



Mount Royal University

# Nursing Times

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## Mentoring Each Other

By Caitlyn Passion  
4th Year Nursing Student

Mentoring is vital. It means sharing wisdom, knowledge, and experience while providing positive influence and support. It is important for nurses to embody the role as mentors for each other because learning directly from senior, more seasoned nurses is the most effective way for a new, or less experienced nurse to learn. The opportunities for mentoring in nursing can occur almost anywhere: between teachers and students in the classroom, between nurses at the hospital, and even amongst students at school; mentoring is fostering each other's growth and supporting each other's development as nurses.

I've been more than lucky to be mentored by some of the most awesome instructors, nurses, and senior classmates. All my mentors have imparted some of their invaluable experiences and expertise and most importantly, they took the time to utilize their skills and ability to share it. Currently in my Final Focus practicum, I am most thankful to my preceptor who is a constant guide. Being in my last clinical ever, in the beginning I felt the intimidations and pressures that come with being a '4<sup>th</sup> year student', where the general consensus is that you are supposed to know 'everything'. And of course, in my panicked mind I'm thinking, "I should have paid more attention in class!". Fortunately, my preceptor was the one to validate my terror, and assured me that it's impossible to know or even remember absolutely everything because learning is an ongoing process. One of the first meaningful things my preceptor told me was this: "your goal is to succeed, and my goal is to help you with that

goal"—a perfect model of mentorship.

Not only has this preceptor shown me extreme patience, endless encouragement, and continual support, but so have my other nursing mentors since first year, and to them I will be forever grateful. These mentors have pushed me to accomplish goals then challenged me to strive for better, encouraged me to always pursue dreams and passions, and inspired me to follow in their footsteps and become a great role-model myself. As a result, I have grown the confidence, competence, and self-respect that I have today.

My experiences as a peer mentor for the EAL has also broadened my mind and given me insight of how much impact mentoring can have. I learned that peer mentoring is more than just helping another student with their academic needs, but it also generates confidence, a positive community, and as much self-understanding in addition to better understanding others. The leadership skills, friendships, and exposure that are gained from mentoring are all worthwhile, as I find that some of the most valuable learning is through one other's experiences. We all have our own personal wisdom, inner strengths, and unique experiences, but more importantly we all have the capacity to share it. Be it through joining a peer-support group or volunteering time to help another student, mentoring will forever be beneficial to ourselves as it is for each other.



**Helping Others to  
Empower the Future!**

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**Planning Committee**

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November is here! We are half way done our semester, yay! I think November is one of the hardest months to concentrate in school, we know Halloween is done and Christmas is a month away as snow will come soon. November is a month to study hard and know that we are almost done this semester, meaning that another semester will be done in our four year program in nursing! We can do it! There has a lot of talk about clinical practice and just support lately, so this issue has many personal stories to help you as you go through the path as a nursing student. Who wouldn't like personal stories and experiences?

Would you like to share your experiences with everybody else in the EAL Nursing support group? Do you have an opinion on something that you would like to share? Write for the Nursing Times! It doesn't have to be long, it can be a paragraph or you can even write a whole article, it is up to you. This is a way to build confidence, English writing skills and have fun. The editorial team will love to edit for you if that is what is keeping you from writing.

**An international experience****By Faye Ho  
3rd Year Nursing Student**

I am currently an international student in the MRBN program. In early summer 2008, I was thrilled to be accepted in to the MRBN program. Since my arrival two years ago, nursing has been the focus of my student life. Throughout my journey in the nursing program, like many other foreign students, I have faced many challenges. Some of the most significant challenges lie within my clinical experiences.

A clinical placement is probably one of the main experiences that nursing students anticipate. It is an opportunity to be exposed to the real world of nursing. It is a chance to apply the knowledge and skills learnt in school. It is the motivation which encouraged many students to work hard throughout the first year. I too was excited for my second year clinical placement. However, when I was finally in the hospital, I was unsure what I should do.

Nursing students learnt a whole lot about effective communication and the determinants of health. In order to gain a perspective of the bigger picture of the patients' health, determinants of health are imperative.

Consequently, to

explore one's determinants of health, effective communication is required. As a newcomer in Canada, I was still in the process of adapting to the new culture. As English is not my first language, very often, I do not understand the meaning of certain phrases very well. How do I initiate a conversation with my patients when I am not familiar with the language?

Throughout my first clinical experience, many questions came to my mind. How do I initiate a conversation? What do people usually talk about? What happens if I made them repeat themselves many times because I do not understand? When I couldn't find answers to the questions in my mind, my confidence is affected. However, the key to success in clinical is to never give up! Skills come with practice and it applies to everyone. As a foreign student, it is just one additional challenge that I have to overcome.

Therefore, I utilized my anecdotal notes and evaluations to keep track of myself. In addition, these tools also allow me to have a third person point of view – the instructor to identify my strengths and weaknesses. Other than that, I also realize that people actually appreciate it when I

ask questions to clarify the message delivered. Whenever I am in doubt, I ask. The problem may lie with me, but it might also help the other person to express themselves better too.

During a conversation, try to direct the conversation by asking relevant questions and give patients opportunity to talk about themselves. Ensuring that the conversation is not going aimlessly, taking charge whenever appropriate can reveal significant information about patients' determinants of health. As a student nurse, I can then provide patient-specific health teaching.

Therefore, clinical placements are excellent opportunities to facilitate nursing students to transit to the real world of nursing. It is also a great opportunity for to learn and overcome the challenges that lie ahead. Instructors are excellent source of advice and guidance. As a foreign student, I see it a chance for me to adapt and work in the culture where I will be working in the future. Therefore, this is an opportunity to build on my existing strengths and improve myself towards becoming an excellent nurse! Lastly, I know that I am not alone. If others can do it, I can do it too.

# November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 conversational English Work- shop	4	5 Workshop	6
7	8 Pronunciation workshop	9	10 conversational English Work- shop	11 Remember- ance Day No school	12 No school	13
14	15 Pronunciation workshop	16	17 conversational English Work- shop	18	19 Workshop EAL Meeting	20
21	22 Pronunciation workshop	23	24 conversational English Work- shop	25	26 Workshop	27
28	29 Pronunciation workshop	30				

## Schedule of Events

- ◆ November 19 – EAL meeting 1500–1630
- ◆ November 8, 15, 22, 29 – Pronunciation workshop 1200-1300
- ◆ November 5, 19, 26 – tips workshop 1300-1400
- ◆ November 3, 10, 17, 24 –Accent reduction and conversational English Workshop

### Workshops and Meetings

#### Tips on Paraphrasing and Essay Writing"

Date: Every Friday  
Time: 1 - 2 pm (Please book a 15 - 20 minute time slot with Lesley, first come first serve)  
Location: Please check room number with Lesley in room Y231  
Facilitator: Ms. Lesley Morgan  
Preparation: Bring your finished or previous paper to the workshop  
Registration: Liza Choi 403 440-6926  
[lchoi@mtroyal.ca](mailto:lchoi@mtroyal.ca)

#### Pronunciation Workshop

Date: Every Monday  
Time: Noon - 1pm  
Location: Please check room number with Lesley in room Y231  
Facilitator: Dr. Linda Binding  
Preparation: Bring yourself and/or any course presentation material to the workshop  
Registration: Liza Choi 403 440-6926  
[lchoi@mtroyal.ca](mailto:lchoi@mtroyal.ca)

#### Accent Reduction and Conversational English Workshop

Date: Every Wednesday  
Time: 11am – noon  
Location: Please check room number with Lesley in room Y231  
Facilitator: Kenn, a broadcaster  
Preparation: Bring yourself  
Registration: Liza Choi 403 440-6926  
[lchoi@mtroyal.ca](mailto:lchoi@mtroyal.ca)

### DECEMBER EVENTS

This semester is coming to a close and the EAL Nursing Support Group would like to have a wrap up party! It will happen on Friday, December 3rd, 2010 from 1500–1630. Please come join us as we will discuss the topic Communication and enjoy the company of others while the holiday seasons are approaching fast. See you there!



WHAT IS/ARE YOUR  
CHALLENGES THAT  
YOU MAY FACE IN THE  
REST OF SEMESTER?



## A Day to Remember

By Charmaine Law  
3rd Year Nursing Student

In Flanders Fields  
By Lieutenant Colonel John McCrae

In Flanders Fields the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
in Flanders Fields

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.



Remembrance Day is a statutory holiday throughout Canada except for the Ontario and Quebec provinces. On Remembrance Day, we remember those Canadians who died in the First and Second World Wars and the Korean War. It was first called Armistice Day after the end of the First World War, which was remembered on November 11, 1918. Through the years 1923 to 1931, Armistice day was on the Monday on the week which November 11th fell on. In 1931, Allan Neill made a bill to hold Armistice Day on November 11th as well as to call it Remembrance Day.

In the United States of America, they have a similar day as well, but instead of calling it Remembrance day they call it Veterans day.

You see many people wear poppies during this time of year because it is worn in honour of Canada's war dead. Poppies were chosen because poppies bloomed across where some of the worst battlefields were during the First World War. As well The colour red symbolizes the blood that was shed during the war. It was originated from the poem "In Flanders Fields" by John McCrae. John was a Canadian Medical Officer during the First World War. His poem is about his experience of what he witnessed during his time