

SNO Flurry

Student Nurses' Organization



Riverside Community College Student Nurses' Organization Newsletter

February/March '05

Message from the Dean/Director

Greetings to all new and returning students in the nursing programs here at Riverside Community College! The faculty and I hope you all had a restful winter break and look forward to working hard this semester with you to meet your academic goals.

To all new students – you are privileged indeed to be here! You may be interested in knowing that for the RN program alone we had over 400 qualified applicants for the 60 Nursing 1 positions! It is unfortunate with the current nursing shortage that we are unable to accommodate more of you. We certainly will be fortunate when our new nursing building is a reality and we have more adequate space for students in our classrooms and labs. We have received another grant making it possible for 12 LVN “Flex” students to join Nursing 3 and participate in lectures via video streaming and in clinicals with a flexible schedule so that they can continue their education in the ADN program while working.

Again, welcome to our programs! Please let me know if I may be of service to you. Director’s Council was held on March 18th at 9:00 a.m. and provides a direct forum for you to anonymously discuss program concerns with me.

Sandy Baker, RN, MSN
Interim Associate Dean/Director

Message from the ADN Chair

We are well into the semester and at this point all of you should have taken the first examination for your semester level. This first exam is a key one for each of you to assess how much of the content you understand. If you did well then you need to continue with what is working for you. If you did not do well, the time to seek assistance is now!

Mrs. Susan (Robson) Drummond, our Nursing Educational Specialist (NERS), has been very busy offering classes on study and test-taking skills. If you haven’t availed yourself of one of these classes you need to do so before your next exam. Your faculty is also available to help you. If you don’t understand the content, make an appointment and speak with the faculty who is teaching the content. All faculty have office hours and you should take advantage of the time your faculty can give you. We are here to help you be successful, but we can’t learn for you. We can only meet you half way.

We have our first cohort group of LVN students doing the flexible LVN to ADN program. These students do not come onto campus for lecture but view the lecture over the Internet. They do have clinical just as every other student in the program. Their

clinical days are arranged differently. We are very happy to have these students on board and look forward to their success. This is one innovative method that RCC is implementing to provide more opportunities for LVNs who want to continue their education.

The articulation program for ADN to BSN that we have established with California State University, Fullerton is continuing on the RCC campus. This program has provided opportunities for our graduates to continue their education toward their BSN while attending videoconference classes here at RCC. We have had one class graduate in December 2004, and anticipate another in May 2005.

The nursing faculty has been very busy not only preparing your classes but also working on a self-study report for our upcoming National League of Nursing (NLN) Accreditation which will be taking place Fall 2005. This accreditation is critical to our program since continuing education to BSN, MSN, and Doctoral programs requires that a student graduate from a NLN accredited program. Our program is accredited and we are hoping to be reaccredited with the next visit. Those of you serving on program committees will be asked for your feedback since student input is very important. If you are a student representative for the Curriculum Committee and/or the Learning Resources Committee your attendance at meetings is very important. Please see me if you need a copy of the committee meeting schedule for the semester.

Well, I hope that all is going well. Nursing is challenging and it does take time to transition into a different way of studying. Keep focused on your goal. Do not get discouraged. You made it this far and you can make it all the way. There are resources available to help you be successful.

Good luck!

Angie Fawson, RN, MSN

Message from the VN Program

Welcome to the Spring 2005 semester, especially to our new Nursing 1 and Advanced Placement students in both the ADN and VN Programs. We know you have entered our programs after rigorous preparations and you feel great anticipation to be embarking on this part of your professional journey. In return, we make every effort to carry out our responsibility to provide you with the highest possible quality of nursing education. Students and faculty working as a team create an optimum environment to reach our common goal. Let's go for it!!

Vocational nursing students in the part time program are enrolled in Nursing 63, the mental health course. Excitement was in the air as they prepared for their first clinical day on March 9. Finally they will be able to develop a NCP on a "real" client and intervene with the communication skills learned in Nursing 50 and Nursing 60. The full time students have had little "down" time. During the Winter 2005 Intersession, they completed a six unit pediatrics-maternity course and the following week they jumped headfirst into the spring semester, with its demanding medical-surgical nursing course. With each day of clinical experience, they report satisfaction with their developing competence and confidence. It sounds like a great voyage of discovery! ☺

The nursing faculty needs the students' help in building an endowed scholarship fund for our nursing students. The fund requires a "corpus" of \$10,000. in order to extend for perpetuity. The neat thing about an endowed scholarship fund is that it earns interest, which is used for the yearly scholarship awards; the minimum earned is approximately \$450. each year. A number of VN Program classes have contributed to the fund and faculty members contribute through payroll deduction. Currently we are more than half way toward our goal. We are asking that each ADN and VN class consider contributing money left over from the Pinning Ceremony to the fund. Make your money work for nursing students far into the future! Please see your Pinning Ceremony advisor to discuss this further.

The VN Program team members extend our very best wishes for your most rewarding semester yet. Study hard, then take the time to reflect on what you have learned and to savor your successes.

Sincerely,
Phyllis L. Rowe, RN, MSN, ANP
Associate Professor, Nursing
VN Program Assistant Chair

VN Class President

Hello to all of the new and returning VN program nursing students, better known as poop experts! We all had a wonderful and rewarding Pediatrics and Obstetrics rotation in the winter session. Thank you Mrs. Leifer, The intelligence of a scholar, the patience of a Saint, and a wonderful sense of humor. Applause, applause!

We are 63 strong and all very excited about this spring semester of intermediate medical surgical nursing. We have 6 clinical rotation groups! WOW! This shows the great interest in nursing.

This spring semester will prove to be a very busy one, and THE semester we really become nurses! Yes, this program is intense and challenging, but think of the rewards. Try not to get blinded by what lies so far ahead, but focus on what is right in front of us . . . THIS test, THIS week. A student wise beyond her years told me that. A friend in the Nursing 1 class was soooo excited about wearing her uniform the first day, and said that they took pictures, like we all have done for our children on their first day of school. I told her that she had worked hard to get to this point and it was OK to be excited about her uniform. This got me to thinking; we should all maintain such enthusiasm towards our nursing program and try not to get lost in the stress of things. I find myself getting stressed over what lies far ahead. Let us all continue to remain focused on our clinical environment, lab skills and our patient care. We are all showing confidence, professionalism and growth. KEEP IT UP !! August 9, August 9, August 9 . . .

Linda White
VN Class President

Nursing 1

It seems only yesterday that we were dragging our backpacks to anatomy class, staring longingly at the gangs of pristine white uniforms as they triumphantly bounded around campus. Now, thanks to a lot of hard work, we have joined the ranks of those who have come before us. As our journey begins, I wanted to take the time to congratulate all of my fellow students. We have achieved something many of us thought might never come. But as we cross one mountain, we find that there is a much larger one in front of us. Now begins the real challenge.

For many of us, we would have never been able to last this far without so many who have made our transitions easier, more fun and more relaxing. In that, I wanted to send out big thanks that really would never be enough to all of the big brothers and big sisters who gave us advice, listened to us cry about having to read six chapters in one night, and guided us on our way. The mentoring program has been an incredible opportunity for all of us Nursing 1 students and has made our start much, much easier.

I also wanted to take this time to thank SNO and the nursing staff for the great Welcome Tea on Monday, March 7th. It was a great time to meet the instructors, talk to other nursing classes and for some of us, and eat the first breakfast we've had since February 13th.

Finally to the instructors of Nursing 1, your energy, wisdom and obvious love for this great profession is an inspiration to us all. Thank you for your guidance and support as we begin our journey. And, of course, on that day, when you look at us and go "YOU DID WHAT TO YOUR PATIENT!!?!" Here is hoping for a little understanding.

Now Onwards and upwards!

Rich Mears, Nursing 1 Class President

Nursing 2

Hello everyone, it's the crew from Nursing 2,

Where did Winter break go????...we are back for another semester filled with new skills to learn. Wow, it is happening so fast, it seemed like Nursing One was just last semester....oh yeah, it was....Anyways we are going to have so much fun especially with the babies and the little kids that we get to see....

Before I continue I would like to tell you about this wonderful nursing staff we have that has shown nothing but support. They are the wonderful teaching crew of Nursing 2. They have showed us an incredible experience so far at our rotations. For this we would like to say thank you!!!!!!

I would also like to thank my fellow classmates. This is another semester that we get to enjoy together as a family. Like I have said so many times before, we are all in this together. I appreciate all your support and confidence that you guys have given me. I thank each and every one of you from the bottom of my Wong's book...I love you all. Remember together we can accomplish anything....

God bless

Ryan Tabares, Nursing 2 President

Nursing 3

Howdy From Nursing 3 ☺

WEEEEEEEEEEEEEEEEEEEEEEEEEE...we are off to a fabulous start here in N3...our first test is over and first rotations are completed...I cannot believe how fast it has gone!! Most of us are IV certified and have the kewl stickers on our badges to prove it...a few hematomas here and there because of block lab, BUT well worth sacrificing our own bodies for the greater good!!

Our content is keeping us knee deep in psychosis...most of us wondering if we are just a lil' bit on the edge ourselves....hehe

Our semester 3 faculty is awesome, thank you for pushing us out of the nest and letting us spread our wings even farther then we knew that we could!!

Spring Break is just around the corner...WOO HOO!! Hope everyone has a wonderful Easter and that the bunny brings you ANYTHING chocolate covered because you ALL deserve it ☺

HANG LOOSE!!

Love n Lewis, Heitkemper & Dirksen....

Jacquie Bass...Nursing 3 Prez

Nursing 4

Well it's hard to believe that we are already in Nursing 4. Time sure flew by if you ask me. It's nice to know that school is coming to a close and pinning is just around the corner. We just had our first test and the class did a great job. We are already knee deep in reading rhythm strips. Hemodynamics is under our belts, to bad it still comes up on every test. This past weekend the class took their pictures for pinning. It was almost surreal to see everyone in their white graduation clothes and hat. It actually made you more determined to graduate after seeing your picture. Thank you again to the Nursing 4 instructors for helping us master hemodynamics. Well, off to study. See you next month.

Kelly Young

Nursing 4 Class President

SNO PRESIDENT

Welcome to all the Nursing 1-4, LVN, Advanced Placement and Flex-time students! It's a great time to be in the nursing profession. This semester is already in full swing with 5 full weeks under our belts!

SNO started the semester with a bang at the California Student Nurses Association (CSNA) Conference Feb. 25-27th in Long Beach. Many RCC students took the opportunity to attend. We were wonderfully represented with 6 delegates (thank you) to vote on the by-laws and resolutions of CSNA. It was great to be a part of a professional organization, with a voice. The keynote speaker, Maria O'Rourke, DNSc., reminded us that "It is by the decisions that we make, based on the significant amount of medical knowledge that we have, *not* the tasks that we perform that sets us apart as nurses! Once we become task based, not decision based, we become dispensable." Such a powerful statement! The rest of the conference was filled with great classes on cracking

the NCLEX code, adapting as first year nurses, landing that first job interview, and leadership skills. There was also a huge room filled with potential employers...all wanting to sway us to work for them! It was a weekend well spent! The next conference is the National Student Nurse's Association (NSNA) conference in Salt Lake City, Utah. It will be another terrific opportunity to mingle with other nursing students and participate in a professional conference.

I was overwhelmed and encouraged to see so many in attendance at the first SNO meeting on Feb. 28th. Hopefully, you will find that SNO has something to offer, from community service to professional conferences to just plain fun! It was also wonderful to see so many of you at the Welcome Tea on March 7th. Again, congratulations to all of you on your new and continuing endeavor! SNO, represented by Kelly Young, took a portion of that time to recognize and thank Ms. Wilma LaCava our SNO Advisor. Ms. LaCava is the ultimate student advocate and heart of SNO. Thank you Ms. LaCava!

Our Back to School event was held March 12, in the Hall of Fame from 1:00pm – 2:30pm. Students brought their families and friends to get a sense of where they are and what they're doing while at school. It was a lot of fun with a coloring contest for the kids, a raffle for the adults and refreshments for all!

Look for upcoming SNO events this spring. There are many opportunities to serve the community and your fellow students. The first is the Blood Drive, April 27th. We need volunteers to get people to sign-up to donate blood. Another big event is the 8th Annual Nursing Alumni Reception on May 12th. We'd love all the help we can get. Think about stepping out of your "comfort zone" and stepping into participation at some level with SNO! Study hard and enjoy the ride!

Kathy Rex
SNO President, Spring 2005

Messages from Our Advisors

Welcome back to the new semester. Our Welcome Tea and the Back to School Event were well attended. I hope that your families now have some idea of what you are doing and where you are spending all your time – away from them. If you didn't have an opportunity to bring your family this time perhaps next semester would work out for you.

We had 19 members attend the CNSA Conference in Long Beach February 25-27th. They represented you in the House of Delegates and, of course, in the Exhibit Hall where many exhibitors said thank you for your taking the time to talk to them. It was really nice since the conference was so close that so many could attend. We will have student representing you at the 53rd NSNA Year-End Conference in Salt Lake City, Utah. They will be bringing you back information. In the Fall both the CNSA and NSNA will have conferences so perhaps either of these conferences might work out for your schedule.

We will be having our Blood Drive on April 27th. If you'd like to help with sign ups of donors on April 20, 21, 22, 25, and 26, leave a note in Jennifer Nelson's (Nursing 2) box in Nursing 7. Thank you in advance for your help.

Wilma La Cava, RNC, MSN
SNO Advisor

CNSA Conference 2005 – Long Beach

I attended the CNSA annual state convention in Long Beach, California. I hung out with some of the Nursing 2 and 3 students. The hotel was nice and we had a good view of the Queen Mary. I had a great time because I met a few other nursing students from different schools. I talked to over 20 different hospital representatives. I was amazed at how they were so interested in hiring nursing students. I also attended the welcome party for the nursing students. All the nursing students were dancing and taking pictures of each other. I went to some of the workshops. The best workshop was the key strategies for passing the NCLEX examination. Marlene Hurst was the instructor for this workshop. She was so enthusiastic. She made so many jokes about the NCLEX examination. She had a wonderful personality because she enjoyed helping other students. I would encourage all nursing students to attend this convention because there are so many opportunities for the nursing profession.

Lashemia Wilson
Nursing 1

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This year I had the opportunity to go to the CNSA state conference in Long Beach. I was also a delegate and I was able to see how the House of Delegates makes decisions first hand. On Saturday there was about 50 hospitals from all over California present and they were all there to tell us why we should choose their hospital to start our careers. They also let us give them our names and addresses so they could inform us about upcoming important events and possible interviews if we were close to graduation. Talking to representatives from all these hospitals really helped me realize how many options we all have when we graduate. As well as the exhibits, there were a few lectures to choose from. I attended the NCLEX review given by Marlene Hurst. I really enjoyed this review because the speaker really helped me to see why the answer was the right one and all the rationales behind it. To anyone who hasn't been to conference, I really recommend that you try it if possible. There is a lot to see, you meet a lot of people from everywhere, and it is a lot of fun. All in all, I had a great time. I look forward to the next one!

Patricia Farnham
Nursing 2

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A: Always a pleasure to attend. Amazing. Appreciated. (thanks RCC, SNO, and Mrs. LaCava!)

D: Don't miss the opportunity; the world is your oyster. CNSA let us know the extensive options we have as future RN's!

P: Positions are available at local hospitals over the summer months (for Nursing Assistants). You can gain invaluable experience. It would make for an easy transition to well paying jobs once you have completed your training.

I: I am only sorry that we didn't spend the weekend!

E: Every day remember to be thankful for your opportunity to be educated in this program. We are one of the most sought after new-grads across the nation. NO COMPLAINTS!!

Thanks to all,

Donnelle Scherzer
D'ann Park
Victoria Tsets
Nursing 2

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Greetings from good ol Long Beach, CA.

First of all that was a long trip to get here....well lets see....We had a wonderful time at the CNSA conference held at the Hyatt Regency in Long Beach. This was an experience that we will never forget...We got a chance to sit in on an NCLEX review class given by Marlene Hurst of Hurst review. She was awesome. She made everything sound so clear...not to mention it was entertaining with her comic like antics. We also got a chance to sit in as a delegate in the House of Delegates...now this was a trip. It felt like we were in Washington D.C. "Point of order, clarification, wrong microphone, Mr. President I have a motion", these were some of the things that were said at this "meeting". There were so many schools that were passionate about this. Probably due to their preparation of a resolution that they spent almost a whole year writing...now I see why. We also got a chance to visit with exhibitors from hospitals in California to see what they had to offer. It was educational to see what these employers were looking for or rather yet what they had to offer. We took some time off as well to take in what Long Beach had to offer. We had a late desert run to Outback steak house and enjoyed the delicious food Bubba Gumps had served. Over all it was a great experience and we recommend every one to go to one. A great place to meet people who are in the same boat you're in....

Ryan Tabares
Cheryl Hilt
Nursing 2

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Hello fellow students! California is definitely the place to live and work as an RN! For those who missed the California annual state convention, we had a blast and got to put our toes in the sand of our nursing future. The CNSA convention was held in Long Beach "the LBC" this year at the Hyatt Regency. The events began on Friday night with a welcome party equipped with yummy food and a D.J. As we settled into our rooms, (that's right, courtesy of RCC) we enjoyed a good nights rest so we could begin our early day on Saturday. At 0800 we went to the exhibit hall and began filling our heads with career planning information and our bags with free loot! There were approximately 75 companies present including medical centers, universities, armed services, and student

help. The companies were from all over California. In addition to the exhibits, there were educational sessions to attend where we did an NCLEX review, learned about the steps in furthering our education and tips on that First year as an RN. This was such a wonderful opportunity, I encourage everyone to attend at least one convention during the program. For those on a tight budget, the California convention would be an excellent choice (no airfare to pay this time). I would like to thank Mrs. La Cava for the invitation to attend, and SNO for expenses that were paid on our behalf.

Good luck to everyone in the challenges you face this semester and God bless!

Thanks for reading!!!

Hillary Smith

Nursing 3

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On Friday, February 25, 2005, I attended the CNSA Conference at the Hyatt Regency in Long Beach. There was a Welcome Party that Friday night for fellow CNSA members to attend. The evening was filled with great food, laughter, music, and dancing. It was a lot of fun. On Saturday morning there was a Breakfast and Ribbon-Cutting Ceremony in the Exhibit Hall. There was a vast network of potential employers and vendors in attendance anxiously recruiting, scheduling interviews, and interviewing those prepared with a resume on the spot. I was amazed at how many hospitals and vendors from out of state were there. All the hospitals were equipped with their benefit packages and employment information for registered nurses.

I attended an educational session on: *Key Strategies for Passing the NCLEX Exam*. I especially enjoyed listening to the speaker, Marlene Hurst, speak on this topic. She informed us of how the NCLEX questions are written, how to read NCLEX questions, and how to answer them. She delivered this information with so much humor and flair, it was fun to participate and it helped me retain the information and think about NCLEX questions differently. She was an extremely effective speaker.

I also attended an educational session on: *Acing That First RN Job*. This was extremely helpful for me, since I'm in Nursing 4. I walked away knowing the Do's and Don'ts of the interview process, and a list of questions to take on the interview.

This was a very educational, informative, and beneficial conference for me. Every nursing student should try to attend at least one conference while in nursing school. This was a great opportunity for me and was very worthwhile.

Patricia Cockfield

Nursing 4

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I had the privilege of attending the CNSA conference in Long Beach on February 25-27, 2005. At convention it is always nice to represent RCC and to hear that all the hospitals really want our RN grads. Sitting in on the House of Delegates allowed RCC to vote for resolutions that came to the floor. Certain resolutions that passed CNSA will present at the NSNA conference in Salt Lake City. I enjoyed the Exhibit hall and I did a

good job at marketing myself for a job. I landed interviews at UCLA and Western Medical in Anaheim. I attended a breakout session on how to Ace your first interview. It was great advice for me to use in my interviews. Marlene Hurst was there giving tips on How to Pass the NCLEX. She made me laugh so hard I almost fell off the chair. Patricia and I answered a question about Curling's ulcer and our Nursing 4 instructors would be so proud of us. I highly recommend attending a CNSA conference when you are in Nursing 4. This allows you to network and land some job interviews. Too bad this is the last conference that I will attend as a nursing student. Next time it will be as a RN!!!!!! See ya around.

Kelly Young
Nursing 4 Class President and VP of SNO
Monica Valencia
Nursing 3

Note from the Editor:

Just a note to let everyone know that the Welcome Tea was a success! It was great to see all the new faces and their excitement. It goes by fast so enjoy the little bonuses! Kelly Young on behalf of SNO honored Mrs. LaCava as an outstanding student advocate. Anyone who has worked with Mrs. LaCava knows she is there to help you, and is truly concerned for her students. She will aid you in your success; all you have to do is ask. Thank you Mrs. LaCava, you are truly one of a kind!

Donnelle Scherer
SNO Editor

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Spring 2005**

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**SNO Meeting Calendar
Spring 2005**

8:00 AM, in Heritage Rooms, located in the cafeteria (Unless noted otherwise)
March 21, Meeting (Director's Council following)
*March 28, 8:15-10:00 Joint Student/Faculty/Clinical Agency Nursing Advisory
(Hall of Fame)*
April 4, Meeting
April 6-10, NSNA 53rd Year-End Conference, Salt Lake City, Utah
April 18, Meeting
April 27, Blood Drive
May 2, Meeting (Nominations)
May 12th, 8th Annual Nursing Alumni Reception
May 16, Meeting (Election)



HAPPY SPRING