



Showcase Madness

By Caithlyn Pasion and Charmaine Law
4th and 3rd Year Nursing Students

On January 25th, 2011 Mount Royal University held a Student Scholar's Showcase which was facilitated by the Faculty of Health and Community Studies Scholar's Council. Two Students from the Faculty of Nursing, Caithlyn Pasion and Charmaine Law, participated to promote and share what EAL Nursing Support Group was really about. The following is an interview with the two students to hear more about this wonderful event.

So, tell me about the scholarly showcase. What is it? How did you find out about it and what made you want to participate?
The Scholarly Showcase is a showcase to show off and present what students in the Faculty of Health and Community Studies have accomplished throughout the year. It is a poster presentation, so we had to create a poster. We first found out about this showcase from Liza Choi. After thinking about it we decided it would be a great opportunity to present to others what EAL Nursing Student Support Group is all about. It is away to promote our group to not only nursing students but to other students from the Faculty of Health and Community Studies.

What did you present about and why?
We briefly presented what EAL nursing is



all about. We included both what our purpose as a group is as well as our personal purposes, our inspiration and what we are motivated to do. We presented our history as a

group, how our group is structured, our benefits to one and other. Lastly, we presented what our future vision is for EAL Nursing. We chose these topics because

we wanted our audience to have an understanding of what the EAL Nursing Support Group was about and how it was established as a whole. One thing we emphasized that was different from the rest of the presentations was that our project is on-going, so we are able to aid more nursing students.

Let's talk about the "morning-of" the Scholarly Showcase, how did you feel? Honestly

CL: I, personally, was very nervous and not prepared for the presentation at all. Caithlyn and I organized what we wanted speak about and how we would present it. Liza was very supportive and calmed us down. The more we presented, the more comfortable I felt.
CP: In all honesty, in the beginning I was so scared I couldn't verbalize any of my thoughts, I was truly embarrassed! But after the first passer-by came to ask questions, words came out with ease. And I think it is safe to say Charmaine and I had a really good time!

Charmaine, I noticed you have amazing talent with using PowerPoint. The poster used this format and it looked so awesome! What's the best tip you can give us with respect to making PowerPoint slides or even professional posters?

CL: Just learn and play with it. I learned how to become better at using the program by playing around with it. I also learned from people who were better at the program than I was, something like mentor and mentee. My best tip is to play with it, and ask if you don't know how to do something.



Helping Others to Empower the Future!

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

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March is both a start the rest of this semester and the start of spring, but it does not seem or feel like springtime in Calgary. With all this snow, we all dread and wonder when this winter coldness will pass. Don't worry, springtime is coming soon; the official first day of spring is March 20th. Just keep thinking of green grass, leaves on trees, flowers blooming and the warm weather. Slowly and surely the weather will turn out to be beautiful. Just wait a little longer.

After a nice reading week, I hope everybody is well rested. I sure am! Midterms and assignment due dates are coming closer, so be well relaxed and don't remember to distress when things start to become stressful. March seems to be one of the longer months as so many things need to be done without any long weekends or holidays, but keep in mind that the semester will soon come to an end. You can do it, just hang in there!

During the past little while, we have had a few group gatherings and the turnout was great! We were able to talk about a few topics and the conversations were beneficial to students. It is good to see that EAL nursing is doing well and I love hearing stories about how EAL Nursing Support Group has helped you. I hope everybody will continue to work hard and do well in Nursing as this semester continues. Happy Spring, even in this cold weather!

Scholarly Madness Cont.

What did you learn about yourself during the process of the showcase?

CP: I feel that above all, I learned that presenting publicly comes much more naturally if you're passionate about your topic – and the process of preparing for this event just self-confirmed how much happiness and excitement EAL brings to me just by talking about it! I've also made one other confirmation about myself: I am much more confident publically if I just have a cookie in hand!

How did this presentation help EAL Nursing grow? Do you think it was beneficial for the support group? What about growing individually for yourself?

CP: Taking part in this presentation was absolutely beneficial for the EAL! Our group is doing so many great things for our University, and it's awesome that we had this chance to promote and share it with other faculties. Hopefully next year the EAL Nursing Support Group will participate again to give an update on how much more progress we've made! Aside from the whole experience being a fun time, I loved being able to share and learn with students & faculty from other departments. I felt it really showcased how tight-knit our Mount Royal community really is.

What made you decide to follow through with this presentation?

CP: Although we were a little intimidated by the greatness of this event, we followed through, I think, because it was overall fun to be creating a presentation/super awesome-looking poster about a very unique topic that we love and are absolutely compelled to share with others.

CL: I also believe that we had a lot of support from faculty and especially Liza, so that gave us much encouragement.

What would you have done differently if you had to do the presentation again?

CP: Looking back, I'm tempted to say that I wish I could have prepared better just to ease my nerves. But really, I wish I don't think we could have done anything else better, we put in our best efforts for that day and it turned out great! We had fun, laughed about ourselves, and most importantly shared our insight and experiences with many others.

We also interviewed Liza, let us see what her thoughts were! What were your feelings as your students presented on the EAL Nursing support group at the Scholarly Showcase?

LC: I felt a great sense of pride in the students as it was apparent that the next generation of nurses have taken up the cause of EAL nursing student support.

How did you support the students as they went through the process until the end of the process?

LC: I believe that team work was the heart of the success of the Student Scholarly Showcase.

If another student asked for your support to do a similar presentation, would you do you do it again?

LC: Yes I would gladly do it again.

If you supported the students again on a similar presentation, what would you do differently?

LC: In terms of doing anything differently, I think allowing students to work more independently and have it much more student-driven.

So there you have it, a success in presenting to others what our wonderful Support Group have done and who we are.

March 2011

Schedule of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Group meeting	4	5
6	7 Communication workshop	8	9	10	11	12
13	14 Registration for continuing students begins	15	16	17 St. Patrick's Day	18 • Planning Committee meeting • Last day to withdrawal	19
20 First Day of Spring	21	22	23 PowerPoint Demonstration	24 OneMatch	25 PowerPoint Demonstration	26
27	28 OneMatch	29	30	31		

- ◆ March 3—Celebrate Chinese New Year (part II) 1100–1230h
- ◆ March 7—Communication Workshop noon-1250h
- ◆ March 14—Registration for Spring and Fall Semesters 2011 begins for continuing students
- ◆ March 18—Planning committee meeting 1600-1700h
- ◆ March 18—last day to withdrawal from course or program in the Winter semester with an award of “W” grade(s)
- ◆ March 24/28 OneMatch Stem Cell and Marrow Network 1100-1500h
- ◆ March 23 1000-1200 PowerPoint demonstration
- ◆ March 25 1230-1430 PowerPoint demonstration

Workshops and Meetings

Essay-Zone - A tentative workshop on how to use Essay-Zone. IT will be happening on Wednesday, April 6th, 2011 from 1100-1230. If you are interested to learn more how to write better via a website “Essay-zone”, please contact Liza Choi for more details. Liza’s contact information: lchoi@mtroyal.ca or at 403-440-6926

How to Prepare & Teach a Powerpoint Demonstration” This will happen on Wednesday, March 23 anytime between 1000 and 1200 and/or Friday, March 25 anytime between 1230 and 1430. Please register with Lesley Morgan via email: lmorgan@mtroyal.ca

Volunteer or Participate with OneMatch at MRU

Are you interesting in helping with an organization that finds donors for patients in need of stem cells? OneMatch coordinates searches for matching donors and patients. OneMatch is coming to Mount Royal University and they need volunteers and people to participate in this event. It will happen on Thursday March 24, 2011 at 1100-1500 (at MRU recreation concourse) and on March 28, 2011 at 1100-1500 (on main street). If you would like more information please visit the site www.onematch.ca. If you would like to volunteer or have additional questions, please email Jacqueline Plishka at jplis299@mymru.ca.

To All EAL Nursing Support Group 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 about your 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 and join our community. Happy Writing.



EAL Nursing Support:
Advocating English as Additional Language
 Cathlyn Pasion & Charmaine Law
 Faculty Sponsor: Liza Choi
 Bachelor of Nursing, Mount Royal University

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UNIVERSITY

Introduction

The English as an Additional Language (EAL) Nursing Support Group is a current pilot project sponsored by volunteer nursing students, faculty and staff. This unique group was established with the goal of creating a supportive learning resource for EAL nursing students. Through a variety of activities, peer mentoring programs, and social events, we display our values of improving and informing nursing practice. In addition, through building a strong student community, we facilitate personal and professional growth. This group serves to connect and help EAL students with their challenges in a safe learning environment.

Purpose

Goal: "Helping Others to Empower the Future"

Our Purpose is to champion student support networks within nursing, cultural exchange, mentorship, leadership, and promote the importance of positive relationships between faculty and peers.

Our inspiration comes from our mutual passion of advocating for EAL students and in recognizing the wealth of personal strengths and potential all clients offer.

We are **Motivated** to further encourage EAL nursing students by increasing access and support, and to ensure further academic, development and sustainability of the project.

Personal Purpose

Our involvement in this project comes from ongoing interests in peer support and promotion of cultural diversity. Through our experience in the nursing program we have acknowledged the greater academic conflicts and struggles of our EAL peers. We further recognized the lack of supportive programs able to address their needs. Volunteering as Peer Mentors, planning committees, and writing monthly newsletters have all been rewarding and fun. We look forward to our own personal and professional growth. As a result, we hope to continue reinforcing the knowledge of further development of this project so that it can expand and continue to serve future EAL students.

Brief History

The seed of this program began when Liza Choi questioned whether the nursing profession reflected the diversity seen in our client population. It started on Liza after contemplating her own training as well as reviewing the literature, that there is an absence of nurses from diverse backgrounds. This is due to the fact that many EAL nursing students have worse academic outcomes in comparison to their English as a First Language peers. In an effort to combat this trend, the EAL Nursing Support Group began in 2019. The group began with a small number of students and blossomed to include over 20 students today.

Organizational Structure

EAL Nursing Support Group

- Faculty
- Student Leaders
- Planning Committee
- Workshops
- Peer Mentor & Mentees
- Social Gatherings
- Monthly Newsletter

Our Approach:

- using awareness of the EAL Nursing Group's assets
- building a systematic structure of the project using the Group Process and Community Model
- apply an evidence-based Nursing practice

Benefits

EAL Nursing Support Group

- EAL Student
- Peer Mentor
- EAL Student
- Faculty
- Programs

Peer Mentor

- increase availability of support
- strengthening student community
- awareness and respect of Canadian and diverse cultures
- enhance communication and mentoring skills
- creation of safe, accepting environments to develop healthy coping skills

Programs

- providing opportunities to build nursing practice
- unique workshops help assess, identify, and address EAL students' academic needs
- encourage self-confidence, empowerment & team-building

Faculty

- encourages collaboration between students and faculty
- provides dynamic opportunities towards development of approaches to teaching and learning

Promoting the application and involvement of a community health project and utilizing the Nursing Process

Future Vision

We envision the development of an academic and social support group that continues to foster and create welcoming, supportive learning environments. We hope for more involvement from students (EAL and non-EAL) as well as faculty staff to share in the opportunities offered by this group. Our vision comprises positive learning experiences, increased personal and professional growth, and ultimately confident and competent nursing graduates.

Acknowledgements

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The Green Holiday

By Charmaine Law
3rd Year Nursing Student

St. Patrick's Day is a holiday we celebrate in Canada, but what is it? It is associated with green, but why? Why do we even celebrate it? St. Patrick's Day is an Irish holiday which is celebrated on March 17th all over the world to honour the Irish Christian missionary, Saint Patrick.

Saint Patrick is a person who was kidnapped from his native land (Roman British Isles) by pirates and sold into slavery in Ireland. He worked as a shepherd and turned to religious comfort in times of disappointment. After six years in slavery, he escaped and went home to Britain. He became a priest. After a few years, he traveled back to Ireland as a Christian missionary where he laid the groundwork for the establishment of many monasteries and churches. His mission lasted for 30 years and it was believed that he died on March 17th. Saint Patrick's Day was first celebrated in Boston, Massachusetts in America in 1737.

There are many traditions and symbols that are associated with St. Patrick's Day such as the shamrock, three-leaf clovers, and leprechauns. A shamrock it is a symbol for St. Patrick's Day because there are many clover plants in Ireland. Another reason why a shamrock a symbol is because St. Patrick used one to visually illustrate the Trinity (Father, Son

and Holy Spirit) concept in Christianity while trying to convert people. Within the mix of three-leaf clovers there are four-leaf clovers as well. It is rare, so finding one is thought to bring good luck. It is believed that each leaf represents something different; hope, faith, love and happiness.

The leprechaun is another symbol of St. Patrick's Day. The leprechaun is a mythical creature that looks like a little old man with pointed ears, wears green clothes, a hat and a leather apron. Leprechauns live alone and they mend the shoes of Irish fairies. The fairies pay them in gold coins therefore pots of gold coins are associated with leprechauns. These mythical creatures hide a pot of gold and in order to find the treasure, you can listen for their shoemaker's hammer. By hearing the hammer, you can track down the leprechaun, but don't take your eyes off him or he will vanish for he is very tricky.

Green is associated with this holiday because it is the colour of shamrocks, the colour for spring and is connected with nature and hope. Also, Ireland is very green due to all the greenery around the country. If you do not wear green on this day, you will be pinched! Remember to wear green on March 17th, and have a fun time catching leprechauns in order to become rich from their gold coins.

