Student Success Strategies
Part I

CSUCI Nursing Program
Information for Incoming & Current Nursing Students
Student Affairs Committee
2016
The Purpose

- To provide students with successful strategies to help complete the nursing program curriculum
- To identify strategies to help counter challenging behaviors, thoughts or habits
- To direct students to resources

Students are encouraged to view Powerpoint titled: Student Success Strategies Part II on Test Taking Strategies
Time Management

**Works Against Success**
- Poor time management skills
- Tendency to procrastinate
- Tendency to fall behind
- Poor goal setting skills
- Tendency to quit when the going gets tough

**Works Toward Success**
- Put in consistent efforts
- Does not procrastinate
- Devote the time to keep up
- Achievement & Goal oriented
- Seek support from family/friends for support
  - Delegate chores or home responsibilities to another
## Stress Management

**RHORC: Newstrom, C., *Tips for Nursing Student Success 2006***

<table>
<thead>
<tr>
<th>Works Against Success</th>
<th>Works Toward Success</th>
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<tbody>
<tr>
<td>Easily stressed when faced with multiple demands/emergent situations</td>
<td>Able to stay calm and control personal reactions to stressful events</td>
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<tr>
<td>Difficulty multi-tasking</td>
<td>Able to re-focus and re-prioritize actions despite multiple demands</td>
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<tr>
<td>Difficulty refocusing after interruption</td>
<td>Good short-term memory or organizational tools to help student keep track of details</td>
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<tr>
<td>Does not engage in stress relief activities (i.e. yoga, meditation, exercise)</td>
<td>Regularly participates in stress reduction activities</td>
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<tr>
<td>Works Against Success</td>
<td>Works Toward Success</td>
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<tr>
<td>- Uncomfortable with “average” scores or grades</td>
<td>- Able to readjust self-expectations as needed without becoming discouraged</td>
</tr>
<tr>
<td>- Easily discouraged</td>
<td>- Recognizing that new situations require a different approach</td>
</tr>
<tr>
<td>- Perfectionist tendencies</td>
<td>- Allowing for occasional mistakes but works toward knowledge required to avoid the same mistake in the future</td>
</tr>
<tr>
<td>- Generally inflexible with one’s own performance or the performance of others</td>
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Facing Hard Content/Concepts

**Works Against Success**
- Tendency to attribute the cause for a new task or concept being difficult or challenging to personal inadequacy
- Tendency to avoid challenges

**Works Toward Success**
- Faces obstacles and difficulties as new challenges to overcome in order to reach a goal
- Recognizes that it’s time for more effort, more time-investment or time to ask for help (i.e. tutoring, mentoring)
Respect

**Works Against Success**
- Sensitive to others’ opinions
- Easily demoralized or offended by perceived acts of discrimination, racism or by less-than respectful treatment by others

**Works Toward Success**
- Able to face negativity with courage, understanding and with humor (not taking it personally)
- Able to diffuse anger with calm reactions
- Able to face disrespectful behavior with self-respect, and appropriate assertiveness to be treated in a civilized manner
**Decisions**

RHORC: Newstrom, C., *Tips for Nursing Student Success 2006*

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<tr>
<td>Tendency to look to others for help with minor decisions</td>
<td>Able to “take the lead” in a situation where knowledge allows it and training demands it</td>
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<tr>
<td>Indecisive</td>
<td>Able to direct others correctly, step-by-step and to think quickly in emergency situations</td>
</tr>
<tr>
<td>Uncomfortable in a lead position or as a chief decision-maker</td>
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Tolerance

**Works Against Success**
- Intolerant of demanding personalities or certain personality traits
- Difficulty dealing with certain age groups
- Tendency to avoid or shy away from those with certain religious preferences, cultures, lifestyle choices, etc

**Works Toward Success**
- Tolerates and embraces the differences in others
- Recognizes diversity as a positive influence on society and on the learning environment
- Values the individual as a fellow-human being
Mistakes


**Works Against Success**

- Tendency to “cover-up” mistakes
- Tendency to minimize mistakes
- Tendency to tell a “little white lie” in order to “save face”

**Works Toward Success**

- Values learning from mistakes more than holding on to a spotless image
- Values the safety of others over self-preservation
- Willing to take responsibility for actions and to deal with unintentional errors with courage and honesty
Authority Challenges
RHORC: Newstrom, C., *Tips for Nursing Student Success 2006*

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<tr>
<td>Uncomfortable with authority figures</td>
<td>Able to stand-up to authority with respect and assertiveness if the situation calls for intervention</td>
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<tr>
<td>Fearful to “rock the boat”</td>
<td>Able to let your needs be known if it’s in the best interest of the situation at hand</td>
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<tr>
<td>Trouble being a self-advocate (or advocate for others due to the confrontation required)</td>
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Resources Available
(at no charge)

O **Learning Resource Center**
   [http://www.csuci.edu/learningresourcecenter/index.htm](http://www.csuci.edu/learningresourcecenter/index.htm)
   - Nursing Tutors
   - Learning Assistance Workshops (See Current Academic Year Offerings)

O **Lynda.com**
   - Access on the myCI portal under MY LINKS
   - Sign on as a member to access the Student Tools within the Library Content for Education + eLearning or browse via the search

O **StudentLingo.com/csuci**
   [https://www.studentlingo.com/csuci](https://www.studentlingo.com/csuci)
   - Online academic strategies Videos
Study Strategies

- Study in a quiet environment (few distractions)
- Study with others who are well prepared and can help each other
- Get enough sleep
- Vary study activities (re-read text, notes, rewrite class notes, memorize information, pose questions while studying)

Strategy 1: Communicate with Professors

**Attend office hours!** Think of them as officially designated “student hours” for you:

- to get help with course assignments
- to find out how you’re doing in class
- to build essential connections with your profs

  - Help them get to know you. This will help them learn how to teach you more effectively and to write more detailed letters of reference in future.
  - Let them share their passion for their discipline and their research interests with you.
  - Find out what you can do with a major or minor in their discipline.

Colleen Nevins, RN, MN, DNP, Test Taking Tips, 2014
Strategy 1: Communicate with Professors

Know this: If you’re nervous about going to your professors’ office hours (aka student hours), you’re not alone. It’s common.

- Strategies for going to office/student hours:
  - Take another classmate or two with you.
  - Invite your prof to meet with you outside of the office (e.g., the library, the Freudian Sip, the SUB, El Dorado Hall).
  - When you do go to your professor for help, be as specific as possible about the help you need.

Colleen Nevins, RN, MN, DNP, Test Taking Tips, 2014
## CI Student Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Location</th>
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<tbody>
<tr>
<td>Academic Advising</td>
<td>Learning Resource Center</td>
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<tr>
<td>University Writing Center</td>
<td>Graduate Writing Studio</td>
</tr>
<tr>
<td>STEM Center</td>
<td>Enrollment Services</td>
</tr>
<tr>
<td>Admissions and Recruitment</td>
<td>Financial Aid</td>
</tr>
<tr>
<td>Student Business Services</td>
<td>Educational Access Center</td>
</tr>
<tr>
<td>Graduate Studies Center</td>
<td>EOP Center</td>
</tr>
<tr>
<td>Student Engagement &amp; Applied Leadership (SEAL) Center</td>
<td>Multicultural &amp; Women’s &amp; Gender Student Center</td>
</tr>
<tr>
<td>Recreation Center</td>
<td>Center for International Affairs</td>
</tr>
<tr>
<td>Center for Community Engagement</td>
<td>Center for Multicultural Engagement</td>
</tr>
<tr>
<td>Center for Integrative Studies</td>
<td>California Institute for Social Business</td>
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<tr>
<td>Student Support Services Center</td>
<td>John Spoor Broome Library</td>
</tr>
<tr>
<td>Career Development Services</td>
<td>Veterans Resource Center</td>
</tr>
<tr>
<td>ASI Offices</td>
<td>Personal Counseling Services</td>
</tr>
<tr>
<td>Student Health Services</td>
<td>University Experience</td>
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Colleen Nevins, RN, MN, DNP, Test Taking Tips, 2014
Strategy 2: Access Support Services

Research shows:

- Students who use academic skills centers for mathematics and writing improvement are much more likely to persist to the second year and get higher grades than peers who do not, even though they are similar in most background characteristics including academic ability.

Colleen Nevins, RN, MN, DNP, Test Taking Tips, 2014
Strategy 3: Get Involved in CI

Research shows:

- Students who take part in events, study sessions, discussion groups, forums, mentoring, major clubs, tutoring, learning communities, housing educational events, and university life tend to be more successful.

- Interaction with peers of different backgrounds positively affect critical thinking, student success, and satisfaction with the college experience.

Colleen Nevins, RN, MN, DNP, Test Taking Tips, 2014
What Research Shows

Did you know…

- Students who establish a relationship with a faculty member, academic advisor or staff member tend to be more committed to and more likely to succeed in school. This is especially true for commuter students.

Colleen Nevins, RN, MN, DNP, Test Taking Tips, 2014
What Research Shows

- A high GPA is associated with:
  - time spent preparing for class
  - coming to class prepared
  - asking questions in class
  - tutoring other students
  - prompt feedback from faculty
  - high quality relationships with faculty

Colleen Nevins, RN, MN, DNP, Test Taking Tips, 2014
Reflective Learning


- QSEN Competencies are well infused throughout the nursing curriculum. *(see Reference Slide for definition)*

- Students are challenged to infuse reflective thinking and learning in daily practice as a student nurse. Students should ask themselves:
  - Why am I here?
  - What do I want from this experience?
  - What am I willing to invest to achieve my purpose?
Reflective Learning

On a personal note about your efforts....

I had a former CSUCI student in a new graduate RN program and midway during the 15 week program, she remarked, “I wish we learned more in nursing school.” When I asked what more she needed, she stated, “now we have to know stuff for real”.

Students: Do not forget the endpoint to this program. You will be taking care of people as a Registered Nurse. You will be responsible for knowing the content learned in this program in order to take care of people.

Read instructions, do your best with assignments and papers, study for exams, and avoid taking the easy road or taking short cuts.

Remind yourself: The end point is taking care of people. You need to be proficient in this content. Your patients cannot afford the risk that you did not learn enough in nursing school.

Insights from Carole Ferrari, MA, PHN
CSUCI Leadership Faculty/ CMHS New Grad Program
References

- Ferrari, C., *Lecture Content*, 2015
- Newstrom, C., Regional Health Occupation Resource Center, *Tips for Nursing student Success*, 2006

Definition

**QSEN (Quality Safety Education In Nursing):** was developed as a result of recommendations from the 2010 Institute of Medicine report “To Err is Human”. Nursing is being transformed into six key domains: Patient-Centered Care, Teamwork and Collaboration, Safety, Quality, Evidence-based Practice and Informatics. As academic settings infuse QSEN into curriculums, agencies are also slowing transforming. For further information, see www.qsen.org