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.
A night at the Ogden celebrating
The Art & Science of Nursing

Saturday, November 2, 2013
7:00pm to 10:00pm
Ogden Museum of Southern Art
925 Camp Street
Buffet Dinner and Open Bar
Entertainment by Category 6

Please make your checks out to: LSUHSC School of Nursing

Please send check and registration to: LSUHSC School of Nursing
Attention: Dr. Demetrius J. Porche
1900 Gravier Street, 4th floor
New Orleans, LA 70112

☐ Nightingale Circle: $1000
(The most famous nurse in history)
Includes 4 tickets and program recognition
Name will be listed in the program.

☐ Clara Barton Circle: $500
(Famous Nurse and Founder of the American Red Cross)
Includes 3 tickets and program recognition.
Name will be listed in the program.

☐ Walt Whitman Circle: $250
(Poet and most famous male nurse in history)
Includes 2 tickets and program recognition.
Name will be listed in the program.

☐ Joyce Travelbee: $100
(LSU School of Nursing International Nurse Theorist)
Includes 1 ticket and program recognition.
Name will be listed in the program.

☐ Admission Tickets: $75 per admission
Number of tickets requested: ___

☐ I am unable to attend or plan to attend and want to make a
tax-deductible donation.
Please accept my contribution of $___________

Name: __________________________
Address: _________________________
Email: ___________________________
Phone Number: ___________________
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.
“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*

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Monday September 30th--Friday October 11th: $55/ticket
Monday October 14th--Friday October 18th: $65/ ticket
LSU Nurses’ Notes

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!

<table>
<thead>
<tr>
<th>Event</th>
<th>1st</th>
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<tr>
<td>Ticket Sales</td>
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<td>Canned Goods</td>
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<td>Coke Tabs</td>
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<tr>
<td>Poster</td>
<td>25</td>
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DO YOU HAVE

ASTHMA or COPD?

The LSU Health Sciences Center is looking for volunteers to participate in asthma and COPD research studies.

The Pulmonary Medicine Section at the LSU Health Sciences Center in New Orleans is currently conducting studies on asthma and COPD. You or someone you know may be eligible to participate in these clinical trials. Eligible participants must be over 18 years old and will receive physical exams, lung function testing, and laboratory results at no charge.

Participants will be compensated for reasonable time and travel.

For more information call 504-568-3450
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

October Donations

For our October donations we are collecting donations for the Ronald McDonald house. Families travel from miles for their children to receive specialized care from hospitals and doctors here in New Orleans. This place offers the families a place to stay while also providing support during the hospital visit. We are collecting pop tabs from coke cans, paper products, and snacks for the house. (Paper plates, paper towels, plastic utensils, cake and cookie mix, individually wrapped snacks) October 3rd – 6th LASNA – Louisiana Association of Student Nurses

October Events:

October 3rd – 6th LASN – Louisiana Association of Student Nurses
Wednesday, October 16th Great 100 Nurses Celebration
Friday, October 18th Boo at the Zoo
Saturday, October 19th Light the Night Walk
Saturday October 26th Buddy Walk (in the morning)
Saturday October 26th Children’s Museum Mash (in the afternoon)
Monday October 28th Halloween Blood Drive MEB 4 10am-5pm
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.

"Start getting your SUPERHERO gear together for our bus trip on November 21st!!"

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...
Issue #: [Date]

Dolor Sit Amet

Sophomore II Class

- Just a reminder, the class dues need to be turned in to the class treasurer Latondra Hills, by October 11th. The dues are 40.00$, after that it's 45.00$

- Spirit Week is coming up soon! Be on the lookout for ways to get our class points, such as soda cans (the tabs), Nightingale Ball tickets, and canned good donations. Please give all donations to student class officers.

- Finally, the Nightingale Ball is October 25th! It's going to be a lot of fun, and buying a ticket is a great way to support your class. Social VPs will email all available ticket sale dates/times.

Sophomore I Class
Please pay $10 dues to Samantha.

See Roshan to purchase tickets ($55 each) to the Nightingale Ball.

Remember to get your flu shot, send proof to Ms. Phyllis Johnson at LSU Health, and also upload to your electronic documents.

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

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

Is anyone interested in being tutored or tutoring someone else?

IF SO, POST YOUR REQUEST HERE!!!