Are you ready for spring weather? As I sit at my desk and view the large snow pile outside my window, it seems like warmth is far off. However, being a hearty Minnesotan with years of experience, I am holding onto hope. Before we know it, spring will be here and many of you will be gowning up on the Winona campus ready to join the ranks of the alumni.

In reality, we all have miles to go before spring semester graduation. There will be many papers to write (for students), to read (for faculty), many tests to write (for faculty), and many tests to take (for students). I encourage you all to take advantage of this time to forge deep learning partnerships with your student and faculty colleagues to support your journey toward spring and accomplishing your learning goals.

Some of the best (and perhaps most challenging) experiences in my own education were those experiences within which my faculty challenged me to stretch a little farther, dig a little deeper, fine-tune my thinking, and connect the dots more succinctly. I suspect that, given the high standards for which WSU is known and for which alumni and employers are proud, this spring semester will be one of fine-tuning and digging deeper. I am reminded, especially as I encounter others with cognitive difficulty in daily life, what a gift we have all been given to be the “thinkers” of our time so that our “doing” is more mindful and effective. Best wishes for a good spring break, a bit of reflective pondering about what you have accomplished and energy gathering to head into the final spring semester stretch. Take joy in your going forth!

Sincerely,

Sonja J. Meiers, PhD, RN
Director and Professor
Graduate Programs in Nursing
507-536-5671
smeiers@winona.edu
Notice of Changes in Tuition for Incoming Students in Fall 2013

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 2013-2014 will be assessed tuition at the rate of approximately $520/credit for 600 level courses and at the rate of approximately $700/credit for 700 level courses.
- Tuition for 600 level courses for currently enrolled students in 2012-2013 who will be continuing in 2013-2014 will be at the current rate of $350 for the 2013-2014 year.
- Beginning fall 2014, all 600 level courses will be at the rate of $520/credit for all continuing students.
- Tuition for 700 level courses for currently enrolled students in 600 level courses in 2012-2013 and continue on in 2013-2014 will be at the rate of $700/credit.
- Tuition rates at or above $520 per credit will incorporate Differential Tuition costs.
- Approval of these rates is projected to occur in late April, but this notification is being given so that students have an opportunity to 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.

Financial Aid Programs

Now is the time to consider how best to support your family and your education simultaneously while you are dedicating yourself to your continued education. Please go to http://www.winona.edu/financialaid/graduatestudents.asp to learn of financial aid options available to graduate students as well as the processes necessary for qualification.

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 office. 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) Degree in Nursing”. Please complete this form in consultation with an advisor, and prior to completing 16 credits. This form can be found on the Graduate Nursing website at http://www.winona.edu/graduatenu/graduateadmissions/AdmissionForms/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 found on the Graduate Nursing website at http://www.winona.edu/graduatenu/graduateadmissions/AdmissionForms/Certificate Program Plan (Nursing).pdf
Graduation Reminders ~

- **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/gradautenursing/forms.asp](http://www.winona.edu/gradautenursing/forms.asp).

- 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.

- Dr. Forsyth reminds graduating students, “For those planning on graduation, remember 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.”

- **Dr. Forsyth and Carolyn Ryno** are seeking students (who are not yet graduating) to assist with the hooding ceremony on the Winona Campus (in East Hall). The **Graduate Programs in Nursing Hooding Ceremony will be held the morning of May 10th**. Duties include: Arrive at 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. Forsyth at dforsyth@winona.edu or Carolyn at cryno@winona.edu if you are able to assist with the Hooding Ceremony.

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Andrea Stuedemann has been accepted into the **University of Indiana PhD Program** as soon as she graduates from **Winona State University**

Congratulations Andrea!
Several graduate nursing faculty members and their students presented at the **Midwest Nursing Research Society (MNRS)** 37th Annual Research Conference, “Living Well with Chronic Conditions: Implications for Nursing Science” Chicago, IL, March 7-10.

Master’s student groups presented poster about their projects:

Robert Goodew, Emily Isaacson, and Janice Miller won second place in the master’s poster competition, “Investigating the Presence of Family Burden, Family Pondering, and Family Struggling in a Sample of Families Managing Chronic Illness: A Measure Validation Study” with Dr. Sonja Meiers as their advisor.

Candace Dalpiaz, Anna Schwecke, and Heidi Seaberg also presented their poster, “Optimizing Enrollment in a Virtual Case Management System in a Midwest Hispanic Population” with Dr. Mieca Valen as their advisor.

In addition, Nancy Van Aman, a WSU Doctorate of Nursing Practice (DNP) student, presented her poster about her DNP Capstone Project, “The Use of High-Fidelity Simulation in a Nurse Residency Program: Prevention of Failure to Rescue” with Dr. Diane Forsyth as her advisor.

Dr. Sonja Meiers did a podium presentation about a current WSU research project, “Let’s Talk – Learning to Improve Health Outcomes: A Community-based Health Literacy Project”.

Dr. Cindy Scherb, Jamey Bina, Maria Schomburg, Lindsay Tippetts, Dr. Janet Specht, & Tamara Schwichtenberg, presented their poster, “Decisional Involvement: Actual and Preferred Involvement in Decision-Making Among Registered Nurses”.

Drs. Diane Forsyth, Cindy Scherb, and Mieca Valen presented their poster, “Systematic Assessment of Evidence-based Practice for Graduate Students”.

**Congratulations WSU Faculty and Students!**
Winona State University – Rochester  
Graduate Programs in Nursing  
Invites you attend a  

Brown Bag Discussion  
Guest Speaker: Dr. Esra Uğur, Visiting Scholar  
Okan University School of Health Sciences

"From Istanbul to Rochester: Experiences of a Turkish Academician in the USA”

Friday, April 5, 2013  
11:30 a.m. – 12:30 p.m.  
Winona: Maxwell 257  
Rochester: ST 108

Istanbul, Turkey  

Rochester, MN, USA
Notice of DNP Capstone Project Presentations

This is an exciting time of year for our WSU graduate program. The last class of the MnSCU Consortium DNP Program will be graduating this spring. To celebrate their hard work and scholarly achievement, they will each have a DNP Capstone Defense. You are invited to attend the “public” portion of the DNP Capstone Defense of the following students. The presentation of their work will be at the beginning of each of the times listed below. Please join us in hearing about their exciting evidence-based practice projects.

Erin E. Martin, CRNA, MNA

**TITLE:** Patient Education Regarding Analgesic Options for Labor and Delivery  
**PLACE:** Rochester – SH201  
Winona – N/A  
Adobe Connect - [https://umconnect.umn.edu/n770/](https://umconnect.umn.edu/n770/)  
**DATE:** April 3, 2013  
**TIME:** 1:00 pm – 3:00 pm

Nancy A. Hall, MS, RN

**TITLE:** Implementation of a Facilitated Advance Care Planning Process in an Assisted Living Facility  
**PLACE:** Rochester – MH 210  
Winona – N/A  
Adobe Connect - [https://umconnect.umn.edu/n770/](https://umconnect.umn.edu/n770/)  
**DATE:** April 10, 2013  
**TIME:** 2:00 pm – 4:00 pm

Stacey L. Rosenberg, MS, RN, CNE

**TITLE:** An Educational Intervention Addressing Nurses’ Cultural Competence  
**PLACE:** Adobe Connect - [https://umconnect.umn.edu/n770/](https://umconnect.umn.edu/n770/)  
**DATE:** April 23, 2013  
**TIME:** 1:30 pm – 3:30 pm

Michelle M. Lisowski, MS, RN, APNP

**TITLE:** Hepatitis C Patients with Cirrhosis in Primary Care Clinics: Implementing Evidence-Based Guidelines  
**PLACE:** Adobe Connect - [https://umconnect.umn.edu/n770/](https://umconnect.umn.edu/n770/)  
**DATE:** April 24, 2013 *(Tentative)*  
**TIME:** 1:30 pm – 3:30 pm *(Tentative)*
An Important Message from Lydia Lazzara, Graduate Assistant, about the new Graduate Student Organization!

Hello Grad Nursing Students!

I wanted to let you know of an exciting new opportunity for us on-campus! We now have a Graduate Student Organization which will allow us the opportunity to voice our concerns, needs, and wants as well as networking and learning opportunities. The first meeting was held, Thursday February 14th. Future meetings will be held the 2nd Thursday of each month.

Please join us for the next Graduate Student Organization Meeting
Thursday, March 14, 2013
3:30 PM
Rochester campus: AT 102
Winona campus: Stark 105

I also wanted to let you all know of a couple of links that could be very useful to you as you try to navigate all the technology: http://learn.winona.edu/Main_Page and http://learn.winona.edu/Grad_Student_Technology_Survival_Guide

These pages are constantly being updated and worked on to improve usability and information access, so take a look. They offer "how-to's" on such things as connecting your personal laptop or tablet to the WSU network and accessing your WSU email on your phone.

I hope to see you at the Graduate Student Organization meetings, and if you are unable to make it but have some great ideas, please email them to me and I'll bring them up!

Happy Studying!
Lydia Lazzara
Graduate Assistant
Graduate Programs in Nursing
llazzara10@winona.edu

For additional information please check out the organizations official website through the Winona State University at http://www.winona.edu/sal/clubs.asp or contact:
Kristine N. Paulson
Graduate Assistant
Counselor Education
k paulson10@winona.edu.
“Nursing Research on the Green is a forum for recognizing nursing scholarship and sharing research and clinical practice innovations. It is designed for nurses working in any setting, as well as student nurses.”

Abstract Submission, complete Nursing Research on the Green Brochure, Conference Registration Information, and Guidelines for Poster Presenters can be found at www.viterbo.edu/nursing, select Pi Phi under RELATED LINKS, then select “Nursing Research on the Green 2013” from the left column menu. Abstracts are due April 4, 2013.

Information taken from the Nursing Research on the Green brochure.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:00 a.m.</td>
<td>Registration Viterbo University Fine Arts Center Atrium (please use Jackson Street entrance)</td>
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<td>10:30 a.m.</td>
<td>Poster Display (Fine Arts Center Lobby)</td>
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<td>10:30 a.m.</td>
<td>Break-Out Sessions – Nursing Center (NC)</td>
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<td>Increasing Self-Care Efficacy Utilizing Simple Techniques (NC Room 101)</td>
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<td></td>
<td>Judith A. Aulenti, PhD, RN, Mayo Clinic Health System</td>
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<td>Essence of Ancient Chinese Medicine and Modern Nursing Care (NC Room 204)</td>
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<td>Kim Dowat, PhD, CWM, Gundersen Lutheran Medical Center</td>
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<td>Essential Oil Use in the Health Care Setting (NC Room 201)</td>
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<td>Denise Nicholson, RN, Gundersen Lutheran Medical Center</td>
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<td>Be the Light of Caritas (NC Room 301)</td>
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<td></td>
<td>Jill Blackbourn, RN, Gundersen Lutheran Medical Center, Sheryl Jacobson, MS, RN, Viterbo University School of Nursing and Silvana Richardson, PhD, RN, Viterbo University School of Nursing</td>
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<tr>
<td>12:00 p.m.</td>
<td>Welcome – Fine Arts Main Theatre, Viterbo University</td>
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<td>Cynthia Casselius, MSN, RN, President</td>
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<td>Pi Phi Chapter of Sigma Theta Tau International</td>
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<td>Presentation of Dahlberg Scholar Award</td>
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<td>Mark V. Connelly, MD, FACS, Chairman of the Board, Gundersen Lutheran Medical Foundation, Member, Board of Trustees, Viterbo University</td>
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<td>Keynote Speaker</td>
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<td>Valerie Lincoln, PhD, RN, AHN-BC</td>
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<td>Living an Examenied Life: One Nurse’s Path to Calling &amp; Inquiry—All Nurses’ Imperative</td>
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<tr>
<td>1:15 p.m.</td>
<td>Dahlberg Scholar Reception – Fine Arts Center Lobby</td>
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<td>(Light lunch served; All attendees are invited)</td>
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<td>2:00 p.m.</td>
<td>Break-Out Sessions – Nursing Center (repeat of a.m. sessions)</td>
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<td>Increasing Self-Care Efficacy Utilizing Simple Techniques (NC Room 304)</td>
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<td>Be the Light of Caritas (NC 283)</td>
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<tr>
<td>4:00 p.m.</td>
<td>Keynote (repeat session) – Fine Arts Main Theatre</td>
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<td>Valerie Lincoln, PhD, RN, AHN-BC</td>
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<td>Living an Examenied Life: One Nurse’s Path to Calling &amp; Inquiry—All Nurses’ Imperative</td>
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<td>5:00 p.m.</td>
<td>Sigma Theta Tau - Pi Phi Chapter Induction Orientation (NC Room 101)</td>
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<td>6:00 p.m.</td>
<td>Sigma Theta Tau – Pi Phi Chapter Induction Ceremony (NC Room 196)</td>
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<td>Collins Auditorium</td>
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IMPORTANT NEWS!

The Graduate Student Experience Committee has a Graduate Student Technology Survival Guide on the WSU website. The Graduate Student Technology Survival Guide may be found at http://learn.winona.edu/Grad_Student_Technology_Survival_Guide. This website addresses Antivirus protection, Minimum requirements for personally owned laptops, ITV Tips, etc. Please take some time to surf the webpage.

Another great link is the WSU Technology Knowledge Base webpage. The WSU Technology Knowledge Base webpage offers tips about Microsoft SkyDrive, Adobe Fireworks, Virtual Private Network (VPN). Basic information such as “How do I reset my WSU password?”, “How do I install software from the WSU network”, and “How do I setup Outlook on my Mac/PC?” can be found on the WSU Technology Knowledge Base webpage. It's a great day to learn something new. Check it out!

From the desk of Craig Johnson, Director, WSU-R…

With the increased use of the EA235 Graduate Student Study Room, we have found a way to offer some additional study space for our graduate students by making Room EA243 available to our grad students as a second graduate study room.

Please note that EA243 is primarily designed as a meeting room for our WSU-R student clubs and organizations – so our WSU-Rochester student clubs will have priority access to the room. While EA243 will be available for use by grad students any time the UCR main campus building is open, in the event that a student club needs to use the room, the date/time of room use will be posted on the EA243 door; in cases of immediate need by student clubs, we may have to ask grad students to leave the room to make it available for club use – but we will try to minimize that kind of disruption.

Access to EA243 will be via the same pass card that you use for EA235. The room has a table and seating to accommodate up to 8-10 students. Please note that there are no computer resources for use by grad students in EA243 – the computer and printer in the room is for student club use; only EA235 will have a printer and computer stations for use by graduate students.

Please remember to turn the lights off after using the room and leave the room in clean, neat condition. While you may bring food or drinks in the room, please put any food/drink items in the waste bins and recycling bins in the hallway, not in EA243. If any spills occur in the room, please call maintenance at 285-7266 immediately for cleanup assistance, or inform the WSU-R Student and Campus Services office at 285-7100.

We hope this added resource will help us continue to improve our resources for graduate students. As always, let us know if you have any suggestions or questions.
Dear Student,

Apply Now for scholarships for Academic Year 2013-2014! The WSU Foundation has many scholarship opportunities. All students are encouraged to check it out and apply. The criteria is unique for each scholarship and covers a wide variety of areas.

The deadline for applying is Wednesday, March 20, 2013.

YOU WILL NEED TO USE YOUR WSU LOGIN INFORMATION (the same that you use to log into your laptop and email) TO GET INTO THE PROGRAM. If you require assistance logging in, contact Tech Support at 507.457.5240.

For more information and updates, visit our website (www.winona.edu/scholarships) often....as updates occur frequently. Click on APPLY NOW as new scholarship opportunities may be added.

If you have questions, please email wsuscholarships@winona.edu

It is worth your time to check out this great opportunity!!!

Debbie Sing

DEBBIE SING, SCHOLARSHIP COORDINATOR
Winona State University - University Advancement -
Somsen 209B - PO Box 5838
Office: 507-457-5198 Fax: 507-457-5599
https://www.facebook.com/WinonaStateAlumniandFriends
| www.winona.edu/foundation | dsing@winona.edu
Winona State University
Graduate Programs in Nursing
Graduate Student Representatives

Heidi Seaberg
Anna Schwecke

Please contact Heidi at hlseaber4731@winona.edu or Anna at ajschwec0295@winona.edu with any concerns, questions, issues, and/or comments you may have regarding the graduate nursing program.

“In order to succeed, your desire for success should be greater than your fear of failure.”

~ Bill Cosby

Did you know...

Sara Hallberg, WSU Counselor, visits the Rochester campus every Thursday to provide weekly access to counseling services for current WSU-R students. All appointments are 50 minute sessions with complete confidentiality assured. This is a free service for currently registered WSU-R students. To schedule an appointment, Contact WSU-R Student and Campus Services Office at 507-285-7100, email rochsss@winona.edu or shallberg@winona.edu.
We’re on the web
www.winona.edu/graduatенursing