



Mount Royal University

Nursing Times

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Looking back & Beyond

By Caitlyn Passion
4th Year Nursing Student

This may be a repeat-statement, but never does it fail to take us by surprise when we say: another year and another semester has gone by! Can you believe it? It's hard to imagine that just a few weeks ago, we probably all were either buried under our books or sprinting to make it to our next final exam or evaluations. And now here we are, we've reached the other end of the tunnel—again! Now is the perfect time to give ourselves that important opportunity to celebrate all the success and accomplishments seen throughout the semester.

As a group, all members of the EAL have been super busy taking that extra time out of already hectic schedules to meet up for extra-curricular learning sessions, support group meetings, and one-on-one mentoring. To expend that much more time and effort on schooling, in addition to the 7 days a week we already commit, all for the sake of furthering individual learning and improving chances for academic success is remarkable and deserves a lot of praise. Through our monthly group meetings, we were able to meet and share with each other our valuable experiences and advice about

preparing for surviving clinical, personal challenges, succeeding in assignments and exams, as well as our learning experiences of the semester and their impact on our lives.

But of all the benefits the EAL support group offers, the chance to reflect and share perspectives with students of varying stages across the nursing program is one of the most unique and significant opportunities. An environment of open reflection and communication is so meaningful, especially as a means of coping and support in a mentally, physically and morally challenging program such as nursing! And each semester's discussions only prove to be just as, if not more, engaging than the last. There was an awesome recurring theme this time through, about 'learning through each other'. Ultimately, I found that this theme is summarized well by a statement made by one of our newest EAL members very early in the year: "we all have our own personal strengths... I'm here to learn something from you and maybe you can learn something from me too".

Each member of the EAL has had great impact on an-

other, and regardless of which way, shape or form, each member has influenced the personal, academic, and perhaps professional growth of another student, classmate, or colleague. With this, it is with both happiness and regret that we say congratulations and farewell to a very special member of the EAL, Dr. Linda Binding. Linda has been an enthusiastic and genuinely supportive nursing faculty volunteer, graciously donating time and effort towards the academic success of EAL nursing students. We would like to sincerely thank Linda for her ever helpful pronunciation workshops, in addition to contributing her positive energy and providing us all a great source of inspiration. Thank you Linda for your wonderful generosity and support, best wishes for a happy retirement!

I hope that every EAL member felt that setting aside the extra time to share those moments together this past semester was all worthwhile and looking forward to a fresh new start next year! For now, enjoy the much-deserved rest and relaxation of winter break. Safe and happy holidays to all and see you in the New Year!



**Helping Others to
Empower the Future!**

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Editorial

Hello all! The end of a semester and a start of a new semester! That is always exciting, a way to end one chapter of your school life and start another all brand new! The two months, December and January are very busy months. With the holidays and New Years coming and going all the time, it is interesting how they will turn out. It is always a time of stress, not only exam

By Charmaine Law
3rd Year Nursing Student

stress but stress from all the holidays. Aside from all the stress is a good time to take a good break and rest with all the family and friends that you are not able to meet during the school year. As the break ends, a new semester starts and we are able to start anew in so many aspects. Another new semester of EAL nursing is going to start and more support and encouragement is also

going to start, I'm very excited! Aren't you ready to learn, connect and encourage one another? I sure am! Together will get through another semester with lots of fun and gain many new experiences along the way. Happy New Year.

Microsoft

Have something to say? Comments, questions or specific topics of interest contact one of the following:

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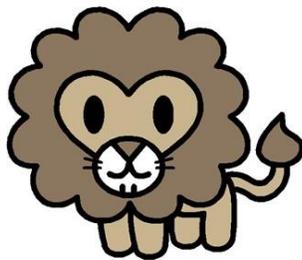
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Caithlyn Pasion

A Step With Courage

By Charmaine Law
3rd Year Nursing Student



Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, "I'll try again tomorrow."
-Anne Radmacher

Something that we all have and yet we lose as we walk through life in some areas is confidence. Confidence is something that we all build up and once we go into a new setting, it may all be stripped away. As nursing students, we all want to believe that we are capable of doing our tasks and learning at the same time, although that is not always the case. There are many different times where we will hear how our instructor is or how the unit we are on will be like, which will totally drop our confidence level so what do we do then? How are we able to keep our confidence levels up high and be able to finish our courses with a good attitude?

Confidence is not something that you can say and get it. Confidence is something that will gain over time, as it is the feeling and knowing "I can do it." That is

the most important step, saying "I can do it," for if you start up on the opposite direction you will have to overcome that dip in the road before you are able to climb back up onto the mountain. The more confidence you believe yourself have, the more confidence you will have to be able to complete the task or goal.

Stand firm in what you believe; it is not always wrong to not know something. I have learned from one of my clinical instructors is believe in what you do know and find out what you don't know. If you don't know something, be prepared to know where to find out. It is best if we can divide what we do know and what we do not know into separate groups and reply to others when we do not know things. Others do not know want to hear guesses regarding things you do not know, it is best if you

tell them that you do not know and will find out the answer. Telling somebody else that you don't know is also showing confidence. It shows that you are confident in what you know!

The more you practice confidence, the more you will gain. As you look back and see the road you have walked past, you will see that you are gaining confidence without knowing it. It mainly is the little things that you may not see and look past, but those little confidence moments will all add up and come together for you to become one big ball of confidence within yourself.

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 First day of Classes	11	12	13	14	15
16	17	18 Last day to adjust registration	19 Last day to pay fees for Winter Se-	20	21	22
23	24	25	26	27	28	29
30	31					

Schedule of Events

- ◆ January 10—First Day of Classes
- ◆ January 18—Last day to adjust registration (drop/add/Cancel) for Winter semester 2011 with full tuition refund
- ◆ January 19—last day to pay fees for Winter Semester

Workshops and Meetings

Stay tune for the upcoming workshops and meetings. We are still in the process of planning for this semester. Thank you all for your patience. Please contact Liza Choi, faculty coordinator for the EAL Nursing Student Support Group if you are interested in joining in this semester, winter 2010. Liza's contact information: lchoi@mtroyal.ca or at 403-440-6926

To All nursing students: Volunteers needed—Peer Mentor

Being a peer mentor is an excellent opportunity to help fellow classmates, expand your knowledge of other cultures, and have some fun. Orientation: Please book a time with Liza Choi by emailing lchoi@mtroyal.ca or calling 403-440-6926

To All EAL Nursing Support Students!

It doesn't matter if you are a mentor or and mentee, we would love your input into our EAL Newsletter. Feel free to write anything you like or even write about your experience within our group. We would love to hear about all the awesome stories you about you experience with the program and how it impacted you in a good way or bad. You don't have to write much and if you are afraid of English being your additional language , the editor would be pleased to edit it all before it gets published. Be a part of our team

The EAL Experience

By Lisa Yao
3rd Year Nursing Student

I have been excited since I participated in the EAL nursing support program because I learned a lot of things. An illustration would be when I started my first year in the nursing program. I was very nervous because I did not know how to communicate with other people, especially with my assigned patient. Also, due to the fact that English is not my first language, I really worried that individuals could not really understand what I said to them. Therefore, I was very afraid to communicate in public. However, after participating in the workshop of pronunciation, which is offered by the EAL nursing program, I became more confident in my communication with others. This was because I learned how to use appropriate strategies to improve my skills of communication and collaboration. Those skills are very important for me to develop collaborative partnerships with my patients and other medical team members. Finally, I would like to take this opportunity to thank all of the instructors who work in this nursing support program for offering effective support and instruction.

Good Bye!

One of our lovely instructors, Linda Binding, is leaving us as she retires. We thank her for everything she has brought to not only Mount Royal University but to EAL alone. All the hard work, commitment, her love and care, we truly appreciate all she has placed into our EAL nursing support Group. Goodbye and Best Wishes! We will miss you.

Linda is a very nice and patient instructor. She is really willing to help everyone in our group. Her pronunciation classes are really helpful to me. Before attending this class, I never noticed my pronunciation mistakes. Linda caught my mistakes and helped me to work on them. I really appreciate her help, and she is so patient. Sometimes it is really hard work for me, maybe also others, to change mistakes, but Linda just repeated with us for a lot of times until we were getting better. Thank you so much for the hard work, Linda! And I really appreciate that. Hope you will enjoy your life after retirement! Mengyu Song

Linda, thank you for all your enthusiasm & support with the EAL group. You have helped so many students. We'll be forever grateful! Enjoy your retirement.
Caithlyn Pasion



Linda, thank you so much for all your support!
- Voon Fei Ho

*Dear Linda,
Thank you so much for everything. I really appreciate it. Have a good time. I'll miss you so much. Lisa Yao*

*Hi Linda, thank you for all your teachings and encouragement. We will miss you!!
Amy Cheng*

Thank you Linda, for being such a wonderful instructor. My prayers and best wishes are always with you. Love, Yenzin

Linda, thanks for all your support, time and effort you have placed into EAL Nursing Students. We appreciate all you have done and impacted on all of us. Best wishes. Charmaine

Thank you for your tremendous support, believing in me and the time you took out of your busy schedule to help the EAL students (since Winter 2009). Your generosity, time and effort in helping/facilitating EAL students was greatly appreciated especially in the area of communication. Your stories of life, academia and counseling experiences have made a great impact on me and others. Yours Truly, Liza Choi