

Utah Student Nurses Association Newsletter

TIPS FOR TRANSITIONING: From Nursing School to First Job

- Try not to worry too much about your first job while you're still in school. Focus on school so you can learn everything that you need to succeed!
- Consider working as a nurse's aide or tech during nursing school in order to become more comfortable with the hospital atmosphere.
- Feelings of insecurity are completely normal. YOU'LL BE FINE.
- It's amazing how much you learn during orientation! Really take advantage of this time. Ask for lots of feedback from your preceptor, so you know what to work on.
- Don't be afraid to ask questions! At the hospital, there will always be more experienced nurses to ask when you're unsure of something. It's better to ask than to make a mistake.
- Consider doing an internship in an area of interest after you graduate. This will allow you to continue learning while working as a nurse.
- Make things easy for yourself at work! Write out a timeline for the day so you won't forget any tasks.
- Take advantage of your resources at work. Look up medications and medical diagnoses that you aren't familiar with.
- Be flexible! "Real" nursing isn't always perfect, like in the textbook. Prepare yourself for tough situations, like understaffing, emergencies, and complicated patients.
- Act confidently. Even though you will be a new nurse, you still have a lot to offer! Show your patients that they can trust you by acting confidently while you are caring for them!

Lorette Beck
USNA Treasurer

Reminders

Convention Feb. 28th at College of Eastern Utah, Applications for next years board of directors and scholarship money will be up shortly online. Don't miss out on a fabulous experience

Nursing Quotes

Nursing encompasses an art, a humanistic orientation, a feeling for the value of the individual, and an intuitive sense of ethics, and of the appropriateness of action taken.

~ Myrtle Aydelotte, 1992

Happy Holidays

Good luck on Finals, remember to relax and don't stress. You're Awesome! Have a safe and happy holidays!

The Utah Student Nurses Association Mission

- To cultivate professional nursing through:
- Promotion of Nursing Practice
 - Interactions Among Students, and
 - Providing Opportunities through scholarship and service in the community at large