A Message from the Director . . .

When I was a little girl, I read all the books in the Laura Ingalls Wilder series and my favorite book was *The Long Winter*. It was my favorite because of the challenge of winter and, until the last week or so, I was up for the challenge. However, I am now moving into a time of cognitively rebuilding! I am quite ready for spring, as I know many of you are also quite ready. You have all demonstrated the resilience of the Minnesotans this winter, to be sure. I want to commend you for your flexibility and commend your faculty for their unwavering ability to support your learning through the variety of the distance options available. Tegrity, Skype, Adobe Connect, D2L, email, conference call, and video-recordings have supported our learning together and for these methods and your willingness to use them, I am grateful. As a result, significant learning experiences have continued and the outcomes are excellent.

So now it is time to cognitively rebuild, to establish new understandings of the true gravity of the meaning of winter (Kato, 2011), toward spring. I am a fan of letting go of the cold, the ice, the frozen pipes, the wind, the shoveling (though this is free exercise 😊), the treacherous driving, the wool socks, and the snow boots. I really do not need to demonstrate my Minnesota winter resilience any longer. I am looking forward to hearing birds sing, streams run, and leaves rustle. I am looking forward to smelling freshly mown grass, apple blossoms, and freshly turned soil in the garden. I wish, for you, a splendid spring!

The arrival of spring, though welcomed, will see us also saying goodbye to many of you as you graduate and to two of our colleagues who will be retiring. Next chapters are exciting, yet daunting and I wish you the very best in times of change. Dr. Cindy Scherb and Dr. Ann Olson will be turning the page to a next chapter after retirement from service at WSU. Of course, we wish them well but are sad to let them go. We are in the process of actively searching for new faculty, so you may see prospective faculty on campus and be invited to campus presentations. Stay tuned for retirement party announcements and prospective faculty presentations; it is the circle of life. Losses bring sadness and newness brings joy. May you have enough of all of these emotions, and the sunshine on your face, this spring to keep your life in balance.

Wishing you good health,
Dr. Sonja J. Meiers
Director and Professor
Graduate Programs in Nursing

We are hoping to redesign the Peer Mentoring Program for next year from an on-line program to a combination mentor-mentee assigned relationship and an on-line component. In order to make this happen, we need you to volunteer. We need students who have completed at least one year of classes and are willing to assist newly admitted students for next year. The faculty will be talking about this opportunity in your March 19th classes, but we also wanted to offer you the opportunity to sign up through the newsletter. If you know you are already interested in participating, please see the attached form and return the bottom portion to Carolyn Ryno at your earliest convenience.

_Diane M. Forsyth, PhD, RN, Professor_

_Cindy A. Scherb, PhD, RN, Professor_
Graduate Nursing Peer Mentorship Program

Purpose: To provide new graduate nursing students the opportunity to be mentored by peers who are nearing their graduation date and have valuable knowledge and experience related to the graduate nursing program. The goal of this program is to foster socialization, networking, and professional growth within the graduate nursing programs.

Eligibility: A Peer Mentor must be admitted to a graduate nursing program and have completed at least two semesters.

A Mentee must be a new graduate nursing student admitted to a specific graduate nursing program, and in their first semester of the program. Graduate Special students are not eligible to participate until they have been accepted to a specific program.

If enough Peer Mentors are available, Mentees should be paired with Mentors who are in the same program and who are similarly paced (FT students with FT students, PT with PT).

Mentor-Mentee Relationship: Peer mentoring new graduate students allows students to develop relationships with peers in different stages of the nursing programs who can offer valuable insight and knowledge to new students. The purpose of mentoring is to provide psychosocial support, address informal concerns, and share “insider” knowledge, such as experiences the Mentor had in their classes, or directing the Mentee to appropriate resources. The relationship is not intended for the Mentor to provide scholarly support or program advice, as these are the responsibilities of the Mentee’s Program Advisor or instructor.

Peer mentoring provides valuable leadership experience that can translate into usable job skills, and allows for networking opportunities for both the Mentor and Mentee. The mentoring relationship can also help build collegiality and community within the graduate programs.

******************** [Please tear off and return bottom portion] ********************

Peer Mentoring Consent

I would like to participate in the Peer Mentoring Program as a Mentor. I will allow the WSU Graduate Nursing Programs to release my name, WSU email, and telephone number to my assigned mentees.

Name: ______________________________
WSU email: _________________________
Telephone number: ___________________

_______________________________  ___________________
Signature                       Date

Return this form to your course instructor or to Carolyn Ryno, Administrative Assistant, Graduate Nursing Programs, Winona State University by April 1, 2014.
Faculty and Student Scholarship ~

Cindy A. Scherb, PhD, RN, has been selected to receive the Distinguished Scholar Award for the Midwest Nursing Research Society (MNRS) Health Systems, Policy, and Informatics Research Interest Group. Dr. Scherb will receive the award at the end of March during the MNRS Conference in St. Louis. Congratulations Dr. Scherb!

Graduate Nursing students, Gina Bloczynski, Kati Cavanaugh, Emily Eastwick, Tiffany Lohfink, Taylor Peck, and Danna Renner have been selected by faculty to represent WSU during the poster session of the 2014 MNRS Conference. Thank you to all the WSU, Graduate Nursing students who have submitted either a thesis (research) abstract or evidence-based project abstract for presentation at this year’s MNRS Conference. Good luck faculty and students!


Congratulations
Faculty and Students
**Winona State University**

**2014—2015**

**Graduate Programs in Nursing Tuition**

This memo is a follow up from the notice in the Graduate Update Newsletter from March 2013. Whereas we had announced a tuition rate increase for 2013-2014 and it was approved, our Business Office was not able to make the needed changes to meet registration deadlines for the 2013-2014 academic year. Thus, there were no tuition increases in 2013-2014. However, there will be a tuition increase in 2014-2015.

Pending approval of the Winona State University administration and the Minnesota State Colleges and Universities Board of Trustees, the following tuition rates will apply:

- Students who are being admitted to the Winona State University Graduate Programs in Nursing in 2014-2015 will be assessed tuition at the rate of up to $670/credit for 600 level courses and at the rate of up to $770/credit for 700 level classes.

- Tuition for 600 level courses for currently enrolled students in 2012-2014 who will be continuing in 2014-2015 will be at the rate of $670/credit for the 2014-2015 year.

- Tuition for 700 level courses for currently enrolled students continuing in 2014-2015 will be at the rate of $770/credit (this is less than a 1% increase over 2013-2014 plus the $64 previously charged for Differential Tuition to cover the cost of the Clinical Placement Coordinator).

- Tuition rates at or above $670 (600 level) and $770 (700 level) per credit will incorporate Differential Tuition costs. Thus there will be no additional Differential Tuition assessed **

  ** Students in the Adult-Gerontology Acute Care Nurse Practitioner (AGACNP) Program will be assessed Differential Tuition for the AGACNP specialty courses. This information is included in the admission letter for all AGACNP students.

- Approval of these rates is projected to occur in late April, but this notification is being given so that students have an opportunity to consider these costs during the time of Registration, adjust budgets, and to apply for financial aid programs; as needed.

Please contact **Dr. Sonja J. Meiers**, Director, Graduate Programs in Nursing or **Dean William J. McBreen**, College of Nursing and Health Sciences with questions about these tuition rates.
Graduate Nursing Hooding and Recognition Ceremony

Spring 2014 Graduating Students,

Please mark your calendars to attend the Graduate Nursing Hooding and Recognition Ceremony on Friday, May 9, 2014. This event will be held at Kryzsko Commons, East Hall, on the Winona Campus prior to the WSU Commencement.

The Hooding and Recognition Ceremony is a celebration that has become a very meaningful tradition for our graduate nursing students. We strongly encourage graduates and their families to attend this event.

~ WSU, Graduate Programs in Nursing Faculty and Staff

Graduation Reminders. . .

♦ Master of Science (MS) Application to Graduate and Graduate Certificate (GC) Program Completion forms may be found on the Graduate Studies website www.winona.edu/gradstudies.

♦ Commencement information may be found on the Records and Registration Services website. In addition, please monitor the WSU Bookstore for information on ordering graduation regalia.

♦ Faculty reminds graduating students to tell your families about the Graduate Programs in Nursing hooding ceremony—held the morning before graduation. Formal invitations will be forthcoming. In lieu of a speaker, students from each program area are asked to do a BRIEF presentation (usually something about their role, what you learned). Watch for more details, but start thinking about it.
~ Volunteer Opportunity ~

Dr. Ann Olson and Carolyn Ryno are seeking students (who are not yet graduating) to assist with the hooding ceremony on the Winona Campus (in Kryzsko Commons, East Hall).

The Graduate Programs in Nursing Hooding Ceremony will be held the morning of May 9th. Duties include: Arrive at Kryzsko Commons, East Hall on the Winona Campus at 9:00 AM; assist with poster and chair/stage set ups, assist with audio/laptop work, handout programs/greet visitors and clean up.

Please contact Dr. Olson at aolson@winona.edu or Carolyn at cryno@winona.edu if you are able to assist with the Hooding Ceremony.

Thank you for considering,
Dr. Olson
Carolyn Ryno
Attention!!
Clinical Placements 2014–2015

Students who are planning to have clinicals Fall semester 2014 need to contact the graduate nursing Clinical Placement Coordinator. A clinical can be direct care or part of the DNP scholarship practicum time. Either way, requests must be submitted to clinical agencies now. If you haven’t already done so, please contact Rachel Herman and your advisor. There is a great deal of preparation necessary before starting clinicals. The registration process typically includes providing up-to-date immunizations, nursing licensure, background checks, malpractice insurance, medical insurance, on-line training, and in-person training in order to be a student in a hospital, clinic or long term care facility. This is regardless of your employment status with a facility. Please check your WSU email regularly throughout the spring and summer months. A delay in this preparation will definitely delay the start of clinicals.

Thank you!

Rachel Herman, MS, RN, CNP
Clinical Placement Coordinator
rherman@winona.edu
(507) 535-3978
Leadership Corner ~ by Dr. Jane Foote

The 2014 Legislative session is in process! Those who are in the NURS 604—Health Policy course this term are actively engaged in writing draft emails and letters to their representatives, and following the progress of legislation they care about on the “My Bills” link in the Minnesota legislative website. For those of you that have already taken the Health Policy (N604) course, knowing that the session is in progress may bring back memories of policy change papers and legislative jargon. Whether you have had the course, are in the course now, or are yet to take the core requirement, YOUR VOICE MATTERS this session!

As nurses in our communities, we have unique and expert knowledge that representatives need to know. I encourage all of you as individuals to take a little time to make potentially a collective difference in our legislative outcomes this session. Here are a few bills that might interest you, and how you can track their progress between now and May 2014. The links in this article are hyperlinked to make it easy for you to take a step in the policy engagement direction!

Link to the general MN legislative webpage is:  [http://www.leg.state.mn.us/](http://www.leg.state.mn.us/)

Link to creating a “My Bills” alert which will email you the status of your bill: [http://www.leg.state.mn.us/mybills/login.aspx?ReturnUrl=%2fmybills%2f](http://www.leg.state.mn.us/mybills/login.aspx?ReturnUrl=%2fmybills%2f)

- **APRN Scope of practice: HF 435 and companion bill SF 511**: These are the bills that are seeking to allow more independent APRN practice in Minnesota. A major change in the bill is that a collaborative agreement with a physician partner would no longer be required. At this time, the bill in the senate was initially heard on March 3. The house file is now hosting 16 authors, with a hearing yet to be scheduled. YOUR VOICE LOCALLY matters on these bills.

- **Medical Marijuana law changes (HF 1818 and SF 1641)**

- **Alternative and complementary therapy use by practitioners (HF1817 and SF 1642)**

- **Diabetes prevention, treatment and cure funding (HF1827 and SF1644)**

Here is a link on how to contact your representative:  [http://www.leg.state.mn.us/leg/districtfinder.aspx](http://www.leg.state.mn.us/leg/districtfinder.aspx). The “Spark Notes” version of this process, source is the webpage [http://www.leg.state.mn.us](http://www.leg.state.mn.us).

- Be brief; never write more than one page.
- Make your letter neat and easy to read (type or print).
- Make sure you understand the legislative process.
- Identify the issue at the top of the letter and cover only one issue per letter. If you have more than one issue that needs to be addressed, write separate letters for each issue.
- Remember; you’re the expert; make your letter informative.
- Identify yourself and the reason for your expertise.
- Get right to the point. For example, you may wish to begin your letter like this: “I hope you will support (oppose) HF or SF ____.” Give your reasons for supporting or opposing the measure. Tell your legislator why you think the bill, if it becomes law, will help or hurt you, your children, your business, or your community. Explain what that means to you.
- Use terms they will understand and avoid using abbreviations.
- Offer to be of assistance. Offer to testify if there is a hearing regarding the issue with which you’re concerned.
- Ask for a reply if you want one. However, keep in mind how many meetings and hearings your legislator must attend. They will call or write you as soon as they are able.
- Be polite and reasonable. Lawmakers can’t please everyone. They may disagree with you. Try to respect their views. Don’t lose your temper, even on paper. Tell your legislator what you think and why, but be polite.
- And finally, be sure to say “thanks”.

Are you dedicated to working with children and adolescents, up for a challenge, and consistently available approximately 4 hours per week? Then, we need your help!

**WSU** has been part of a multidisciplinary, multiagency grass roots effort to establish a free school-based clinic at the **Rochester Alternative Learning Center**.

We need RN’s with the above characteristics to volunteer their time and talent in our clinic.

If interested, please contact Rachel Herman, MS, RN, CNP for more information.

rherman@winona.edu

507-535-3978
Congratulations
Sigma Theta Tau International
Kappa Mu Chapter Inductees!

The STTI, Kappa Mu Chapter Ceremony
takes place on
Saturday, April 26, 2014
at 1:30 PM
Winona State University
Kryzsko Commons—East Hall

Everything you’ve ever wanted is on the other side of fear.

~ George Addair
Graduate Programs in Nursing is accepting applications for Graduate Assistantship Opportunities

Graduate Assistants are graduate students, enrolled in the graduate programs, who are hired to assist in research, instruction, or similar professional activities to which their status as graduate students brings special expertise and experience. Specific responsibilities will be negotiated between the student and faculty member based on mutual goals. The allocation for a graduate assistantship is made by the Vice President for Academic Affairs on the recommendation of the Dean of the College of Nursing.

Appointment is usually for one academic year. Applications should be completed in the spring for the coming school year. Graduate Assistant Position Descriptions for both Research Assistant (RA) and Teaching Assistant (TA), Application for Graduate Assistantship, and more information may be located on the Graduate Studies webpage at www.winona.edu/gradstudies/assistants.asp.

Resource:
Gentle Reminders...

♦ Graduate Students accepted into the program, have a three-week window to register for classes, *(before classes may open to Graduate Special Students)*. This is to allow accepted Graduate Students the opportunity to register for classes they need to stay on track in their plans of study.

♦ **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, Flu shot, etc. You may drop off, fax, or mail updated clinical information to the Graduate Programs in Nursing office. Graduate Programs in Nursing fax number is 507-292-5127.

♦ Graduate Programs in Nursing students need to complete one of the following forms in consultation with your advisor, and prior to completing **16 credits**. These documents may be found on the “**Forms**” section on the may be found on the Graduate Nursing website at [http://www.winona.edu/graduatennursing/](http://www.winona.edu/graduatennursing/)

A. Master of Science, Nursing students, please complete the **Application for Admission to Candidacy for a Master’s of Science (MS) Degree in Nursing**

B. Post-Baccalaureate DNP students, please complete the **Application for Admission to Candidacy for a Doctor of Nursing Practice Degree**

C. Graduate Certificate (GC) Nursing students, please complete **Certificate Program Plan**

♦ Has your professor left your graded assignments/papers in our office for you to pick up? Are you looking for graded assignments from a previous semester? Our office may be holding your past assignments, please stop by and we will gladly check our file. Graded assignments not picked up by the student will be disposed of the end of the following semester.
WSU—Rochester
Graduate Programs in Nursing
Office Hours
Monday–Friday
8:00 a.m.—4:30 p.m.
Please call 507-285-7473 for appointments.

Winona State University—Rochester
Graduate Programs in Nursing
859 30th Avenue, SE
Rochester, MN  55904
Phone:  507-285-7473
Fax:  507-292-5127

We’re on the Web!
www.winona.edu/graduatcnursing

Important Dates

Registration for Fall 2014 begins
Monday, April 21, 2014
Graduate Programs in Nursing Hooding Ceremony
Friday, May 9, 2014, Morning
Spring 2014 Commencement
Friday, May 9, 2014, Afternoon