

THE BEAT



CONCORDIA UNIVERSITY SCHOOL OF NURSING

“MURMUR”INGS FROM THE DEAN



The Pursuit of Excellence

In the last newsletter I started a series on the CUAU Nursing cornerstone words found on the wall in our simulation center.

I began with integrity, which represents the strong moral character expected of each of us. Using integrity as the foundation for behaving morally, I will move on to “Excellence” to discuss the motivation behind our actions and the extent to which we should strive to do our very best.

Excellence is represented by such words as outstanding, brilliant, done with distinction, showing merit, or greatness. The term excellence can refer to a person’s character as well as actions. It can also refer to the standard upon which a level of a performance is based. Anything above this standard would be considered excellent, while things below it would not. The definition and synonyms can have a competitive ring to them as the focus is frequently based solely on our actions, which are done for our own significance, and to receive the praise of others. This is not always a bad thing, but it is important for us to remember how we are able to achieve excellence and where those abilities come from.

When we think about excellence from a biblical standpoint, the focus changes to doing our very best to use the gifts and abilities that God has given to us, with the objective to give the honor to God. Ideally this is done without a spirit of competition or trying to be better than everyone else. In 1 Corinthians 15:58 AMP the Bible says, “Therefore, my beloved brothers and sisters, be steadfast, immovable, always excelling in the work of the Lord [always doing your best and doing more than is needed], being continually aware that your labor [even to the point of exhaustion] in the Lord is

not futile or wasted [it is never without purpose].” The pursuit of excellence is not a matter of just choosing between what is good or bad, but instead choosing what is best. This will enable us to accomplish what God has designed us to do and be who He has designed us to be.

The pursuit of excellence from God’s view is always connected to the issues of His values and priorities. In Colossians 3:23-24 GNB it states, “Whatever you do, work at it with all of your heart, as though you were working for the Lord and not for human beings. Remember that the Lord will give you a reward that he has kept for his people. For Christ is the real Master you serve” The emphasis here is that we are to do whatever we do, whether it is viewed by society as menial and insignificant or is something that others assign high esteem and value to. Everything is to be done with excellence to bring honor to God.

As you move through the nursing program, you are learning how to become a nurse. Our expectation is that you will be a nurse who practices with excellence, working at helping others with all of your heart, regardless of the type of care needed. A nurse’s role is vast and includes some tasks that may be seen as menial. If it is a task worth doing, it is a task worth doing right and with excellence. God sees what we are doing and how we are doing it, even when other people do not.

So, how do we do this? What are some of the things needed to help us pursue our best? Our attitude is at the top of the list. Our choice of attitude impacts every decision we make on a minute by minute and day by day basis. Our attitude can either ignite our hopes and the pursuit of important things or it can serve to extinguish them. Other important factors to achieve excellence include hard work and diligence. For nursing students, this will include a great deal of time spent on studying, preparing for clinicals, researching evidence based practice articles, working

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on group projects, and practicing with hundreds (or even thousands) of NCLEX questions. School will often be exhausting and may seem that the amount of time and effort required is beyond what you are capable of, but let’s not forget who is being honoring and who will help you. As you give God all the glory, He will give you the strength you need to be excellent.¹

President Jimmy Carter tells a story about an interview he had with Admiral Hyman G. Rickover, following his graduation from the Naval Academy. Admiral Rickover was well known for his tactics to uncover a person’s real beliefs and to see how they would respond under stress. The admiral asked him how he stood in his academy class. His response was, “I swelled my chest with pride and answered, ‘Sir, I stood 59th in a class of 820!’ I sat back to wait for the congratulations. Instead came the question: ‘Did you do your best?’ I started to say, ‘Yes, sir,’ but I remembered who this was. I gulped and admitted, ‘No, sir, I didn’t always do my best.’ He looked at me for a long time, and then asked one final question, which I have never been able to forget, or to answer. He said, ‘Why not?’”²

How would you respond if I asked you that question?

Continued on next page.

Imagine...

Dean's message continued...

The National League for Nursing (NLN) is an organization dedicated to excellence in nursing as it seeks to assist nursing students and nurses involved in education, health care organizations, and nursing research. The NLN created "hallmarks of excellence" which they define as "characteristics that serve to define a level of outstanding performance or service." The following statements are "hallmarks of excellence" for nursing students. Look at this list and see what you are currently doing and where you need to work to improve.

1. Are you excited about learning? Do you exhibit a spirit of inquiry, a sense of wonderment and commitment to lifelong learning?
 - a. Do you come to class and clinical with information from references you found on your own and use the information discovered to contribute to discussions?
 - b. Do you brainstorm with your classmates about concepts presented in class, references read, clinical experiences and other learning experiences you have had?
 - c. Do you questions why things are done the way they are?
 - d. Do you ponder "What if" questions?
2. Are you committed to innovation, continuous quality and performance improvement, and excellence?
 - a. Do you ask for critical and constructive feedback and then use that feedback to make improvements in your performance?
 - b. Are you open to trying new things?
 - c. Do you push yourself and your classmates to do your/their absolute best or you satisfied with mediocrity and merely getting by?
3. Are you committed to a career in nursing?
 - a. Are you excited about continuing your education, assuming leadership roles in your future employment setting and in the profession, becoming actively involved in professional associations and for the contributions you can make to the nursing profession?
 - b. Do you have a 5 and 10 year career trajectory?³

CARDINALS GOING GLOBAL

More than 30 Alpha and Beta students are planning on taking their nursing skills to another country this summer as CUAA Nursing sponsors trips to Guatemala (July 13 – 27), Kenya (July 21-August 5), and Uganda (July 22-August 6). Trip-goers will be able to translate the experience gained during these trips to useful skills that can be noted on their resumes; here's a sampling:

Skills noted on Resume	Plain English Translation
Ensured operational requirements were met consistently in water and sanitation facilities.	"I used a biffy."
Proliferated capacity to translate lingua franca of the African Great Lakes region.	"I can say 'Hello', and 'Good-bye' in Swahili."
Maintained export/import compliance policies, procedures and guidelines, including NAFTA.	"My shampoo bottle made it through airport security."
Prioritized animal safety and comfort consistently in savannah habitat.	"On the safari bus, I didn't lean out the window to get closer to the animals."
Completed rigorous calculations and formulations to achieve deeper inference level of local economic conditions.	"I figured out how much a Coke bought in quetzal costs in dollars."
Displayed effective application of syntax and grammar through unique non-verbal communication techniques.	"By using wild gestures, I got someone to show me where the pharmacy is."
Implemented new marketing strategies with existing and new customers worldwide, boosting local per-diem sales by 20%.	"We convinced Peggy to let our group drink chai from a roadside tea table in Voi."
Demonstrated proficiency in conducting foreign currency exchange.	"I got money out of an ATM in Guatemala City."
Negotiated and contracted transportation, warehousing and packaging of essential medical equipment.	"We took clinic supplies from Michigan to Uganda."
Possess broad knowledge of alternative therapy and herbal medications.	"Wow, that limonada really quenches your thirst!"
Fortified and expanded strategic relationships on all levels between administrative and industry senior leadership.	"The village chief spoke at our welcome reception."
Scaled up sociogeographic connections essential to thriving patterns in children under five.	"I must have held hands with a hundred little kids today."

Any way you say it, the Summer 2018 trips offer enriching opportunities for learning, teaching, and Giving Globally!



¹Adapted from "Mark 11: The Pursuit of Excellence." Bible.org. <https://bible.org/seriespage/mark-11-pursuit-excellence>.

²Reader's Digest, October 1993, p. 104.

³<http://www.nln.org/professional-development-programs/teaching-resources/hallmarks-of-excellence#Students>

GLOBAL SIMULATION

Partnership between CUA SoN and Wisconsin International University College, Ghana SoN

Simulation in nursing education is an effective means of preparing students to provide safe, quality patient care. Our CUA Nursing Simulation Team has years of experience designing, setting, and conducting scenarios using state of the art equipment and evidence-based practice. Now, CUA Nursing is lending its expertise in simulation to build capacity through collaboration with Wisconsin International University College, Ghana (WIUC-G) School of Nursing.

Based in the Ghanaian capital, Accra, WIUC-G Nursing shares some features with CUA Nursing: support of BSN programs and in the second year of operation, equipped with impressive skills and learning labs, and commitment to providing robust simulation experiences. Since last summer, Concordia Nursing and WIUC-G have been exploring opportunities for international teaching and learning. In those conversations, we'd identified simulation with skills lab experiences as an area of interest and growth for both WIUC-G and CUA.

Ben Oliver, Chief Simulation Specialist with CUA SoN, has been helping WIUC-G to build capacity to design and implement a program of high-fidelity simulation. Ben not only arranged for WIUC-G to purchase manikins for use in nursing training, but also will visit the school this semester to help them start up this simulation in nursing education initiative. We plan to connect with the WIUC-G Nursing team in the coming months via teleconferencing to share lessons learned in simulation education spanning themes such as inter-professional sessions, community health, and integrated learning. This capacity-building collaborative between Concordia Nursing and WIUC-G will accelerate mutual education and sharing of promising practices with a view to excellence in nursing practice.



WIUC-G Nursing students in Skills

COMPASSION
Integrity
SERVICE
Excellence

SKILLS LAB

I wanted to take the opportunity in this edition of the newsletter to share some of the things Kathie Pereira and I have been working on that are new for Skills I & II.



We have been in the process of dividing the responsibilities for Skills I and Skills II. I (Kathleen) will be primarily responsible for the management of Skills I and Kathie will be managing Skills II. Please note, that we are still very much a team and will be present and teaching in both classes but the primary responsibility for oversight has been divided between the two of us. Kathie and I believe the foundational skills students learn in Skills Lab are essential in the provision of safe and efficacious patient care. We continue our commitment to providing an uncommon educational experience for students attending our Lab.

The nursing school as a whole puts great effort into making sure the curriculum is evidence-based and contains those skills that bolster your success as a student. I recently read an article in which the author stated, "It is imperative that nursing faculty identify what skills are critically important and require concerted attention to ensure competency and retention (Gonzalez & Kardong-Edgren, 2017, p. 10)". All faculty and staff continue to make a concerted effort to stay abreast of how we can best serve you by providing the most up-to-date methods to ensure competency and retention of knowledge.

Kathie and I are looking forward to another semester,

Kathleen Sheehan MSN, RN

Gonzalez, L., & Kardong-Edgren, S. (2017). Deliberate Practice for Mastery Learning in Nursing. *Clinical Simulation in Nursing*, 13, 10-14. <http://dx.doi.org/10.1016/j.ecns.2016.10.005>

SIMULATION

Congratulations to Joe Yaksich on recently becoming certified in simulation by passing the Certified Healthcare Simulation Educator (CHSE) exam! Way to go, Joe! Joe also was a speaker at the Michigan Student Nurses' Association state convention held in Troy in January.



Simulation expands this semester to include simulations in the Transitional Care and Psychology nursing courses. Transitional Care sims will include care across the spectrum of home care, emergency department, various hospital units, rehabilitation units, and health clinics.

Inter-professional education (IPE) sims expand to include new opportunities with our athletic training and education departments this semester. Continuing IPE experiences include work with Justice and Public Policy, social work, and family life students.

CAREER ENGAGEMENT STUDIO

The CEIR (Career Engagement & Industry Relations) team would like to share 5 tips on how to set yourself up for vocational success:

Tips To Achieve Vocational Success

1. Define success for yourself.

Discover what you would like your end goal to be and the steps you will need to take to get there. Everybody's definition of success can be different so don't let others define success for you.

2. Recognize your strengths and utilize them.

God has blessed us all with different talents, gifts, and abilities. Be aware of what you excel at and confidently share those strengths with employers. Also look for careers that can utilize your strengths.

3. Conduct informational interviews and job shadow to help discover your passion.

If you are unsure about the career path you would like to take, informational interviews and job shadows can be very beneficial. You can ask current employees about their job role and their day to day activities to gain more knowledge on the position. You can also follow them around for a workday and see what they do. This is an amazing way to help discover your passion.

4. Build your Network

Who you know is very important in vocational success. Connecting with industry professionals can help get your foot in the door for amazing opportunities.

5. Seek out mentors

You don't have to search for a career all alone. Mentors are great for offering up advice and can help you prepare for an interview. They will also be there for you if you just need someone to talk to.

CAMPUS MINISTRY



The love of God abides in our Nursing students!

Simultaneous with the beginning of our 2017-18 Academic Year at CUAA, Hurricane Harvey made landfall in Texas as a Category 4 hurricane, and it became the country's first major — Category 3 or higher — hurricane since Hurricane Wilma hit Florida in October 2005 and the first major hurricane to strike southern Texas since Celia in 1970. While authorities and first responders handled as many as 10,000 rescue missions around Houston, at least 30,000 people fled to temporary shelters. When families returned to their homes, they saw the devastation.

"If anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?"

In response to the pain of our Texan neighbors, our School of Nursing stepped up in acts of mercy. In September, our nursing students, with the rest of the student population, gathered food and supplies and sent them to Texas to meet immediate needs. Realizing that the needs of these people will be great long after the news crews have left, I was able to help coordinate a mission trip to Houston at the beginning of January. Our goal was to help prepare homes for residency once more. I was able to bring 16 students with me to Houston, with School of Nursing disproportionately sending a greater percentage of its population than any other School or Department of CUAA! Our nursing students understand and practice mercy! Their compassion for families was evident. It was beautiful to see them grab insulation, dry wall, and a power drill, and bring healing to houses, so that families might heal from the trauma of not having a home.

I thank Jesus for what the School of Nursing is doing NOW, and not just the blessings they provide for the future in and through our students!

Pastor Duncan

CHAPEL @ North

Come join us for worship on the 2nd floor.

The schedule is as follows:

Monday, Tuesday, Thursday, and Friday:

Livestream from main campus

WEDNESDAY: CPR with FREE STARBUCKS



NEW TEAM MEMBER



Chontay Glenn comes to Concordia University Ann Arbor as a committed believer in Jesus Christ and His teachings. She is married, has two adult children, and two grandsons. Chontay has over 23 years of varied experience in nursing, more specifically, in Community and Psychiatric Mental Health nursing. She is a Board Certified Psychiatric Mental Health Nurse Practitioner and Nurse Educator. She received her education from Wayne

State University (Bachelor of Science in Nursing-1996; Masters of Science in Psychiatric Mental Health Nurse Practitioner-2011; Post Masters Certificate in Nursing Education-2012). Chontay is a Ph.D. candidate (Wayne State University) with her research interest being investigating spiritual topics to integrate into the discipline of nursing. Chontay believes becoming a nurse is “the call of God” on an individual’s life and is passionate about educating future nurses to practice with integrity, wholeness, and with the Spirit of our Lord and Savior Jesus Christ. One of her favorite scriptures in which she strives with all her heart to live by is: But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you (Matthew 6:33, KJV).

STUDENT GOVERNMENT

The Student Nurses Association has begun here at Concordia! Two meetings have been held to get things up and running. The next meeting is scheduled for February 7th at 1:00 pm. All pre-nursing and current nursing students are invited to attend. Topics of discussion include setting goals for this new student organization, discussing membership dues, establishing bylaws, deciding upon meeting dates, and creating a communication process. The inaugural officers are as follows:

President: Courtney Deyarmond

Vice President: Sherrie Anderson

Secretary: Lillian Thompson

Treasurer: Ashlyn LeBlanc

For more information, please join Concordia’s facebook page at <https://www.facebook.com/CUAASNA>

NURSE EXCELLENCE

Congratulations to the students who won Nurse Excellence Awards for the Fall 2017 Semester. These students did an exemplary job at volunteering not only on our campus, but also in surrounding communities. We recognized them at the Christmas party in December, but in case you weren’t able to make it, you can see the awards listed below. Remember, starting now, keep track of your volunteer activities. Even though Spring Semester doesn’t officially start until January 29th, any hours you accumulate in January will be applied to the Spring Semester. Happy volunteering!

Delta Class Awards:

Deane Shapley	Level 1 Platinum	20+ points	Lanyard & \$25 Egg Gift Certificate
Stanley Stinson	Level 1 Platinum	20+ points	Lanyard & \$25 Egg Gift Certificate
Kimberly Thompson	Level 1 Platinum	20+ points	Lanyard & \$25 Egg Gift Certificate
Mackenzie Gilmer	Level 1 Silver	10-14 points	Lanyard & \$5 Starbucks
Taryn Laho	Level 1 Silver	10-14 points	Lanyard & \$5 Starbucks

Beta Class Awards:

Samantha Belanger	Level 2 Platinum	20+ points	Pin & \$25 Panera Gift Certificate
Courtney Deyarmond	Level 2 Platinum	20+ points	Pin & \$25 Panera Gift Certificate
Timothy Felska	Level 2 Platinum	20+ points	Pin & \$25 Panera Gift Certificate
Caitlyn Freshour	Level 2 Platinum	20+ points	Pin & \$25 Panera Gift Certificate
Stephanie Husted	Level 2 Platinum	20+ points	Pin & \$25 Panera Gift Certificate
Ashlyn LeBlanc	Level 2 Platinum	20+ points	Pin & \$25 Panera Gift Certificate
Sherrie Anderson	Level 2 Silver	10-14 points	Pin & Red Apparel

Alpha Class Awards:

Shalena Blocker	Level 3 Platinum	20+ points	Pin & \$25 Plum Market Gift Certificate
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You can find more information about the Nurse Excellence Program on the CUA Undergrad Nursing student blackboard site or by contacting Betsy Cambridge at: betsy.cambridge@cuaa.edu.

Look for opportunities around you to give of yourself, be bold, and love others for Jesus Christ.



IMPORTANT DATES

February 6 Blood Drive 12-6pm North Building library

February 9 Blessing of the hands 10:30am
(chapel on main campus)

Last day to add a class

March 12-16 Spring Break

March 30 - April 2 Easter Break
(night classes will meet on April 2nd)

April 6th Last day to drop a class

All current nursing students (N1-N4) are welcome and encouraged to attend the blessing of the hands ceremony on **Friday, February 9th 10:30am** during chapel on main campus. Classes will let out early and start a bit later to allow for this.



ACADEMIC CORNER

Angie Raasch - angela.raasch@cuaa.edu (734) 995-7414

Alphas, Betas, and Deltas please welcome the new N1s to the North building! I hope that you have come back from break rested and refreshed. Ready to fill your buckets! If you need HHP100 please check to see if you can fit it in your schedule this semester!

Fall 2018 Registration is just around the corner. I will be meeting with each cohort to pass out schedules. Be sure that you are checking your 4-year plans, double checking your transfer guides, and asking me if you have ANY questions.

STUDY TIP

It's a new semester. Time to get Organized!

Get your calendar organized. Schedule all of your assignments, quizzes, tests, and study times. Do not let the workload sneak up on you! Schedule your study times as if they are a class. Be intentional. Set them during a time that works best for you. **Fill your bucket!** Study before the class. Come to class prepared to ask questions about the material that is going to be presented. Set up your study space. Find a place that minimizes distractions. Set up the supplies that you might need. Set yourself up to maximize your productivity during the time that you have.



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