

The Monthly Shot... Injecting Sac State's Nursing Program With Information

Sweatshirts for Sale!

You can pick the size and the colors! Prices vary. Contact Katie Budesa at

fundraising@cnsa-csus.org with questions or to place an order.

Upcoming Meetings

1/28 @ 1630

2/18 @ 1630

ON CAMPUS THIS MONTH

Men's Basketball vs. NAU	1/29
Brother Nefarious concert	2/2
Cultural Comedy Show	2/3
Vagina Monologues	2/3-2/5
Gymnastics vs. SJSU	2/4
Ray starring Jamie Foxx	2/9
A Chorus Line	2/18-20

Surviving Your Semester *Tips for Success*

How many times have you wished someone had been there to prepare you for what was to come? Well, we decided to offer that help. Here's some tips from students who've "been there, done that" and want to share their knowledge with the rest of us.

FIFTH SEMESTER (6th to alpha)

Get Jerry and the BRN your paperwork as soon as you can. Read emails from your Class Officers for info regarding Pinning and Graduation. Plan time to work on your Senior Project. Keep your family and friends updated about Graduation and Pinning. Start thinking and planning for the NCLEX-RN (do you want to take a review course or not? Talk to someone who's been there, done that). If you are taking N150 and N169, do not get behind! Go to class! Start on your N169 paper early. It's not as bad as it first appears. Take a day for yourself every so often.

FOURTH SEMESTER (5th)

4th semester is not for sissies. Due dates will jump out and bite you before you know it, so use your calendar! The

Policy Paper is a bear, but follow the grading rubric closely and you should do fine. The L&M midterm is not too bad, but community health is intimidating; study well.

THIRD SEMESTER (4th)

In the first week of the semester you are bombarded with a HUGE list of things that need to be done on your own time. Make a checklist for the semester, and begin early. Keep on top of your Community Service Learning hours. You'll have two ATI's and finals at then end, so keep your schedule open. READ YOUR TEXT—this really helps your grade.

SECOND SEMESTER (3rd)

Be proactive! Start projects and papers early and get them out of the way. Break up test objectives with a study group. Review the questions that have to be answered in your mental health case study paper each week. This will help to guide conversation with your client, especially when things feel awkward. You'll also be better prepared when it's time to write.

FIRST SEMESTER (2nd)

Maintaining health and disease prevention are fundamental topics that revolve around a balanced diet and regular exercise.

Practice what you preach! Take care of yourself. Wash your hands, eat right, exercise, sleep and take vitamins.

It will prevent illness and sustain energy to help cope with a stressful schedule.

ALPHA SEMESTER

Get into study groups. Check with your classmates to make sure you're completing all the assignments. Don't try to "outsmart" the pros by handing out your test questions for the N11 final. Just study the material! The pros are caring so if you're having trouble go talk to them. Don't buy a PDA without knowing which one is going to work best for you. Do one fun thing each week.



For Your Health— An Easy Way to get Eight a Day

One of the things that changes about your life once you enter nursing school is how well you take care of yourself. With your busy schedule, it's pretty difficult to fit in exercise and eating right. For instance, I noticed myself replacing things like water, milk and juice with sodas and coffee— I needed

my caffeine to get going in the mornings. This habit was starting to wreak havoc on my body, so last semester I bought myself one of those Eddie Bauer Nalgene water bottles and made it my goal to drink at least one every day I was in class. These bottles hold a liter, 4 of your 8 glasses of water a day.

Some students even find different healthy beverages to fill them with. If you find yourself forming the same habit I was, or just feel less than healthy, get yourself a bottle and see how quickly you drink your eight glasses, and how much better you feel.

Edited by Andrea Perry

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Technology, cont'd

(continued from page 3) the increasing adoption rate similar between the two groups. Nurses most frequently use PDA programs for accessing drug information. With 13,000 prescription drugs approved in the USA and 100,000 over-the-counter products, it is easy to see why the ability to access information efficiently is so important. It is simply too much to know. The information on many of the drug programs is updated every time you push the button to "hot-sync" your PDA over the internet. It is like getting an updated textbook every week without having to pay again. A study conducted by Skyscape reported that 50% of medical professionals attributed reduction in medical errors to use of their PDAs.

The CSU is developing system-wide graduation requirements related to information competence. When implemented, the nursing department will be ahead of many other departments thanks to the work of faculty members Kris Warner, Brenda Hanson-Smith, Debra Brady and Tanya Altmann all of who received grant money this year to develop teaching and evaluation strategies to ensure graduation of "Information Competent" nurses.

According to a survey done by Professors Brady and Altmann, a higher percentage of students now own PDAs than do faculty. Student resistance to PDA use has primarily centered on

issues of cost, leading the faculty to work on soliciting used PDAs from the community to set up a semester loan program. If you know of someone with a PDA who is upgrading, ask them to donate their old model to the nursing program.

1. Executive Summary: How much information? 2003. UC Berkeley's School of Information Management and Systems. Herald/www/research/projects/how-much-info-2-3/execsum.htm. October 27, 2003
2. Forrester's Consumers Technographics 2003 North American Bench Mark Study. (as reported in http://www.pdacortex.com/RNs_are_Mobilizing.htm)
3. http://www.pdacortex.com/PDAS_Reduce_Medical_Errors.html

Some Money Saving Tips

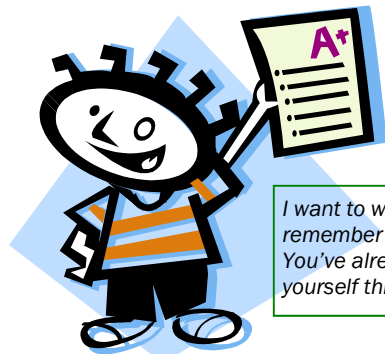
- Live close? Use RT for free. Or, get some exercise and ride a bike. This way, you don't have to buy a parking pass.
- Bring your lunch instead of buying it every day. This is also a good way to make sure you eat healthy.
- Buy used textbooks whenever possible!
- Live in an apartment? Make just enough money to survive? You may qualify for some pretty sweet discounts through SBC, SMUD, and PG&E. Look into their Lifeline

Interested in a PDA?

The PDA package consisting of the Palm Tungsten E and the Davis' Drug guide is still available to us at a discount price of \$208.95. (\$40.00 off). Visit www.skyscape.com/calstate to order. Order forms are no longer being used!

If you need new nursing software for you PDA, or want to order PDA software for the first time, visit www.skyscape.com, and enter 'csuspda' in the discount code section to receive 25% off software.

Information sessions on how to use your PDA, or have questions answered are held every semester. Stay tuned for more details. If you need more help, email Abbie14@aol.com - Thanks!



I want to wish everyone good luck in the upcoming semester. When you start to stress about the work load, remember that your classmates are there with the same concerns and you can help each other succeed. You've already achieved so much in getting into the program, think of what else you're capable of. Enjoy yourself this semester, try something new, and make sure to read the next Monthly Shot- Andrea

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