

2013

The Stethoscoop, Issue 3

Mennonite College of Nursing

Follow this and additional works at: <https://ir.library.illinoisstate.edu/mcnsteth>



Part of the [Nursing Commons](#)

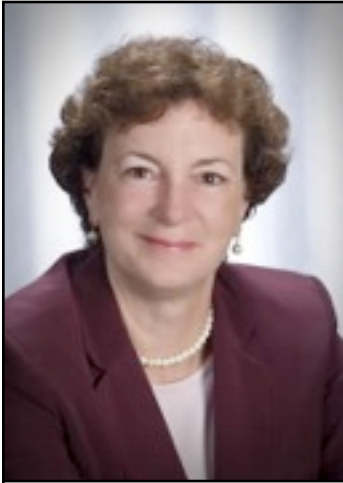
Recommended Citation

College of Nursing, Mennonite, "The Stethoscoop, Issue 3" (2013). *The Stethoscoop*. 2.
<https://ir.library.illinoisstate.edu/mcnsteth/2>

This Book is brought to you for free and open access by the Mennonite College of Nursing Publications at ISU ReD: Research and eData. It has been accepted for inclusion in The Stethoscoop by an authorized administrator of ISU ReD: Research and eData. For more information, please contact ISURed@ilstu.edu.



●●● *Classes are almost over! Finals are just around the corner. Here, you'll find a letter from the Dean and some tips to survive finals!*



Letter From The Dean

To all my future nursing colleagues!

I hope you are all enjoying these last weeks of the spring semester, even though it hasn't felt much like spring! Graduation is so close for the seniors! Thanks to the entire team of the Stethoscoop for publishing this and inviting me to share some news.

Lots of good things are happening at ISU's Mennonite College of Nursing. The new Post Master's Doctorate of Nursing Practice (DNP) was approved by the Illinois Board of Higher Education on April 2nd! Applications and inquiries are already coming in and we hope to begin classes this summer! More good news relates to the diversity program here at the college! The MCN Pre-Entry and Retention Opportunities for Undergraduate Diversity (PROUD) program was selected as the Outstanding New Program at the 25th annual Commitment to Diversity Awards Ceremony on April 7th! Congratulations to the entire team. If you want to know more about this exciting program visit our web site at <http://nursing.illinoisstate.edu/about/diversity.shtml>.

Nurses' week will be celebrated early so as not to interfere with your exams! Dr. Jane Armer, MCN alum and internationally recognized expert on lymphedema will be speaking on Wednesday April 24th at 7:00 PM at the Alumni Center. Dr. Armer will also be the speaker at the senior candlelighting celebration on April 25th at 5:30 PM. We are thrilled that our own alum has received such international acclaim and will share our nurses' week celebration.

For final exams you will again find healthy snacks on second floor right inside the faculty office suite and I wish you all the greatest success as you bring one more semester to a close!

A special message to the seniors!

Please know that I am, along with the entire faculty and staff at the college, sending you great energy and good thoughts to help you through these last days! We are all so proud of your amazing growth over the last few years and will look forward to having you as wonderful nurse colleagues who will make a huge impact for patients in the future! Remember to keep us posted as you take the next steps in your wonderful nursing career. We love hearing from you and sharing your stories! We will all be cheering you on as you get ready for NCLEX and those job interviews!

Also a HUGE Thank you to all who have given back for the senior campaign! It means the world to the college. The campaign extends across the university and asks all seniors graduating to give back in alignment with the year they graduate. This year of course it would be \$20.13! If there are any of you who are still thinking about it, the website can be found [here](#).

It is as always my deep honor to serve as your dean and please know my door (and email!) is always open! I love hearing from you. Take care of yourselves during this important time!

Best, Janet

Have
You Heard
About...

Student Nurses Association

By: Jenna Daugherty

Hello! My name is Kate Alleavitch, I am a first semester Junior, and I will be the SNA president for the 2013-2014 school year. I and the rest of the new officers have many great shoes to fill. I am very excited and honored to be the new president! Just to tell you all a little about myself, I have attended ISU for 3 years now. In that time I have become a member of Epsilon Sigma Alpha service sorority on campus. I also hold a position on the ISU Relay for Life committee. I truly believe my experiences with both organizations will help me so much in serving as SNA president. My dreams right now are to become a pediatric oncology nurse. I cannot express enough how excited I am to be working with the rest of the new officers. The new Vice President of SNA is the wonderful Kari Brinkman, who is a second semester Junior. Kari wants to be a Pediatric, Oncology, or Geriatric nurse! The new Treasurer is the amazing Sara Gorham, who is also a second semester Junior from Mazon, IL. Sara plans on becoming an Oncology nurse as well. Lastly, our new Secretary is the spectacular Lindsey McDonald. Lindsey is a second semester Junior who wants to be either a NICU or Pediatrics nurse. I am so ecstatic to get to know these ladies and work with them!

Student Nurses Association has done many amazing things in the past year! We have volunteered at many special events, donated to organizations, and so much more. All of four of us are very excited to see what this next school year will bring SNA. We already have plans to participate and volunteer at many events in the fall and spring semesters. Along with that, we will be hosting many fundraisers to donate proceeds to those less fortunate. We will, of course, be selling SNA clothing in the fall. If anyone has any suggestions they would like us to get involved with, we are always open to new ideas. This April, the "old" officers went to North Carolina for a national Student Nurses Association conference. This is something we plan on doing again next year! They have given us a lot of great tips and information on how to make ISU's SNA a bigger and better organization! All of us hope to get more students involved and to make the 2013-2014 year an amazing one for SNA. All



Upcoming Events

By: Christine Larson & Mallory Steffen

April Events

Wed. April 24th-

- Preparing for Finals class in the Vrooman Center 2:00 pm – 3:00 pm
- Stress, Finals and You class in the Vrooman Center 3:00 pm – 4:00 pm

Thurs. April 25th-

- Preparing for Finals class in Vrooman Center 4:00 pm – 5:00 pm
- Up Late @ State's Relax to the Max in Bone Student Center 8:00 pm – 11:00 pm

Fri. April 26th-

- MCN Golden Jubilee Celebration honoring Nursing graduates that received degrees 50 years ago or more! At Holiday Inn Express Hotel and Suites 3:00 pm – 4:30 pm

Sat. April 27th-

- ISU Women's Rugby 3rd Annual Pack the Pitch Pink at Gregory Street Property 9:00 am – 3:00 pm
- Redbird Softball vs Northern Iowa 12:00 pm – 2:00 pm
- Battle of the Bands in Brown Ballroom 3:00 pm – 9:00 pm

Sun. April 28th-

- Redbird Softball vs. Northern Iowa 2:00 pm – 4:00 pm

Tues. April 30th-

- Preparing for Finals class in the Vrooman Center 4:00 pm – 5:00 pm
- Redbird Baseball vs. Illinois Wesleyan 6:00 pm – 9:00 pm

May Events

Wed. May 1st-

- **Wellness Massage** 10am-2pm @ Bone Student Center (must book Appointments ahead of time online)
- Career-Q on the quad 11am-1pm (complimentary hot dogs and chips)

Thurs. May 2nd-

- **Fair Trade Coffee Tasting** on the quad 9am-12pm (First come first serve)
- Preparing for finals 2-3pm @ Vrooman Center
- Stress, Finals and You 3-4pm @ Vrooman Center

Fri. May 3rd-

- Bird Shirt Friday Finale 11-2pm @ Bone Student Center
- **Timothy Ferris' Galaxies at ISU Planetarium** 7:30-9pm @ Felmley Hall of Science
- Spring Dance Concert 7:30pm @ Center for the Performing Arts

LAST DAY OF SPRING CLASSES

Mon. May 6th-

- Study Jams 5pm-Midnight @ Student Services Building

Fri. May 10th-

- **SPRING SEMESTER ENDS!!**
- Graduation 4pm @ Brown Ballroom

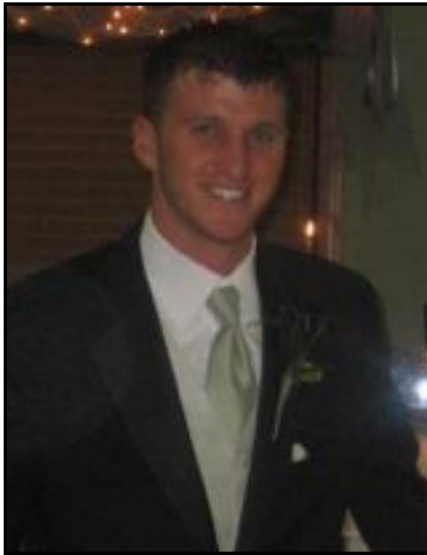




Student Spotlight



By: Casey Vinyard



Full name: Andrew Walters

Year/Semester: 1st semester Senior

Favorite Color: Blue

Favorite Class: Patho/ Pharm

Area of Desired Area of Specialty: ICU or maybe Peds ICU

Favorite Food: Pizza, what other food group is there?

Favorite Movie: Tommy Boy

1. What caused you to choose Nursing as your life-long career? When I was in high school, I was given the opportunity to have an internship at my local fire department. While I was there, I was able to attend various EMS calls. One emergency call in particular was a gentleman who had just had a heart attack. Once we brought him to the hospital, it was the nurses who took over from there. Seeing the amount of work and dedication they put into helping this person really made me want to look into a career in nursing. It was not until two years later, while I was in the Marine Corps, when I was walking through Barnes and Nobel and passed the “nursing” section. After looking at a few of the books I finally decided nursing is the rewarding career I was looking for.

2. What makes it so difficult/rewarding to be of a minority, male, gender in a predominately female profession? It has actually been very rewarding. Everyone has been very accepting at all the clinical sites and where I work (as a tech at Advocate BroMenn). I’ve even had a patient once tell me that she was happy to see more males entering the profession. Having that kind of acceptance makes me know I chose the right career.

3. How has Mennonite College of Nursing helped develop your education in preparation for nursing? Mennonite has a great curriculum centered around the NCLEX. From completing countless ATI tests and Cathy’s “acting session” reviews (where we are taught an entirely different approach to thinking), I am in no doubt that it will prepare us not only for NCLEX, but also for other challenges we may run into later on in our careers. When I graduate, Mennonite will have more than prepared me to dominate the NCLEX!

4. If you could work any place of your choice when you graduate, where would it be? I haven’t really thought of any one location or hospital in particular quite yet. My plan is to eventually move to Denver, Colorado and work in an intensive care unit.

5. What is your biggest weakness? Biggest strength? I would have to say that my biggest weakness is that I get distracted easily. My biggest strength is that I am highly motivated to accomplish tasks placed in front of me.

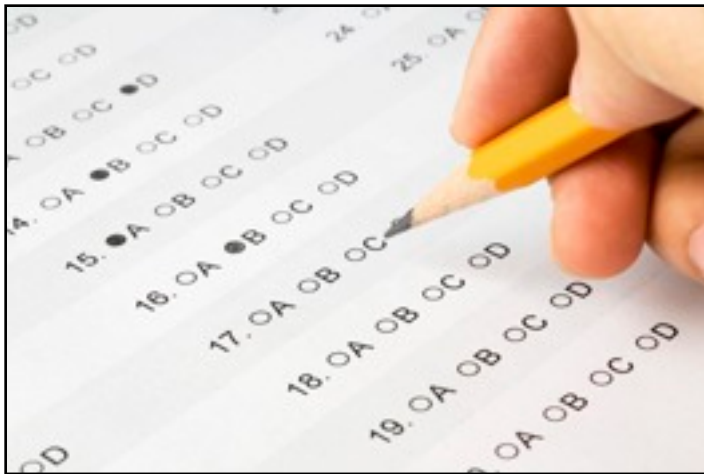
Job Opportunity!

Occasional child care needed for 10 and a half year old girl. Sitter must be fun, have a car and be willing to go places. Must pass muster with Claire.

If interested, contact Mary Dyck at [309-438-2547](tel:309-438-2547) or mjdyck@ilstu.edu

5 Simple Steps to Survive Finals Week

By: Laura Milas



1. Exercise to help relieve stress
2. Make a to-do list and prioritize assignments and studying
3. Balance your time- make sure you allow times for a break and meals
4. Get an adequate amount of sleep each night
- 5. STUDY**

Final Facts!

Sleep deprivation is a common ailment that students (especially nursing students) suffer from during finals week. During this week, a student may only sleep an average of 3-4 hours because they are up studying through the night. A better sleep schedule can help you excel at your finals!

- Try to cram your studying during the daytime so you have more time to sleep at night.
- Steer clear of caffeine. While these products might keep you awake, they will cause you to have problems falling asleep and even staying asleep come bedtime. Avoid caffeine at least 4 hours before bed.
- Drink a soothing beverage (such as decaffeinated tea or warm milk) before bed to help you fall asleep. It's important to stay as relaxed as possible during finals week.
- Plan to sleep only in the evening hours. Avoid naps however good they might seem! Taking naps can also mess up your sleep schedule.
 - But... if you absolutely need to nap, take a power nap- lasting no more than 15 minutes to half an hour. This will refresh you enough to continue to study and stay focused.



Looking to be involved with your local Student Government Association? Please consider applying for the role of Academic Senator for Mennonite College of Nursing! More information can be found at <http://sga.illinoisstate.edu/>

**Student
Government
Association**

Or [click here](#) to apply!

Questions? Comments? Suggestions? E-mail us at: MCNStethoscoop@gmail.com