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. 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.

Alumni Update;

Look for an email and announcement from the Alumni regarding an upcoming Tailgate Party. Come out and learn about this wonderful organization and how you can be an active member.

More to come.
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/~gwritter/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)
“A Night Under the Oaks”

Location: Mardi Gras World-Grand Oaks Mansion

Date: Friday October 25, 2013

Time: 9pm-1am

Entertainment by: Papa C and the Slammin’ Horns & a DJ

*Ticket includes food and drinks

Monday September 16th--Friday September 27th: $45/ticket
Monday September 30th--Friday October 11th: $55/ticket
Monday October 14th--Friday October 18th: $65/ ticket
LSUHSC School of Nursing 2013 Spirit Week!

Show your class spirit the week of October 21-25th, 2013 for your chance to win a Monetary Award!

A 1st, 2nd, and 3rd place winner will receive points for each Spirit Week event.

Nightingale Ball Ticket Sales
*The proportion of tickets sold to your class will be used in the calculation of scores*

Canned Goods Drive

Coke Tab Collection

Poster Competition
*To be voted on by Faculty during Spirit Week! Posters must be submitted by Monday, October 21st*

The class with the most points will be announced at the Nightingale Ball!

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LSU Nurses’ Notes

Soph I & Soph II

Class Party

Saturday, October 5th
8pm - 12am

at Fat Harry's

4330 Saint Charles Ave.
New Orleans, LA 70115

Come celebrate LSU's win over Mississippi State!

Non-alcoholic drinks and food (like jambalaya, finger foods, desserts & much more!) will be served.

19 to enter and 21 to drink.

$10 donation at the door for food, beer, & door prizes!

Door prizes include Saints tickets, gift cards, and much, much more!
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’
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
**What is Scrubs Crawl?**

An annual pub crawl in celebration and promotion of New Orleans' vast healthcare community. Last year, the money raised went towards building a roof for the Sante Total Medical Mission in Haiti, medicines and supplies for the LSU Student Run Homeless Clinic in New Orleans, and financial grants for children with disabilities through ACCESS BooFest.

**When is it?** Saturday, October 5th, 3-9PM

**Where?** Starting at the Red Eye, passing through the District, and ending at Barcadia in the Warehouse District

**How do I get involved?** Please, go to santetotal.org and click "donate" - Don't forget to add the note "Scrubs Crawl" and your school program under the "review donation" page, so we can keep track of which program (Medicine, Law, or Nursing) and school donates the most!

A donation of $20 or more will earn you a bracelet for drink specials, food specials, and free beer the day of the pub crawl. (see flyer for details)

Medical, nursing, and law students from LSU, Tulane, Ochsner, and Loyola are encouraged to don their favorite scrubs (no logos, please) and come out to celebrate Health!! As New Orleanians will make any excuse to run around the French Quarter in a costume, this will be a great way to raise some money while having some fun. The proceeds will benefit the Sante Total Mission in Jacksonville, Haiti (www.santetotal.org), and ACCESS BooFest (www.boofestonline.com). REMEMBER! We represent the Healthcare Profession in everything we do, so please, drink responsibly.
Ethikos presents:

Saturday, October 5th

Red Eye, 3-5p
Registration
$1 off beers and wells
Free PBR
The District, 5-6p
$1 off draft and wells
$2 PBR
Barcadia, 6-9p
HH Drink specials
Half off apps
Free PBR
Beer Pong Tournament!

Register online @ santetotal.org by donating at least $20

All proceeds go to: santetotal.org boofestonline.com

Instagram/twitter: #scrubscrawl
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.

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

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

MEETING DAYS (MEB 4)

• 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

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.

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 a limited number of shirts and sizes available. Please email Kaitlyn Moser if you are interested at
Sophomore I Class

- Be sure to buy Nightingale Ball tickets! The party is October 25th, and sure to be a lot of fun! Be on the lookout for ticket sales on 9/23 Monday 11-12 on the 4th floor Student Lounge and 9/26 Thursday 11-12 on the 2nd floor by the lounge area.
- The Soph. II class party is just around the corner on Oct. 5th! Check out the flyer for more info.
- Finally, we are trying to get donations for our class party to raffle off to increase our class budget so we can have awesome parties in the future! If you know anyone or any companies that is able and willing to donate ANYTHING please let SGA representatives know!
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.

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