Dear Students

Welcome to LSUHSC School of Nursing for all newly admitted students and a warm welcome back to all our returning students! This fall 2013 semester will be a busy and exciting semester. On November 2, 2013 at 7 pm, our nursing school will be celebrating 80 years of nursing education. Please plan to attend and invite your family, friends, and alumni. For more information on the 80th celebration, [http://nursing.lsuhsc.edu/Special/80thAnniversary.html](http://nursing.lsuhsc.edu/Special/80thAnniversary.html). In December, the first post-masters Doctor of Nursing Practice (DNP) class will graduate. We will also be hosting an initial accreditation on-site visit on October 21-23 by the Commission on Collegiate Nursing Education. The nursing school administrative team and faculty are completing the 2013 to 2016 strategic map. This new strategic map will provide our direction over the next three years. This semester we will begin the utilization of our new clinical simulation labs located on the second floor of our nursing building. Renovations continue in the nursing school to improve the third floor and one of our lecture rooms. We are planning to support several undergraduate nursing students to attend the Louisiana Association of Student Nurses Conference this fall semester and already making plans to send students to the National Student Nurses Association Convention in April 2014. I encourage all students to focus on your studies but to be an active member of the LSUHSC School of Nursing community - get involved in SNA, SGA, and attend some of the stimulating presentations that occur within the Health Sciences Center - we are truly privileged to be in an environment that has exposure to national and international leaders that are on the cutting edge of health care.

Enjoy your semester.

Demetrius
At this point in the semester most classes have given their first test or major assignment. Take time to evaluate how you studied, what you learned about your study style and do you need to make some changes. I’ve included a few tips for staying organized, library writing and time management.

10 Ways to Stay Organized in Nursing School

1. Use a daily planner or calendar to track assignments, projects and class times.
2. Designate a specific area at home just for studying and nursing school work.
3. Use a different color notebook or folder for each class.
4. Get any necessary supplies before a big project or new class.
5. Join a study group with other nursing students in your classes.
6. Develop a network of mentors and nurse friends to support you.
7. File away any loose papers.
8. Organize your backpack or whatever you use to carry your books and supplies.
9. Create a detailed study schedule before a big exam.

Type your notes or create an outline of any especially challenging topics
Library Writing Guides

LSUHSC Library’s webpage http://www.lsuhsc.edu/no/library/

University of Wisconsin Writing Center
http://writing.wisc.edu/Handbook/Style.html


University of Kansas http://www.writing.ku.edu/

George Washington University
http://www.gwu.edu/~gwriter/Resources.html

DePaul http://condor.depaul.edu/writing/writers/writers_index.html

Time Management Tips

1. Respect your classes: be mindful of your classes, take them seriously, be prepared, read your syllabus carefully and understand faculty expectations.

2. Define and assess your goals: Goal setting helps us stay focused. Set a goal, determine the process necessary to meet that goal and pursue it will all you have.

3. Hard work = lasting rewards: Today is great but tomorrow can be even better with a little sacrifice. Sometimes the best things in life take time to mature.

4. Setting limits: At some point we all over extend ourselves. Block out time for study as well as free time. By letting friends and family know your time for studying is important you have set the boundaries for preventing others intruding on your study time.
School Supply Drive!!

Please donate much needed school supplies for 4th graders:

No. 2 pencils, one subject notebooks, glue, markers, color pencils, backpacks, pencil cases, erasers, loose leaf paper, etc.

Look for marked collection boxes in the MEB, CSRB, Allied Health, Dental School, Lions, and Resource Center Buildings

September 16th to September 30th, 2013

For more information, contact Dr. Fern Tsien (fmille@lsuhsc.edu)
Several students have asked questions concerning where they can study on campus.

- The library is open to all students and has two new rooms that have white boards just behind the coffee shop.
- The 3rd floor atrium.
- The new 2nd floor entrance to the School of Nursing has three separate seating areas including sofas, and tables and chairs.
- The 4th floor has 3 student lounge areas; and
- Beginning Monday April 22, 2013, students can reserve one of the following classrooms for group study: 4A1, 4A9 and 4B3. If you are interested in using one of these classrooms you must schedule it through Ms. Lynn Cuiellette at 504-568-4148, or email her at LCuiel@lsuhsc.edu.
- Students are encouraged to be safe and leave campus at a reasonable hour. Campus Police are available if you need an escort to your car.
- No one is allowed to sleep in any of the building on campus with the exception of students who are on campus housing residents.
- Please be respectful and study in the common areas open to all on campus and within the School of Nursing.
- The Medical Education Building is under the jurisdiction of the School of Medicine and Allied Health (floors 6-10 in the School of Nursing and Allied Health Building) is under the jurisdiction of the School of Allied Health.

Pay-for-Print driver for Mac

There is now a Pay-for-Print driver available for Mac. This will enable you to print from your personal laptop to the Pay-for-Print system at the School of Nursing.

Instructions for both Mac and PC are available at this link:

http://nursing.lsuhsc.edu/Help/General.html#4k
Dress Code

Fall is here and this is a gentle reminder that the School of Nursing has a dress code that all are expected to follow. All of us agreed to abide by the policies and procedures of the school and the health sciences center.

Any student showing up for class, tests, or exams is subject to being turned away if you are inappropriately dressed. The dress code policy is in the student handbook.

Some examples of items being worn that are not allowed: short sports shorts, tank tops, pajamas, slippers, tight fitting exercise pants/shorts with short tops, and torn tattered clothing. The school of nursing is a professional school. Please do your part to support the mission, vision and core values of the school.

Core Values are the beliefs that describe, define, and direct our work through the university and its operations. Essentially, values underlie what are primary to our belief system. The word value comes from the French verb, valoir, meaning "to be worth." Valor and worthiness guide the work we do. Through our mission, philosophy and sharing of experiences, LSUHSC, School of Nursing has discovered and unearthed its Core Values. As a fundamental set of guiding principles, Core Values provide direction and purpose. (C-PRIDE).

There are numerous places on and off campus to eat; the classroom is not one of those areas.

Thank you for taking pride in being a part of the LSUHSC-SON and exhibiting C-PRIDE on a daily basis.
For our neighbors at the Rebuild Center Food Bank at St. Joseph’s Church

Suggested items:
Dry food
Canned food
Toiletries
NO GLASS JARS, PLEASE!

Boxes in the CSRB, MEB, Allied Health, Lions, and Resource Center

For more information, contact:
Leigh Smith-Vaniz (lsmi30@lsuhsc.edu)
NOARHP: New Orleans Adolescent Reproductive Health Project

The Problem: The City of New Orleans has one of the highest STI prevalences in the nation, and over 50% of the incidence comes from 15 – 19 year olds.

Our Mission: All Orleans parish public high school students will have access to age-appropriate, evidence-based, culturally sensitive and comprehensive reproductive health education, leading to safer, more responsible reproductive health decisions.

What We Do: LSU Health Sciences students teach a targeted reproductive health education course to high school students at a high performing charter high school primarily serving low-income students.

What You Can Do: Sign-Up to Volunteer or for more information about the upcoming program year by emailing Jake Quinton at jquin2@lsuhsc.edu with the subject line ‘NOARHP’
LSU Nurses’ Notes

Holiday Silent Auction

Sigma Theta Tau Epsilon Nu
Monday, December 2, 2013

LSUHSC SCHOOL of Nursing
4th Floor Dean’s Area
9 AM to 4 PM
New Student Organization To Promote Diversity and Understanding

Jacob Rickoll (SON Class Dec. 2015)

The LGBT+Ally Organization for Cultural Understanding in the Health Sciences (LOCUS) is a student organization aimed at advancing awareness and understanding of and for the LGBT community at LSUHSC and in New Orleans. Our goal is to serve at LSU by educating future healthcare professionals of the specific concerns of LGBT individuals and to serve the community through multiple outreach programs with local organizations. Finally, and perhaps most importantly, we strive to foster an environment that supports LGBT individuals at LSUHSC, with strict confidence, and provides them with a safe place in which to grow as healthcare professionals. If interested or if you’d like more information, please contact Jacob Rickoll (jrick3@lsuhsc.edu) or the School of Nursing’s LOCUS faculty advisor Cathy Lopez, DHEd, RN (clopez@lsuhsc.edu).
We will be selling the SGA polos and scrub jackets with the NEW logo. The Scrub Jackets are $30 and the Polos are $25. We have the items available; it will not be a preorder.

**Stay tuned for Nightingale Ball and Spirit Week details!!**

**We will be taking pre-orders for POLOs and Scrub jackets for sizes that are unavailable.**

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**Upcoming SGA Events**

**Officer Forum Tuesday**  
August 13 3-4:30pm

**Meetings:**  
September 9, October 7, November 4 (12-1pm and lunch will be provided)
SNA Updates

MEETING DAYS (MEB 4)

• September 9, 2013
• October 14, 2013
• November 11, 2013

SNA will be selling fleece, badge reels, and clipboards that are very helpful while in clinicals.

New SNA t-shirts are in. Please pick up your pre-ordered t-shirts at Sale Days. We have extra so if you did not order one, come buy one today!!! Only $12, so inexpensive!

UPCOMING SNA EVENTS

September Donations

Flashlights of any shape and size. Items for the domestic abuse (toothbrush, women’s toiletries, hairbrush, soap shampoo, razors, nail polish, hair products, children activities, coloring books, marker, stickers, cards, home goods (non-perishable items) toilet paper, paper towels) Will be donated to the women’s domestic violence shelters around the state. For more information email Claire – cdebac@lsuhsc.edu

Saturday, September 14th Habitat for Humanity – 7:45 – 3:30pm – 25 people

We will be working with Habitat for Humanity to rebuild houses in the Greater New Orleans area. We will build simple, decent, affordable homes in partnership with families in need. For more information email Claire – cdebac@lsuhsc.edu

October 3rd – 6th LASNA – Louisiana Association of Student Nurses Association - Baton Rouge

- If you’d like to sign up for convention be sure to email Kira Riches
NOLA tiles NURSING T-shirts ($16) and Nursing collegiate (arched) sweatshirts ($26). Both charcoal gray.

We still have Saints "We bleed black and gold" t-shirts. Short sleeve ($16) Long sleeve ($20).

We have LSUHSC sunglasses on sale. 1 pair for $3 or 2 for $5. Comes in blue, yellow or neon green!!!

We will be selling all these items at all sale days.

Class dues are $40. Please pay Sara Lacey and If you owe for previous semesters, please talk with her.

Make sure to schedule your composite picture time ASAP, see Morgan’s email for more details.

Solid Color hair ties are $1 and $2 dollars for ties with pattern or

Long Sleeve tshirts "Keep Calm and Nurse on" are $20 and the short sleeve tshirts "Top 10 Reasons Why I decided to go to Nursing School" are $18. Please contact either Caitlyn Blanchard (cblanc@lsuhsc.edu) or Catie Brown (cbro12@lsuhsc.edu).

Class Dues: Dues are $40 this semester. The due date is December 3! Please find Kelsea
Junior II’s are selling these Mardi Gras t-shirts for $18. There is a limited number of shirts and sizes available. Please email Kaitlyn Moser if you are interested at
Sophomore II Class

- Representatives will be at the sale date on Monday from 11-12 to sell preorders for the LSUHSC parent shirts. Price will be $20.
- The Soph. II Class party is on Oct. 5th. More information regarding the event is soon to come.
- Soph. II class dues are $40.00, and need to be turned in to Soph. II class treasurer by Oct. 11th.
- Don't forget, the Nightengale Ball is on October 25th! Further details to come, but be sure to mark it down in your calendars!

Sophomore I Class
Is anyone interested in being tutored or tutoring someone else? IF SO, POST YOUR REQUEST HERE!!!

The ALA “Fight for Air” walk will be held on October 5th in Audubon Park. If students are interested in participating, let me know.

The LSUHSC Library is currently accepting applications for:

- A Full-Time Student in Good Academic Standing with at least a year and a half until graduation
- Needed for Evening and Weekend Work
- Must be able to work 40 hours per month (average of 10 hours per week)
- $9.00 per hour

Apply in Person with a Library Staff Member

If you would like to post something, please email SGAsecretary@lsuhsc.edu so that it will be on the next Nurses’ Notes.