A Message from the Director

Welcome to Spring Semester 2013. Just think, by the time this semester is over, you will be wearing no coat, no boots, and no mittens; and your car seat will not feel like a block of ice when you sit down! We trust you have had a good break and that you are caring for yourself so that you do not get Influenza type-anything; keep washing those hands and I am just assuming that you have already had your flu shot. Focus on eating well, being sufficiently active, drinking plenty of water, and getting at least seven hours of sleep per night. Staying healthy is not rocket science, but I do need to remind you that you are both an instrument of learning and an instrument of caring. Without health, neither activity is fully possible.

Each new semester gives new opportunities and this one will be no different. What is new for us in the Graduate Programs in Nursing office is that we are NOT preparing for an onsite visit from our Commission for Collegiate Nursing Education (CCNE) evaluation team. That was completed in November and went VERY well. We will receive final word in April or May 2013. Meanwhile, we are moving forward with all the continuous quality improvement approaches that we currently employ with new encouragement from the evaluation team.

We are pleased to welcome some new adjunct faculty and graduate assistants this semester (see pages 2 & 3). These persons, along with our ongoing faculty and staff, are essential in maintaining quality graduate nursing education for the 38 full time, and 74 part time enrolled master’s students along with the six enrolled DNP students this year. We are in the middle of reviewing applications for admission to next fall’s class and all hands are needed to complete this process along with our ongoing teaching and scholarship responsibilities.

May your semester be filled with new discoveries, accomplished goals, deepened relationships, meaningful interactions, and good planning for celebration of accomplished goals at semester end. Stay safe, healthy, and warm!

Kindest Regards,

Sonja J. Meiers, PhD, RN
Director and Professor
Graduate Programs in Nursing
507-536-5671
smeiers@winona.edu
Welcome New Faculty

Please join me in welcoming Professors Jane Foote, MS, RN and Sue Davies, PhD, RN to teaching in the Graduate Programs in Nursing this semester. Both professors began teaching Fall Semester 2012 while team teaching courses with Dr. Meiers.

Professor Foote has extensive experience in the area of workforce development and education/service partnerships and collaborations that meet workforce needs as the Executive Director of HealthForce MN; she will be teaching NURS 604 Health Policy and Quality Health Care Delivery.

Dr. Davies has a rich background in clinical research, particularly focused on quality health care delivery with elders in the United Kingdom and, now, in southern Minnesota; she will be teaching NURS 614 Evidence Base Practice.

Congratulations Dr. Diane McNally Forsyth!

Winona State University Foundation Special Project Awards has approved funding for Dr. Forsyth’s proposal, “Faculty-Sponsored Graduate Student Research Dissemination”.

“Bravo! Excellent work, Dr. Forsyth”.
Sonja J. Meiers, PhD, RN
Welcome Graduate Assistants

The Graduate Nursing Faculty and Staff are pleased to welcome four new Graduate Assistants this semester. These students will be immensely important in helping us to meet our instructional and scholarship goals and will be working as teaching assistants or research assistants. Please welcome Amanda Miller, Taylor Peck, Lydia Lazzara, and Sarel Myburgh as new Graduate Assistants this semester. They will join Lesa Kerley and Anna Myburgh, who served as Graduate Assistants Fall 2012 and are continuing this semester.

CLINICAL PLACEMENT UPDATE!

Please submit info. by Jan. 31, 2013!

For those students who anticipate starting clinicals this fall, you will be asked by faculty to submit your interests for clinical experiences. In addition to curriculum requirements, we do attempt to match personal interests/passions! Importantly, you will be asked to submit information by January 31, as the work of clinical placements is started many months in advance. Please contact the Clinical Placement Coordinator with any questions!

Rachel Herman, MS, RN, CNP
Clinical Placement Coordinator
rherman@winona.edu

“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.”

~ Albert Einstein
Congratulations to Graduate
LeAnn England, MS, RN

Congratulations to LeAnne England on receiving her MS in nursing in the Nurse Educator role. Ms. England completed her last semester as a full time graduate student and graduate assistant, graduating in December. After a holiday break and celebration time with family and friends, Ms. England is teaching nursing at Rochester Technical and Community College. We wish her well in her new teaching adventure!

Gentle Reminders . . . .

* Is your Clinical Information up-to-date? Please remember to update your clinical information, such as; Nursing License renewal, CPR re-certification, Mantoux test results, etc. You may drop off, fax, or mail updated clinical information to the Graduate Programs in Nursing. Graduate Programs in Nursing fax number is 507-292-5127.

* Graduate Programs in Nursing students need to complete the “Application for Admission to Candidacy for a Master’s of Science (MS) award in Nursing”. Please complete this form in consultation with an advisor, and prior to completing 16 credits. This form can be located by visiting the Graduate Nursing website at http://www.winona.edu/graduatenursing/Images/Application_for_Candidacy_-_Semesters_(BS_to_DNP)_(FORM_UPDATED_8-24-11).pdf

* Graduate Certificate (GC) Nursing students need to complete the “Certificate Program Plan” in consultation with an advisor. This form can be located by visiting the Graduate Nursing website at http://www.winona.edu/graduatenursing/Images/Certificate_Program_Plan_(Nursing).pdf

* Master of Science (MS) Application to Graduate and Graduate Certificate (GC) Program Completion forms may be found on the Graduate Programs in Nursing website at http://www.winona.edu/graduatenursing/forms.asp. Application for graduation must be submitted at least one term prior to graduation.
Kappa Mu Scholarship

Janice Miller, Winona State University, Master of Science, Nursing student is the latest recipient of the Kappa Mu Scholarship! Ms. Miller is planning to use the Scholarship toward the Annual Midwest Nursing Research Society (MNRS) Research Conference to be held March 2013.

Congratulations Janice!

ANA
American Nurses Association
6 Tips for Nurses Using Social Media

ANA’s Principles for Social Networking

1. Nurses must not transmit or place online individually identifiable patient information.
2. Nurses must observe ethically prescribed professional patient-nurse boundaries.
3. Nurses should understand that patients, colleagues, institutions, and employers may view postings.
4. Nurses should take advantage of privacy settings and seek to separate personal and professional information online.
5. Nurses should bring content that could harm a patient’s privacy, rights, or welfare to the attention of appropriate authorities.
6. Nurses should participate in developing institutional policies governing online conduct.

6 Tips to Avoid Problems

1. Remember that standards of professionalism are the same online as in any other circumstance.
2. Do not share or post information or photos gained through the nurse-patient relationship.
3. Maintain professional boundaries in the use of electronic media. Online contact with patients blurs this boundary.
4. Do not make disparaging remarks about patients, employers, or co-workers, even if they are not identified.
5. Do not take photos or videos of patients on personal devices, including cell phones.
6. Promptly report a breach of confidentiality or privacy.

References:


www.NursingWorld.org
Publication Announcement:


~ Important Dates ~

January 21, 2013  Martin Luther King, Jr. holiday (*no classes/offices closed*)

January 31, 2013  Clinical Placement information should be submitted to graduate faculty

February 20, 2013  All University Assessment Day

March 1, 2013  Registration for Summer 2013 begins

March 18 –22, 2013  Spring Break (*no classes/offices open*)

April 22, 2013  Registration for Fall 2013 begins (*for admitted students*)

Goddard Library will offer orientation tours designed to introduce students to the library. Topics include library services, navigating the library website, a tour of the library. No registration is required, if you are interested in a tour please meet at the Reference/Information Desk. Tours take approximately 30 minutes.

Dates and times available for tours:

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Time: AM</th>
<th>Time: PM</th>
<th>Day/Date</th>
<th>Time: AM</th>
<th>Time: PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon., Jan. 28, 2013</td>
<td>9:00 a.m.</td>
<td>6:00 p.m.</td>
<td>Mon., Feb. 4, 2013</td>
<td>11:00 a.m.</td>
<td>4:00 p.m.</td>
</tr>
<tr>
<td>Tues., Jan. 29, 2013</td>
<td>9:00 a.m.</td>
<td>1:00 p.m.</td>
<td>Tues., Feb. 5, 2013</td>
<td>10:00 a.m.</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Wed., Jan. 30, 2013</td>
<td>2:00 p.m. and 7:00 p.m.</td>
<td></td>
<td>Wed., Feb. 6, 2013</td>
<td>10:00 a.m.</td>
<td>3:00 p.m.</td>
</tr>
<tr>
<td>Thurs., Jan. 31, 2013</td>
<td>10:00 a.m.</td>
<td>5:00 p.m.</td>
<td>Thurs., Feb. 7, 2013</td>
<td>12:00 p.m.</td>
<td>6:00 p.m.</td>
</tr>
<tr>
<td>Sat., Feb. 2, 2013</td>
<td>11:00 a.m.</td>
<td></td>
<td>Sat., Feb. 9, 2013</td>
<td></td>
<td>1:00 p.m.</td>
</tr>
</tbody>
</table>

Gwenn M. Neville
Librarian
Goddard Library
Gwenn.neville@roch.edu
DEAR STUDENT,

The Learning Center can help you in all stages of the writing process; even published writers need feedback to develop their writing to the fullest. We focus on helping you to improve as a writer, not just improve your writing. We are not a drop-off service, nor do we “fix” papers. We give you the tools to become a better writer. We do not do the writing for you.

We will work with you on papers for classes, but we can also help with grammar or other writing-related concerns. If you have something you want to learn or improve on, please visit us.

Using the Learning Center:
- Come to the Center early in the writing process, not the day the paper is due.
- Plan to come more than once, especially if you have grammar or ESL concerns.
- Bring your textbook, assignment sheet, and notes about the requirements.
- Think about what you want to focus on during the session.
- Sign in at the reception desk computer.

You Can Expect To:
- Take the initiative; after all, this is your paper and your ideas.
- Plan to spend at least 30 minutes.
- Focus on global concerns like thesis and development first.
- Address lower order concerns like grammar and punctuation later in the process.
- Do your own thinking and your own revision.
- Take notes on what you discuss, and what you plan to do next.

Please Don’t:
- Think that you can drop your paper off for “editing” or proofreading.
- Assume that the tutor is going to “fix everything.”
- Ask the tutor to grade your paper; that’s your instructor’s job.
- Arrive 15 minutes before closing and expect a helpful session.
- Bring in a paper that’s due in a few hours, leaving little or no time for revision.
- Only focus on grammar. Think about content and your paper’s argument.
- Leave thinking you have a perfect paper. What you have is a revised, improved piece, and a greater awareness of your strengths and weaknesses as a writer.

Scheduling Appointments: We encourage students to make appointments. These take precedence over walk-ins. Sign up with the AT 306 receptionist or call 285-7182. Each appointment is 45 minutes. Students are limited to 1 appt. per day, per tutor. Students may walk-in anytime and wait for the next open tutor.

PLEASE SEE our Website for resources: [http://www.roch.edu/org/writingcenter/index.html](http://www.roch.edu/org/writingcenter/index.html)

Please come visit us and let us know how we can help you!

~Pam Whitfield, Writing Area Coordinator, pam.whitfield@roch.edu
Did you know ~

- The Course Search screen on the web has been upgraded! If you are having trouble accessing the Course Search screen using Internet Explorer, try another search engine such as Chrome or Firefox.

Employment Opportunity

for Part-time day and night positions for RNs/LPNs/Nursing Student’s in Rollingstone, MN (Winona area)

Seeking RNs/LPNs/Nursing Student’s to work with 4 year old child with Trach and Gtube. Training will be provided. Sign Language is a plus.
Night shift hours: 10 PM to 6 AM. Day shift hours: flexible.
Must be non-smoker and like to work nights. Great place to work. Good salary.
This is a cozy warm home environment, parents will be in the home overnight.
Email resume and/or qualifications to collebra@yahoo.com
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>
</tr>
</thead>
<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>KWN 105.9-AM</td>
<td>WKBH 100.1-AM</td>
<td></td>
</tr>
<tr>
<td>KAGE 95.3-FM</td>
<td>KROC 1340-AM</td>
<td>K鲅NG 105.9-FM</td>
<td>WKTY 580-AM</td>
<td></td>
</tr>
<tr>
<td>KWNO 1230-AM</td>
<td>KYBA 105.3</td>
<td>K鲅NG 105.9-AM</td>
<td>CC106.3-FM</td>
<td></td>
</tr>
<tr>
<td>KWNO 99.3-FM</td>
<td>KWWK 96.5</td>
<td>K鲅NG 105.9-AM</td>
<td>Magic 105 (104.9-FM)</td>
<td></td>
</tr>
<tr>
<td>KHME 101.1-FM</td>
<td>KWEB 1270-AM</td>
<td>KRCH 101.1-AM</td>
<td>Eagle 102.7-FM</td>
<td></td>
</tr>
</tbody>
</table>

Television:

<table>
<thead>
<tr>
<th>Winona</th>
<th>Rochester</th>
<th>La Crosse</th>
<th>Twin Cities</th>
<th>Eau Claire</th>
</tr>
</thead>
<tbody>
<tr>
<td>HBC Cable 20 and 25</td>
<td>KTTC - 10 KXLT - 47</td>
<td>WKBH - 8 (7) [7]</td>
<td>KSTP - 5 WCCO - 4</td>
<td>WEAU - 13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>WXOW - 19 (11) [18]</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
WSU—Rochester
Graduate Programs in Nursing Office
Monday—Friday
8:00 a.m.—4:30 p.m.
Please call 507-285-7473 for appointments.

We’re on the web!
www.winona.edu/graduatennursing

WSU-R Mission:

“Winona State University—Rochester provides relevant and innovative life-long learning experiences to educate, enlighten and serve our citizenry to meet the needs of the community and region.”