.

What are its goals?

- To unite nursing students from Molloy College.
- To inspire enthusiasm in Molloy College Nursing Students about the profession of nursing.
- To establish a sense of pride in being a Molloy College Nursing Student.
- To provide community service for the purposes of helping others as well as ourselves to grow.
- To welcome and to provide mentoring, guidance and a sense of belonging for new nursing students.
- To help facilitate regular communication between Molloy College Nursing Students and Molloy College Nursing Faculty.

How do I become a member?

Any student who pays a student activities fee for each semester can be a member of the MNSA. Active membership is determined by attendance at three (3) meetings per semester. Meetings will be held once a month at specific times.

How can I find out more about it?

You can e-mail us at mnsa@lions.molloy.edu or find us on Facebook at <http://www.facebook.com/pages/Molloy-Nursing-Student-Association-MNSA/128017647259739>.

Does this sound like something you would like to be a part of?
Come and join us!

Barbara H. Hagan School of Nursing

Molloy College has renamed its Division of Nursing to the Barbara H. Hagan School of Nursing. The Hagan family, Molloy faculty, students and families gathered to celebrate the new nursing building, The Barbara H. Hagan Center for Nursing. At the dedication ceremony, Molloy students showed their dedication to their program by attending in their nursing uniforms and forming a “sea of white.” As hardworking nursing students, we are proud of this beautiful building and we thank the Hagan family for their generosity.







In the Barbara H. Hagan Center for Nursing, there is a fully equipped, state-of-the-art learning laboratory to innovative clinical practice opportunities. This is a great place to practice your skills and ask the instructors any questions you may have!

Throughout nursing school, Molloy has their nursing students partake in simulations, in which students are given a real life situation and demonstrate to professors their skills and their abilities in being able to prioritize their interventions. Many students feel that although simulation may be nerve wracking, it is extremely helpful and allows students hands on experience!





SUSAN D. FLYNN

Oncology Nursing Development Program

Who Was Susan D. Flynn?

“Susan was an extraordinary mother, a loving and devoted wife, and a widely-admired and caring friend to many. In addition to being a successful businesswoman and a Master Gardener, she was also an enthusiastic and dedicated volunteer.” –Mr. Flynn



The Susan D. Flynn Oncology Nursing Fellowship is a program that was established by Fredrick Flynn in loving memory for his wife, Susan Flynn, when she lost her courageous battle to ovarian cancer in 2013. The goal of the fellowship is to enhance three Molloy nursing students clinical knowledge in Oncology Nursing. The three Flynn Fellows for the summer of 2016 were Stefanie Pia, Stephanie Jorgensen and Arita Busgith. All three ladies completed a palliative care course and an oncology basics course. They also all completed a nursing research project and presented their projects to Mr. Flynn, the team at New York Presbyterian, nursing faculty at Molloy College and their families. You can read more about their experiences on the next few pages.



Stephanie Jorgensen rotated at New York Presbyterian - Morgan Stanley Children's Hospital on a pediatric hematology/oncology floor. She believed the best part of the experience was the children that she took care of. She presented her research project about childhood cancer camps and how they improve body image in children with cancer.

"I am so grateful for this opportunity. Words cannot express how amazing this nursing fellowship was. I have learned so much and grown not only professionally but personally as well. What I loved most about this fellowship were my patients and their families. I have had patients from a few days old to 21 years old. I learned in pediatrics, you have to adapt to the age changes, learn how to get on a child's level and find out what they like to do. I bonded with so many parents as they told me about their journey and how hard their road was. I also have had patients that I will never forget. I think about every single patient I have had and I wonder every day how they are doing. I was so upset when this fellowship ended because I knew that I wouldn't be able to see how my kids are doing and how they are improving. I really appreciated when I was in the clinic because I got to see my kids, who I had on the inpatient unit, healthier, just getting their treatments and going home. One of my patients I had on the inpatient unit would always want to go to the beach but she couldn't because her counts were too low. She was discharged and I saw her again in the clinic a couple weeks later. She told me that she finally went to the beach! Seeing her so happy when she told me that she finally got to go to the beach made me want to cry. It's the little things that truly make a big difference. Working in oncology opened up my eyes that life is so precious and that we should live every moment to the fullest. This fellowship has meant the world to me and every day I thank Mr. Flynn. This opportunity has changed my life that no one will truly understand unless they have experienced it. I cannot wait to become a pediatric hematology/oncology nurse!"

-Stephanie Jorgensen (Flynn Fellow 2016)

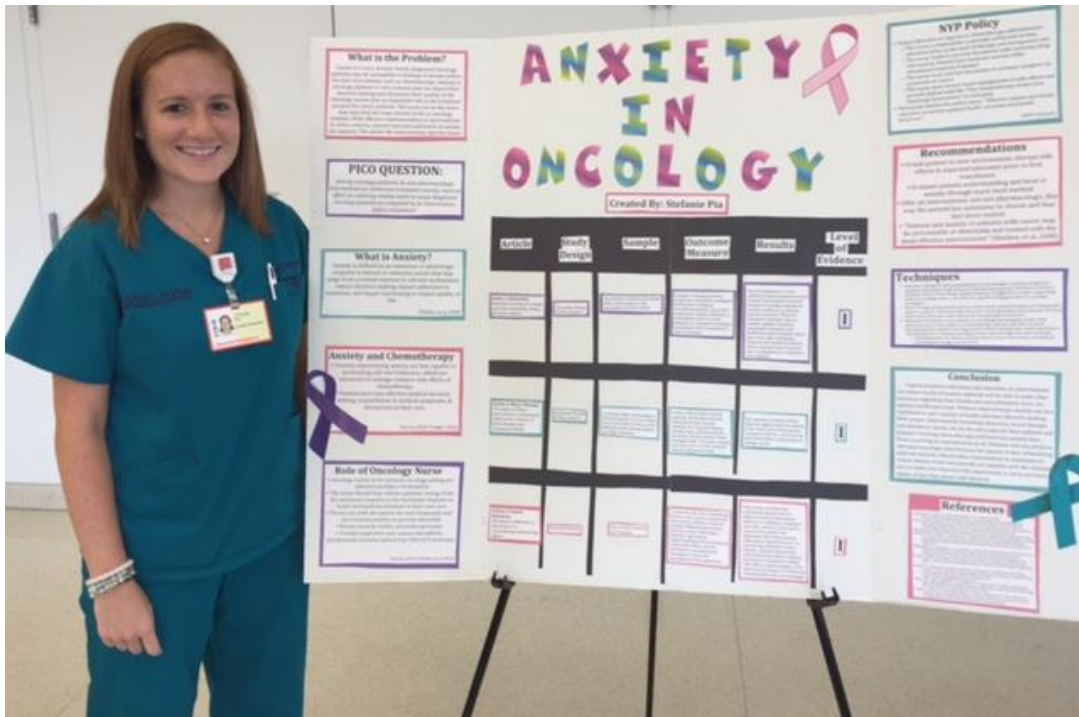


Arita Busgith was placed on 6 Hudson North, an adult oncology unit, at New York Presbyterian the Columbia Campus. The most memorable part for her was the patients she took care of. She presented her research project about palliative care in oncology patients and how important it is for oncology patients to receive palliative care.

“When I started this internship I had no idea what I wanted to specialize in as a nurse and I was a little intimidated by the fact that I would be interning on an oncology unit. However, after the first week of being on the unit these feelings changed. Thanks to my preceptors, many other nurses on 6 Hudson North at NYP/Columbia and Mr. Fred Flynn I learned so much and was afforded the opportunity to really get hands on with my skills. Every day that I worked there I felt like a real nurse and that I was doing something meaningful. This feeling is one that I will use to motivate me as I begin my senior year and begin the pathway towards becoming an oncology nurse.”

“The most memorable thing about this fellowship for me was the many patients I interacted with and couldn’t help taking home with me. I know they say you shouldn’t take your work home with you but I couldn’t help but do that; these were people that I spent time getting to know, laughing with and struggling with. It was just a more solidifying fact as to why I want to be a nurse.”

-Arita Busgith (Flynn Fellow 2016)



Stefanie Pia rotated oncology units at New York Presbyterian the Weill-Cornell Campus. Her favorite unit she rotated on was Bone Marrow Transplant. Stefanie presented her research project about anxiety in oncology patients and how non-pharmacological management reduced anxiety levels.

“I am honored to say that I was one of the Flynn Fellows selected for the Susan D. Flynn Oncology Fellowship this past summer. This fellowship was a once in a lifetime opportunity. The experiences you encounter as a Nurse Extern shadowing oncology nurses for 8 weeks are unbelievable. Oncology nursing is not easy; however, if you feel you have a passion for oncology nursing then this fellowship is the best thing you can apply for. As a nurse extern, I experienced so many impactful moments in the 8 weeks I was rotating on the oncology units at New York Presbyterian Weill- Cornell. I have encountered happy times, where the patient was receiving their final chemotherapy treatment. On the other hand, I have too been with patients who were nearing the end of their battles. All of these experiences have made me 100% confident that I want to be an oncology nurse in the future. I want to be the nurse to help cancer patients fight their battles and make any impact I can in doing so. The Susan D. Flynn Oncology Fellowship is an amazing opportunity for nursing students. Anyone who is interested in oncology nursing must apply. It was such an honor to be part of this fellowship. The people I have met along my 8-week journey I will never forget. This fellowship has changed my life. I will never forget it!”

- Stefanie Pia (Flynn Fellow 2016)

Susan D. Flynn Oncology Nursing Fellowship 2015



Lauren Henry, Patricia Mele, Kelly Murphy, Kristen Ponticelli were the four young ladies that were selected and completed the 2015 Susan D. Flynn Oncology Nursing Fellowship. This fellowship has impacted their lives in a way they will never forget!



EDUCATION

Kristen Ponticelli

Kristen Ponticelli was a Molloy Nursing Student who graduated in May of 2016. She completed the 2015 Susan D. Flynn Oncology Nursing Fellowship. Along with being a Registered Nurse, Kristen writes for nurse.com where she talks about her experiences in nursing school and as a new grad. She offers great advice for your journey through nursing school. In her article below she wrote about the Susan D. Flynn Oncology Nursing Fellowship and how that Fellowship has played an impact

On her decision to become an Oncology Nurse. For more information and articles in her blog you can visit <https://www.nurse.com/blog/author/kpontiecelli/>

Congratulations Kristen for your wonderful achievements!

Summer Plans Should Include an Invaluable Internship

AUTHOR: KRISTEN PONTICELLI

We have come to mid-semester, and I am sure most of us, myself included, are thinking ahead to a much needed summer vacation after another intense semester of nursing school. But what we really should be doing is searching for summer internships. I could not stress enough how important it is to get your foot in the door.

From my experience — and from what I have heard from my peers — internships give you something that we just don't get in nursing school. For the most part, the faculty likes having you there, and it can give you one-on-one experience not only with the nurses, but with the patients that we, as nursing students, can never get enough of.

I was honored to be accepted into the Susan D. Flynn Oncology Fellowship Program last summer where I was able to work for eight weeks on an oncology unit at NewYork-Presbyterian Hospital. It was a wonderful experience that taught me a lot. Here are five reasons you should aim for a summer internship:

1. You're able to work side by side with nurses

Most of the staff at an internship site is very receptive to summer interns, and you can be open for basically any learning experience they can offer. If you are able to find a nurse who loves to teach, you will learn more than you could have ever imagined. They may allow you to watch procedures you may never have seen, such as the insertion of a central line. Also, just getting to work side by side with nurses for the extent of their shift is a lesson in itself. You will see how they organize their day and how they deal with problems as they arise. Yes, you may be helping to maintain the personal hygiene of patients, but you can learn so much from this. You learn to talk to patients and comfort them in a time of need, and nothing beats that connection.

2. You'll learn how to be a team player

During your internship, there will be tasks you are allowed to do and others you cannot do. But you can always lend a hand. You can be there to help a busy CNA with bathing a patient or assist a nurse who needs help turning a patient. The staff on a unit is a team. They help each other when they have an extra minute. If you can learn this now, the staff will notice and may want to invite you back.

3. It helps you decide on a specialty

I always wanted to be an oncology nurse, but at my school we don't do our clinical rotations on oncology units. Although I thought this is what I want to specialize in when I become an RN, I was never 100% positive. But now I know for sure I want to become an oncology nurse, and I owe that decision to my internship. It is important to go after what you want. Search the Internet and ask around your school for internships offered in a specialty unit in which you are interested.

4. It allows you networking opportunities

Getting an internship gets your feet in the door. You can create professional relationships with the staff and show them what kind of nurse you will be. And by keeping in touch with the nurse manager and others, you allow yourself to build your professional network.

5. You may find your first nursing job

You may not think so because you are "just an intern," but staff and nursing administrators will notice if you are friendly, hard-working, team player. They may even ask you to come back as either a CNA or even an RN once you pass the NCLEX.

More Information About The Susan D. Flynn Oncology Nursing Fellowship

Due to the expanding Susan D. Flynn Oncology Developmental Program at Molloy College, the three 2016 Flynn Fellows have been named Student Ambassadors of the program. As student ambassadors, Stephanie Jorgensen, Arita Busgith and Stefanie Pia are resources that Molloy nursing students can contact if they have any questions or would like more information regarding the Susan D. Flynn Oncology Nursing Fellowship.

You may contact them by email:

Stephanie Jorgensen – sjorgensen@lions.molloy.edu

Arita Busgith – abusgith@lions.molloy.edu

Stefanie Pia – spia@lions.molloy.edu

Website: sdfondp.com

Supporting The Fighters
Admiring The Survivors
Honoring The Taken
and Never, Ever Giving Up
Hope



In this picture are Arita Busgith, Stephanie Jorgensen and Stefanie Pia receiving their diplomas at graduation ceremony from the Susan D. Flynn Oncology Nursing Fellowship. Also in the picture are Dr. Muldoon, Dr. Schecter Rosemary Sullivan, and Mr. Flynn.

Summer Nursing Internship Experiences

“This summer I had the pleasure of working in South Nassau's Neonatal Intensive Care Unit as a student nurse extern. The experience was phenomenal and one I will never forget. I felt privileged to work alongside such dedicated staff and impact the lives of one of the most fragile populations. To be able to utilize the skills, concepts, and thinking processes in a clinical setting allowed me to finally begin to see the big picture of nursing. South Nassau provided me with lessons and skills I will carry on throughout my nursing career. The families and children in which I had the pleasure of working with left me with memories and moments I will always cherish.” -Philip DeSena



“At Huntington Hospital they offer an externship program where you work as a nursing assistant/ tech. As an extern, I get to assist the nurses and help the patients with nursing interventions. The nurses on my floor love how much I want to learn, so they always explain to me what is going on and they teach me tips and tricks about taking care of patients. With this program I am per diem which means I am required to work a minimum of 4 days a month. This is great for when school is in session. After I graduate college, there is an almost guaranteed position offered to me. I love my job and cannot wait to continue learning.” -Julia White

“I had the opportunity to work side by side with a nurse at South Nassau's ICU. I can only try to put into words how amazing this experience was. Whether it was developing an even stronger bedside manner, to rounding with the nurses and physicians, to solidifying theories through observation and honing my skills to the point where I feel confident. I not only recommend but highly encourage you to intern at a hospital if the opportunity presents itself.”

-William Bianco

"For eight weeks over the summer I worked as a Student Nurse Intern where I shadowed an extremely smart and experienced nurse at Winthrop University Hospital on Hoag 5, a medical/surgical unit that also has several rooms allocated for patients with trach collars and chronic ventilators. Being able to connect and incorporate knowledge from lecture into the clinical setting with six to eight patients was such an invaluable experience. I loved having Med Surg patients and also some more critical patients, like the ones who became a "Rapid Response" and the ones with tracheostomies. It was so nice to be able to apply knowledge from every nursing class I've taken here at Molloy and to be able to do so on multiple patients at a time, which is more realistic for the type of nursing I am interested in. I am still absolutely amazed at how much I learned from my preceptor and even the patients over the course of the internship. I loved being able to assist with the nursing interventions and charting for each patient. This internship confirmed that I would like to work on a Med Surg unit, if not Hoag 5, and also made me realize my passion for patients at the end of their life. Either down the road or as per diem, I would love to work as an RN with patients on hospice and palliative care due to my experience with a patient who I followed through the very short duration of her disease. Until then, I will be pursuing this passion by volunteering for Good Shepherd Hospice. I highly recommend all students to apply for internships so that they can gain the experience and personal growth I did; I know it will be very beneficial for us while we are working on our own after we graduate!" -Jaclyn Malone

"I was a nurse intern for two months on a medical/surgical floor at Winthrop University Hospital. It was an amazing experience. I was able to see firsthand how difficult being a nurse can be and how different it is to take care of 6 to 8 patients versus the 1 to 2 we have in clinical. It was a wonderful yet eye opening experience."

-Katelyn Finnegan





“My experience at South Nassau was exceptionally valuable and very different from regular clinical. Following a nurse’s schedule for eight weeks gave me a whole picture of how my life would be after graduation and I must say I love it!”
-Anannya Shaji

“This summer I was given the opportunity to shadow a nurse for eight weeks as a student nurse extern at South Nassau Communities hospital. I worked alongside an amazing nurse on an oncology unit where I got over my fears because I was able to gain hands on experience that coincided with the knowledge I learned from school. After these two months I can say with confidence that I can be the nurse I am called to be with all the skills and experience I received as an extern.” -Joslyn Jose



Some of Molloy’s Nursing Students during their internship at South Nassau Communities Hospital

Join our fight
to end childhood cancer.



SEPT

Childhood
Cancer
Awareness
Month

St. Jude patient Mabry,
blood cancer

Walk With Molloy Nursing Student Association to Help End Childhood Cancer

How your support helps St. Jude patients and kids all over the world:

- Our research labs may not be in your community, but our discoveries are: St. Jude freely shares the breakthroughs it makes, and every child saved at St. Jude means doctors and scientists worldwide can use that knowledge to save thousands more children.
- Families never receive a bill from St. Jude for treatment, travel, housing, and food — because all a family should worry about is helping their child live.
- Treatments invented at St. Jude have helped push the overall childhood cancer survival rate from 20 percent to more than 80 percent since the hospital opened in 1962.

When: September 24th, 2016

Time: Registration at 7am, Walk starts at 8am

Where: Westfield Sunrise Mall

1 Sunrise Mall

Massapequa, NY 11758

How to sign up?

1. Go to <http://walkrun.stjude.org/MNSA>
2. Click join team
3. Create an account
4. Follow the steps to sign up

Don't forget our team name is "Molloy Nursing Student Association"

(It is \$10 to register for the walk and that money goes to research for childhood cancer.)

Alex's Lemonade Stand



FOUNDATION FOR CHILDHOOD CANCER

TM

HOSTED BY

Molloy Nursing Student Association

DATE

September 20th & 21st

TIME

11:00am – 3:00pm

LOCATION

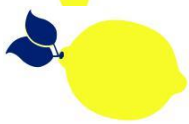
Molloy College's Public Square Lawn

MORE INFO

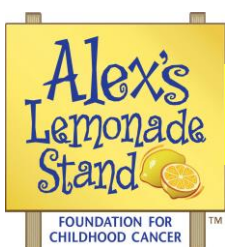
Molloy Nursing Student Association and Love Your Melon are joining together to raise money to fight childhood cancer. Have a cup of lemonade with us and help put an end to childhood cancer!

VISIT US
ONLINE

HELP MAKE A
DIFFERENCE



ALEXSLEMONADE.ORG



Meet Our Hero: Alexandra Scott



Alexandra “Alex” Scott was born to Liz and Jay Scott in Manchester, Connecticut on January 18, 1996, the second of four children. Shortly before her first birthday, Alex was diagnosed with neuroblastoma, a type of childhood cancer. On her first birthday, the doctors informed Alex’s parents that if she beat her cancer it was doubtful that she would ever walk again. Just two weeks later, Alex slightly moved her leg at her parents’ request to kick. This was the first indication of who she would turn out to be — a determined, courageous, confident and inspiring child with big dreams and big accomplishments.

By her second birthday, Alex was crawling and able to stand up with leg braces. She worked hard to gain strength and to learn how to walk. She appeared to be beating the odds, until the shattering discovery within the next year that her tumors had started growing again. In the year 2000, the day after her fourth birthday, Alex received a stem cell transplant. She told her mother, “When I get out of the hospital I want to have a lemonade stand.” She wanted to give the money to doctors to allow them to “help other kids, like they helped me.” True to her word, she held her first lemonade stand later that year with the help of her older brother and raised an amazing \$2,000 for “her hospital.” While bravely battling her own cancer, Alex and her family continued to hold yearly lemonade stands in their front yard to benefit childhood cancer research. News spread of the remarkable sick child dedicated to helping other sick children. People from all over the world, moved by her story, held their own lemonade stands and donated the proceeds to Alex and her cause.

In August of 2004, Alex passed away at the age of eight, knowing that, with the help of others, she had raised more than \$1 million to help find a cure for the disease that took her life. Alex’s family — including brothers Patrick, Eddie, and Joey — and supporters around the world are committed to continuing her inspiring legacy through Alex's Lemonade Stand Foundation.

Walk With Molloy Nursing Student Association!!

MNSA will be walking for Breast Cancer

When: Sunday October 16th, 2016
8:00am

Where: Jones Beach State Park Field 5



For more information about how you can join our team, please contact the Molloy Nursing Student Association at mnsa@lions.molloy.edu



Come join the Molloy Nursing Student Association at the American Foundation for Suicide Prevention: Out of the Darkness Walk!

Where? Jones Beach State Park

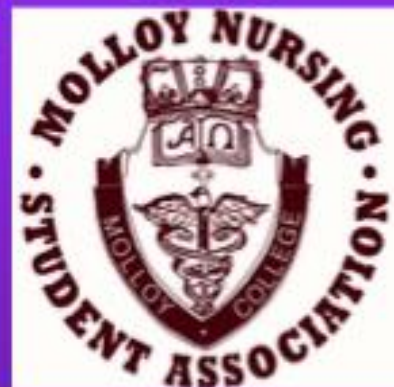
When? October 23, 2016

What time? Check-in/Registration is at 9:00 AM
Walk begins at 10:30 AM and ends at 1:00 PM

Register online at www.outofthedarkness.org and join the Molloy Nursing Student Association

Any questions?

Email Jaclyn Malone at jmalone@nurs.molloy.edu



Be the Difference.





RONALD McDONALD HOUSE CHARITIES®

Molloy Nursing Student Association has raised \$1000.00 by selling the “Something Special about a Molloy Nurse” t-shirts and donated that money to the Ronald McDonald House. In return they provided us with a leaf which is engraved with “Molloy Nursing Student Association 2016.” The Ronald McDonald House provides housing for families who have a child in the hospital. Molloy Nursing Student Association board members volunteered at the Ronald McDonald House in New Hyde Park this past August and cooked dinner for the families staying there.



What is FRieNds to RNs?

FRieNds to RNs is a peer lead group driven to support and pass on knowledge throughout the Molloy Nursing Student journey. This program is geared towards mentorship; to help answer & discuss all of your questions and concerns about nursing school. The purpose of the program is to create a network of students helping students so that everyone is given the same opportunities to succeed.

FRieNds to RNs is a peer run mentorship program that will meet every 2nd Thursday. Times and locations TBA

The meetings will last an hour with the last fifteen minutes of each discussion being an open conversation about whatever concerns nursing students may have.

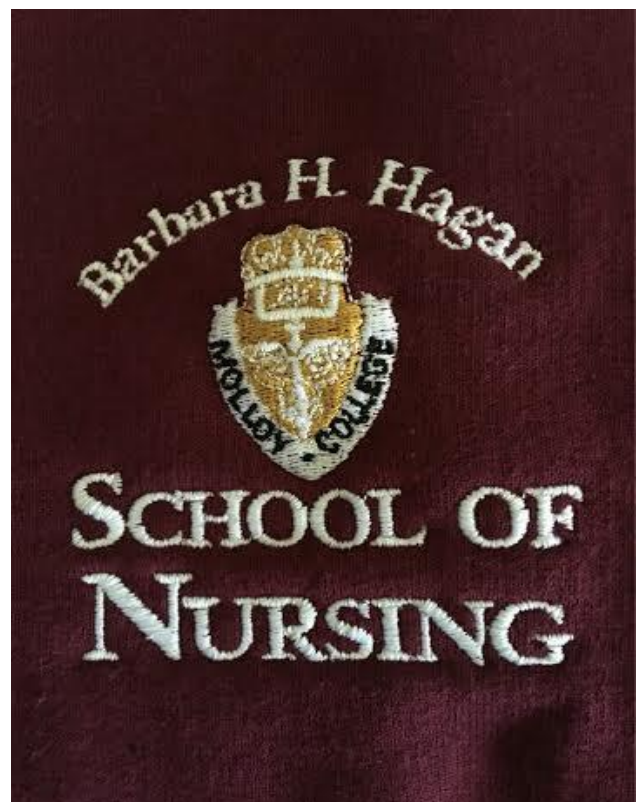
Have a question? Send us an email @
FRieNds2RNsMC@gmail.com

The Gear Sale is Back!

Molloy Nursing Student Association will be selling their gear with their new logo!

We will be selling them inside of the Barbara H. Hagan Center for Nursing on September 20th, 21st & 22nd!

You don't want to miss out on this gear sale!



Drug Calculation Questions

1. Order: Amoxicillin 0.25 g p.o. every 8 hours

Available: Amoxicillin 125 mg tablets

How many tablets will the nurse give per dose?



2. Order reads: Give Ceclor 45 mg/kg/day p.o in 3 divided doses for a patient who weighs 66 pounds. A 75 mL stock medication is labeled Ceclor 1125 mg/mL. How many mL would the nurse administer per dose?



3. One liter of NS is to infuse over a 24-hour period using a microdrip. Calculate the flow rate.

4. The physician writes an order for heparin 900 units/hr. The label on the I.V. bag reads: Heparin 10,000 units in 500 mL of D₅W. How many mL/hr will deliver the correct dose?

5. The doctor's order states: give propofol 10 mcg/kg/minute. The infusion is mixed in propofol 250 mg in 250 mL D₅W. The patient weighs 168 pounds. What rate on the infusion pump will deliver the correct dose?



6. Aminophylline is infusing at 30 mL/hr. The medication is mixed in 250 mg in 500 mL D₅W. How many mg/hr is the patient receiving?



What is Total School Membership?

Total school Membership is designed to enrich the educational experience of student nurses by providing opportunities to all Schools of Nursing across the country. By providing this type of membership, the NSNA provides discounts on both new and renewal members.

You get great benefits including awards, scholarships, uniform discounts, the NSNA Imprint, and more!

Also, students have the opportunity to attend a national convention annually, which includes NCLEX review, passing of resolutions, and sessions where you can hear from nurses about their life experiences!



10 Tips for Nursing School 😊

1. Manage Your Time: Ask any nursing student because this is crucial! Make sure to write down all of your assignments, exam dates, school events, and other commitments in a planner (Molloy has free planners in the Student Affairs Office on third floor of Public Square!) It will help you balance both school and life. Ask any nursing student: do not cram because it will not work!



2. Preparation is Key: Read the material ahead of time before attending each class. It is very helpful go to class with some knowledge from each chapter that will be reviewed that day and your professor will expect you to know the material.

3. Make those Connections: Get the contact information of your peers because they will become like family to you. I see my friends more than I see my family during the semester! These people will understand what you're going through!



4. Find a Mentor: Seek out a nursing student who can mentor or tutor you. Reach out to those whom have taken a course already. Chances are they know what it takes to be successful in the nursing

program. The Molloy Nursing Student Association is beginning a mentor program this year known as Friends to RNs. Also, Molloy offers tutors through the ACE program, which can be super helpful in understanding the material!

5. Find a Study Group: Every professor will tell you this as well! Study groups are another way to help reinforce the notes but make sure not to socialize and focus on those Powerpoints!

6. Try Your Best: If you are trying your best, don't beat yourself up if you earn a grade that you aren't excited about. Ask for help, master the parts you didn't understand and continue preparing to be an extraordinary nurse. Do not compare yourself to others either!

7. Stay Inspired: Surround yourselves with people that celebrate you fulfilling your dreams to become a well-rounded nurse. Search your heart for the true reason you want to become a nurse, write it down and post it on your wall. Every morning, wake up and glimpse at that paper. Inspirational quotes or songs are great to listen to while you're down!

8. Ask Questions: Don't be afraid to ask questions or ask for help. Remember that asking a question is better than making a mistake or causing harm to a patient. Take a deep breath and raise your hand because someone else most likely had the same question!



**KEEP
CALM
AND
MAKE IT THROUGH
NURSING SCHOOL**

9. Study Smart: Read the book (out loud, if you're an auditory learner) and highlight the important things. Don't highlight the entire book! Type out the highlighted portion and carry it with you everywhere. The more you see it, the more you'll retain it!

10. Find Time to Relax: Lastly, it is important not to forget that you still have a life. Exercise, eat a healthy diet and participate in stress-releasing activities. There may be days that you question yourself and wonder what you were thinking when you enrolled. However, understand there will be many more days when you know exactly why you chose to become a nurse.



Your Fellow Communication Directors

Teresa McDavid and Stephanie Jorgensen
They are both currently seniors in the nursing program. Stephanie hopes to become a pediatric hematology/oncology nurse while Teresa is thinking about becoming either an emergency room nurse or a critical care nurse. Both love nursing school despite the challenges and hopes that this newsletter has helped students better understand what the Molloy Nursing Student Association does! We welcome you back to MNSA and we hope you have an amazing semester!

Drug Calculation Answers:

- | | |
|----------------|---------------|
| 1. 2 tablets | 4. 45 mL/hr |
| 2. 3.6 mL/hr | 5. 45.8 mL/hr |
| 3. 42 gtts/min | 6. 15 mg/hr |

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Would you like to write an article for The Pulse? Email Stephanie Jorgensen and Teresa McDavid for more information!

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