November is the month that we fittingly celebrate the American Thanksgiving holiday while considering our personal and collective sense of gratitude. Sansone and Sansone (2010) defined gratitude as the “appreciation of what is valuable and meaningful to oneself and represents a general state of thankfulness and/or appreciation” (p. 18). Gratitude is further divided into state gratitude, the affect that occurs after a person has been helped, and trait gratitude, which is a daily and ongoing dispositional characteristic (Wood, Maltby, Stewar, Linsley, & Joseph, 2008). In addition, there is evidence that gratitude is positively associated with “optimism, life satisfaction, well-being, hope, spirituality/religiousness, forgiveness, empathy, and prosocial behavior (Sansone & Sansone, 2010, p. 18).” Gratitude is negatively related to depression, anxiety, malaise, and envy. Strategies that may enhance gratitude are such things as journaling about those things and persons for whom you are grateful, writing and sending thank you notes to someone for whom you are grateful, practicing saying thank you in a meaningful way and, if you are religious, praying about or meditating upon your gratitude.

Amidst all that is confusing, uncertain, stressful, annoying, and even hurtful, it is sometimes difficult to call up that sense of gratitude. However, if the research is correct, it is healthy to do so! So here is my journal entry, “I am grateful for a free society in which to live, worship and be educated; for family, home and sufficient food; for the gifts of intellect (albeit challenged by the aforementioned stressfulness), supportive colleagues and administrators, eager learners with whom to work, days of sunshine without snow, and quiet moments to read student papers”. Perhaps you can dedicate some time to your health by pondering your gratitude. It may even go a long way toward enhancing subjective sleep quality and sleep duration (Wood, Joseph, Lloyd, & Atkins, 2009).

In this Update you will also see that we are celebrating our gratitude for the long and brilliant years of service that Gayle Olsen has given to Winona State University on November 30, 2011 and December 13, 2011 at a Retirement Reception. Please join all of us in expressing your gratitude to Professor Olsen on that day or at any point in time. She has given much and we want her to be launched into retirement with the knowledge of our appreciation.

Best wishes to you as you write papers, take tests and finish clinical rotations this semester and remember to celebrate your accomplishments with gratitude!

Sincerely,
Dr. Sonja Meiers
Director and Professor
Graduate Programs in Nursing
507.536.5671
smeiers@winona.edu

References:
Hello Everyone! I started the role as Clinical Placement Coordinator for the graduate programs in nursing on September 12. Since then, I have been getting introduced to our educational partners in the larger healthcare organizations and identifying the needs for our students.

Letters of introduction were sent out to our students, existing preceptors, and other clinical placement coordinators, so that there is awareness of this new role and what goals we seek to accomplish. Through emails, phone contact and site visits, lots of connections have already been made! We have educational partners and students from Wisconsin, Iowa and Minnesota, with some additional distance students from other states. I am making my site visits region by region and according to student need. Opportunities for more long-term care experiences are being identified and explored. We continue to explore additional pediatric primary care sites as well.

With multiple programs, it has been wonderfully beneficial to learn about our students, as this directly translates to finding the better fit for clinical experiences. The site visits have been integral to learning about each organization, what their needs are, and how that will fit with students’ educational experiences; plus future employment options. It’s never too early to start your job search!! Think win-win!!

If you have not yet secured your clinical sites for spring semester, please start working with your advisor at this time. For those students who will need an internship rotation in May, or who will begin clinical next fall, it is not too early to be acting on this. Feel free to contact me with any questions/comments/concerns.

Respectfully submitted,
Rachel Herman, MS, RN, CNP
Clinical Placement Coordinator
Winona State University-Rochester
507.535.3978
rherman@winona.edu

“Wise sayings often fall on barren ground, but a kind word is never thrown away”

~ Arthur Helps
Professor
Gayle Olsen
Winona State University
is retiring after 32 years!!

Please come and celebrate with Gayle

November 30, 2011
2:00 PM—4:30 PM
WSU-Rochester,
Health Science Bldg.,
Lower Level—Student Lounge
(Fireside Room)

Light refreshments will be served
Request for Applications
Kappa Mu Chapter Scholarly Grant
Sigma Theta Tau International (STTI)
Honor Society of Nursing
October 11, 2011

Kappa Mu would like to announce its request for applications from Kappa Mu members of STTI for an annual $500 scholarship. This award is to be used for expenses related to a scholarly project, such as presenting at a professional conference, data collection activities, evidence-based practice resources, dissemination, or publication costs. The scholarly project must be research/evidence or education-based. Graduate nursing students are especially invited to apply. Applications must be submitted by December 5, 2011.

Eligible applicants must:
1) be an active member of STTI Kappa Mu Chapter (dues payment made in past year and attendance at 1 or more meetings in the past 2 years, or past officer) and;
2) demonstrate professional nursing leadership qualities. The application process includes submission of a cover letter, 3 letters of support, completed contact information, a 1-2 page essay that describes the project including planned use of funds, IRB approval if needed, and a budget.

Electronic submission is required and is to be sent to Pam Nelson, PhD, APRN-BC, Scholarship Chair, at pnelson@winona.edu. The recipient is expected to give a presentation summarizing the project at the Kappa Mu year-end research meeting in May 2012.

More details about the scholarship application process can be accessed at http://www.winona.edu/nursingandhs/kappamu.asp, selecting “Scholarships/Awards” on the left hand side of the web page.
Kappa Mu Chapter, Sigma Theta Tau International (STTI)

Save the Date: Thursday, April 26, 2012

Kappu Mu Chapter of STTI will be hosting its annual induction ceremony along with the Graduate Poster Presentations at the Heinz Center, Rochester. This day of celebration will be open to family and friends, so pass the word. Please visit our website at http://www.winona.edu/nursingandhs/kappmu.asp for scholarship information and the schedule of local meetings.

Kappa Mu Chapter Community Service: Each year Kappa Mu Chapter donates a holiday tree to benefit Hiawatha Homes. Kappa Mu volunteers set-up and decorate a tree for the Festival of Trees-A Celebration of Giving at the Mayo Civic Center Exhibit Hall. The event is open to the public on Thanksgiving Day, 11/24/11. We invite you and your family and friends to visit the festival of trees and take special note of the WSU tree. We are known for having very beautiful sparkling trees! The spirit of the holidays surrounds you as you enter this wonderland of beauty.

Questions regarding these events or STTI membership, please contact Dr. Carole Jenson, Graduate Counselor, Kappa Mu Chapter (cjenson@winona.edu).

Congratulation to Dr. Cindy Scherb on her latest Publication!


** Faculty Scholarship Publications are available in EA 129-136 for viewing.
Gentle Reminders

* Application to Graduate. You are encouraged to complete and submit this form to the Graduate Studies Office by midterm of the previous term prior to graduation. Click here to download the form.

* Application for Admission to Candidacy for a Master’s Degree in Nursing. Click here to download the form.

* The 2011-2012 Graduate Handbook has been posted on our website. Please visit www.winona.edu/nursing/graduate/5909.asp to view the handbook.

* Looking for graded classroom assignments from faculty? Please stop by our office, we may have yours waiting to be picked up. Graded papers left in our office will be shredded the following semester.

* Check out the employment opportunities and graduate nursing student mailboxes across the hall from the Graduate Programs in Nursing.

* Please contact Sue Parks in the College of Education, EA201 for extra paper for printing in the Graduate Study Lab, EA235.

* Check out WSU’s Academic calendar at: http://www.winona.edu/registrar/calendars.asp

* Check out WSU’s Graduate Programs in Nursing calendar at: http://www.winona.edu/nursing/files/CLASS_SCHEDULE_(11-12)_Working_Copy.pdf

* Searching for WSU-Rochester classes using the on-line web schedule? Please choose “Rochester” as the Campus location. See example below.

Find Courses at Winona State University
(WSU - Winona campus)

<table>
<thead>
<tr>
<th>Basic</th>
<th>Advanced</th>
<th>Course Equivalents</th>
<th>Non-Credit/Continuing Ed</th>
</tr>
</thead>
</table>

College/ University Campus Semester
Winona State University - search other institutions
WSU - Rochester
Fall 2011 (Aug - Dec)
Valuable information for faculty, and graduate nursing students......

Ms. Duffy
Career Counselor
Liaison to the College of Science & Engineering, and Nursing & Health Sciences
P: 507.457.5878
Email: aduffy@winona.edu
Website: www.winona.edu/career

Resources:
www.health.state.mn.us/divs/orhpc
Amanda Meyer has been awarded the Family Nurse Practitioner Scholarship

**The Family Nurse Practitioner Scholarship is available to students in the FNP Program.**

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Winona State University
Graduate Programs in Nursing
Graduate Student Representative

Hello Fellow Grad. Students!

I would like to introduce myself as your Graduate Student Representative. In order to fulfill these shoes, please contact me with any concerns, questions, issues, and/or comments you have regarding the graduate program at WSU. Contact me at TWalkowiak07@winona.edu, or I am in class N606 on Wednesday’s from 12-3 p.m.

Thanks and see you around,
Thia Walkowiak
**Severe Winter Weather Information**

Since winter weather conditions can vary greatly from community to community, students are encouraged to use discretion when traveling. The Winona State University Severe Weather web page will be updated with specific information about severe weather closing or class cancellation on days when such events occur.

In case of a weather emergency, the following radio stations in the area will be notified as soon as possible of any cancellations at WSU.

**Radio:**

<table>
<thead>
<tr>
<th>Winona</th>
<th>Rochester</th>
<th>Red Wing</th>
<th>La Crosse</th>
<th>Twin Cities</th>
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<tbody>
<tr>
<td>KQAL 89.5-FM</td>
<td>KNXR 97.5-FM</td>
<td>KCUE 1250-AM</td>
<td>WIZM 1410-AM</td>
<td>WCCO 830-AM</td>
</tr>
<tr>
<td>KAGE 1380-AM</td>
<td>KROC 106.9-FM</td>
<td>KROC 1340-AM</td>
<td>WIZM 93.3-FM</td>
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<tr>
<td>KAGE 95.3-FM</td>
<td>KRO 109.5-FM</td>
<td>KANG 105.9-FM</td>
<td>WKBH 100.1-FM</td>
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<tr>
<td>KWNO 1230-AM</td>
<td>KYBA 105.3</td>
<td>KANG 105.9-FM</td>
<td>WKTU 580-AM</td>
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<tr>
<td>KWNO 99.9-FM</td>
<td>KWWK 96.5</td>
<td>KANG 105.9-FM</td>
<td>CC 106.3-FM Magic</td>
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<tr>
<td>KHME 101.1-FM</td>
<td>KLCX 103.9</td>
<td>WLFN 105.9-FM</td>
<td>105 (104.9-FM) Eagle 102.7-FM</td>
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<td>KWEB 1270-AM</td>
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<td>KRCH 101.7-FM</td>
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<td>WLFN 1490-AM</td>
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**Television:**

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<tr>
<th>Winona</th>
<th>Rochester</th>
<th>La Crosse</th>
<th>Twin Cities</th>
<th>Eau Claire</th>
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<td>WCCO - 4</td>
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**Graduate Programs in Nursing:**

In cases of inclement weather, students and faculty should use their best judgment as to the safety of travel. If a student or faculty member believes travel would be dangerous, they should call (507) 285-7473 and report that they will not be able to attend class. The Administrative Assistant will then report the person's absence to appropriate students and/or faculty members via e-mail or phone if possible. **It is important the current phone numbers, addresses, and email addresses are on file with the Master's Nursing Program and with the Registrar's office!**

In instances where driving conditions are acceptable at the traveling student's, or faculty member's home, yet inclement weather or poor driving conditions are suspected in the Rochester area, students and faculty should check the appropriate road condition reports. They should also check the main WSU Home Page. When faculty members cancel classes due to severe weather, the cancellations are noted. As a last resort, call the WSU Switchboard but realize that this line is hard to reach on snow days and is not staffed until 8:00 a.m.

Please visit: [www.winona.edu/communications/severeweatherinfo.asp](http://www.winona.edu/communications/severeweatherinfo.asp) for full policy.
The Graduate Programs in Nursing provide a scholarly knowledge base to prepare caring, ethical, creative, and accountable nurse leaders to care for individuals, families, groups, communities, and populations in a diverse society. Advanced professional nursing practice applies evidence to influence health care outcomes for a variety of populations and systems.

Resource:
http://www.winona.edu/nursing/graduate/5767.asp