



Nursing Times

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Helping Others to Empower the Future!

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Welcome !

Welcome back EAL Nurses to another semester. As we are stepping back into the fast-paced routine of school, we hope that your care-free, summer-time memories still bring you warmth, especially on these cooler days of Fall! Whether you are brand -new to the program, starting your first practicum ever, or heading into Final Focus, we would like to start off the school year simply by saying: congratulations, you made it here!

Fresh beginnings, such as this, are worth so much celebration-- they are the product of all previous great accomplishments up until this point. Here at the EAL support group, dedication, commitment, and hard work is something we like to honour as well as promote. That said, looking back at our own successes as the EAL, we were excited to see that there are so many things to applaud!

Near the end of last semester alone, the EAL volunteers and students really showed some positive growth. A promotional presentation from the EAL support group to the Nursing Faculty members was a great high-light which we felt had truly captured the attention of our Nursing instructors. This presentation focused on the personal experiences of students in the Nursing program, both as EAL and non -EAL, and how the support group provided much positive impact. During our wrap-up party in May, the Planning Committee stepped up and tackled the task of organizing and hosting the "Resume writing & Interview Skills" workshop, which was beneficial to all (especially those who were applying as Undergrad Nurses that summer!). Lastly, we closed off by creating a colourful display in the Faculty of Health &

**By Caitlyn Passion
MRU Nursing Alumni**

Community Studies wing entitled "International Health and Healing". Here our EAL members shared an impressive collection of traditional medicines and remedies.



Looking back on what we have already done only motivates us with the thought of what new opportunities and experiences we will gain for this upcoming semester.

As we all are heading towards inevitable change and challenge, the EAL support group hopes you will find these next few months as memories you can reflect back upon again, adding it to your list of accomplishments.

Best of luck and see you at our group gatherings!

xox

Your EAL Planning Committee

Editorial

Another semester has started at Mount Royal and it has gotten me excited for EAL this year! Although it is a little different this year, or at least this semester I am still very excited. We got a new email so it would be easier to contact us. We would love to hear from you guys, so please write to us, regarding our newsletter, topics regarding our get-togethers or even any feedback for our meetings, newsletter or just anything related to EAL nursing.

By Charmaine Law
4th Year Nursing Student

The summer has passed but in Calgary we are blessed with beautiful nice weather although "autumn" is here. I remember when I was younger where I had to wear thicker jackets when I started school in September. However this year we are still able to wear t-shirts and even shorts on some days because of the gorgeous weather! I can not complain at all knowing it won't be long before the cold and snow comes. September is

a month of getting back to school and getting use to our daily routines once again. Even though I want to get back into routine, I have troubles with this since the weather is so nice! The nice weather does give me dilemmas for I don't want to stay inside and study or do school related things when I can be outside enjoying the sunshine and wonderful weather. Let's all enjoy the weather together!

Contact Us

Have something to say? Comments, questions or specific topics of interest contact the Planning Committee by emailing us at mru.eal.nursing@gmail.com

Meet the Members!

Meet the members of our wonderful Planning Committee of EAL Nursing Support Group. Without these wonderful people, we will not have anybody to plan awesome meetings. It is these people who are the structure of EAL Nursing and help us get meetings and students together. Although Liza can not join us this semester, the rest of us are hard at working to keep this wonderful support group going on this semester.! Lets take a look who these amazing, special people are!



Caithlyn Passion

I joined the EAL support group in my 2nd year of nursing as a Peer Mentor volunteer. I loved it so much that I decided to become part of the Planning committee and had lots of fun creating new ideas for the EAL. I still continue to enjoy it even after I graduated, and am now helping out in any way that I can! I enjoy many things like reading, fashion, backpacking, and writing for the EAL Newsletter :)!

Leslie Morgan

Mother of two wonderful children and a son- and daughter-in-law, and grandmother to two adorable grandchildren, Chisato and Soki - my son's wife is Japanese. Graduated from Brigham Young University with a degree in Ed. Psych. Taught piano for over 30 years. Maybe you don't see a connection between my degree and my career. Well... neither do I. About four years ago I needed a change and now work at the School of Nursing. Love to sing, play piano, write, teach and take long walks





Sandra Gordon

Sandra grew up in Calgary but moved away for most of her adult life to Ontario and eventually BC. She has now returned to her home town to teach her favourite subject, Senior's Health in the nursing program. Her interest in the EAL program began as she taught Nursing at York University where most of her students were from other countries and she found the richness of diversity changed her perspective forever of what it means to be a nurse. She has three grown up children and three very badly behaved cats!

Lisa Yao

My name is Lisa Yao and I am a fourth year nursing student. I have participated in the EAL program as a match up organizer since my first year. What I have done as a match up organizer is to create a supportive environment for ESL nursing students and assess both peer mentors and ESL students' needs. Also, performing this role as a member of the organization committee improved my ability of well organization, effective communication and leadership.



Charmaine Law

I'm Charmaine, a 4th year nursing student. I've been working with the EAL Nursing Support group for 2 1/2 years and am excited for this coming year. I enjoy writing our newsletters and hope you enjoy reading them too! I enjoy spending my time playing piano, watching shows, and taking walks outside. I really enjoy working with children so I hope to become a paediatric nurse in the future.



Jen Mah

I am currently in my Fourth year of nursing. I enjoy being outdoors, swimming, biking, reading, watching movies, meeting new people, and building my business during free time.



Tom Tang

I am currently in my Fourth year of nursing completing my Final Focus. I was persistent and completed many courses this summer so that I was able to do my Focus this Fall! I joined as an EAL student three years ago to get help practicing English, and I now decided to participate as a volunteer. My wife is a delicious cook and everyone in EAL enjoys her food during our many pot lucks!



Pieces of My Experience as ESL Students in Nursing Program At MRU

By Heyan Zhang Nursing Student

At the beginning of my journey to become a nurse, I heard from my Chinese friends who were senior nursing students that most instructors at MRU did not welcome ESL students into the nursing program, and they were not helpful to ESL students to pass exams; it was very hard for ESL students to pass clinical; it was very common for ESL students to fail once or twice throughout the nursing program; we were excluded by group mates and primary nurses in clinical, ... All these statements sounded very scary to me. I doubted whether I could succeed in the nursing program.

However, when I am at the end of the study journey and have accomplished all courses without falling one, instead, many Canadian classmates failed once or twice, I find it is not necessary for ESL students to fail once or twice to graduate from nursing program. All the instructors I had were kind to me and helped me with course content, writing papers, and exam questions which confused me. As well, many nursing instructors volunteer to help ESL students through presenting at gathering meetings hosted by EAL Support Group at MRU, offering workshops, providing consultation, and giving ESL students extra classes etc. All evidence proved what I heard previously is not true. One instructor I interviewed for my assignment stated that some ESL students never talked with instructors and the instructors had to assume that the ESL students were ok with these courses. She believed that lack of communication with instructors might contribute to the misunderstanding that some instructors do not welcome ESL students into the nursing program (personal communication, January 20th, 2011).

Why are there always these kinds of assumptions passed from senior nursing students on to junior students? I believe it is the language barrier that is bothering us. Although all ESL students had passed certain exams to satisfy the admission requirement, most of us still have difficulty with finding appropriate words and ways to express ideas and thoughts. We pronounce many words incorrectly, thus we don't feel comfortable to speak, then we lose chances to speak out and improve English. Literatures well documented language barriers faced by ESL students (Choi, 2005; Bron, 2003).

As one of the ESL students in the nursing program, I met many challenges related to language barriers. For example, many times I could not exactly express my ideas and thoughts in English. Many times other people could not understand me without my further explanation. But what has been helping me to overcome those challenges to be successful in nursing program? One major helpful factor is utilizing EAL Support Group which is supported by all nursing instructors at MRU. EAL Support Group provides us face to face consulting by an experienced instructor, gathering meetings, media, and workshops.

Liza expertise in multiculturalism and ESL students' education provides face to face consultation to ESL students. She supports ESL students by helping explore issues and giving advice on how to prepare themselves for courses and clinical. She

always offer long term support to us. Literature evidenced that support from minority student advisor facilitated nursing students' success (Swinney & Doba, 2008). Newsletters edited by the EAL Support Group functions as a tool for ESL students to share experiences and ideas, also it provides a place to express feeling and share information, and gives us a sense of belonging in the nursing program. Gathering meeting is fantastic time because gathering meeting facilitates an atmosphere to speak. We can share personal experiences, find solutions for identified issues, get advice from volunteer instructors, and feel comfortable and safe to express our feeling during these gather meetings. The advices from volunteer instructors are very powerful in improving my performance in school. EAL Support Group also offers workshops for ESL students. Gathering meetings give a good opportunity because they facilitate an atmosphere to speak. Moreover, I shared my negative feelings from previous week clinical to the instructor (Linda) and got feedback and suggestions from her. With her suggestion and encouragement, I could get my confidence back soon and practice in clinical confidently.

I started to participate in EAL support Group since my third year and benefited a lot from attending EAL Support Group activities. I met other ESL friends and helped each other; I improved my English by speaking a lot; I learned more ways to express ideas and thoughts through interacting with instructors and other ESL students; my vocabulary was broadened; I met many instructors and empowered by the instructors; I felt strongly supported by the EAL support group;. Whenever I have difficulty with my school, I know where I can find help; whenever I am struggling with some items, my instructors will refer me to Liza; no matter when and why I needed support from Liza, she is always available...EAL Support Group is a powerful resource at MRU for EAL students. Therefore, ESL students MRU should utilize the resource to accomplish nursing courses.

References

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Ask Nurse Know

By Caitlyn Passion & Charmaine Law
MRU Nursing Alumni 4th year Student



*Dear Nursing Know,
I am a third year student and I will be finally starting the rotations. I am really excited about seeing the different specialties in nursing and hopefully I can find the one I am most passionate about. I am wondering, which clinical is the hardest one that you think is the most challenging?
From, Clinically Curious*

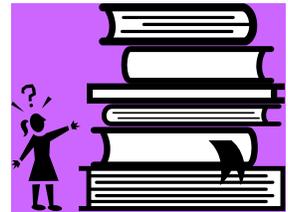
Dear Clinically Curious,
I found Adult health the most challenging and many of my friends felt this way too. I found it most challenging because that course required lots of knowledge and we were bringing everything we learnt in the past together. Although I felt this course was challenging, it was interesting and knowledge building.
Sincerely, Nurse Know

*Dear Nurse Know,
Nursing textbooks and lab-kits are costing me a lot of money! For some reason I don't feel like I budgeted well enough for this semester... Do you have any tips or suggestions of where I can get cheaper books and/or supplies? Is there any way I can find cheaper used books or even rent them from someplace? Please let me know.
Yours Truly, Kind-of-broke*

Dear Kind-of-broke,
In the bookstore, you may find used books and they are usually a bit cheaper than buying books new. Also you can try copy-right at Wyckhem House in the basement; here you may also find books that are sold by students and are usually cheaper than buying at the bookstore. I also have friends who bought their books online off online book stores or sites such as chapters or ebay. The bookstore on mainstreet also sells some books paperless, so you can load them on your computer. Another way to buy your textbooks is renting them. I do not know if the bookstore has all the textbooks available for rent but they implemented a new renting textbook system last year. Why don't you check them out.
From, Nurse Know

*Dear Nursing Know,
I've heard so many rumours about the Bio class and how it is completely impossible! Some people say that mostly everyone gets D's in that class... is this true? I'm so scared! I was so nervous when I saw the textbook, it is the biggest book I have EVER seen... I've already started reading through the pages, and I'm so nervous I'm thinking I should read that textbook from front to back! Is this a good way to study for this class? I don't want to fail! What is the best way to prepare for this class? Please help!*

*Sincerely,
Bio-phobic*



Dear Bio-phobic,
The bio class is one of the many classes that we have to go through and I must admit it is challenging. I am not sure if everybody gets D's but there are some who do really well and earn Bs or even As! Bio is a course that requires memorizing and understanding. I would suggest find some friends and create a study group to study together, that way you can ask and discuss ideas that may help you remember easier. Another suggestion is try to learn a little each day, try not to procrastinate and study everything for you midterm last minute. Making your own flash cards and bringing them everywhere you go, you can take them out when you have waiting times (such as at a bus stop or an appointment waiting room) and review.
Yours, Nurse Know

If you have anything you would like to ask Nurse Know, please email them to mru.eal.nursing@gmail.com. Please title your email as Nurse Know. We will keep all questions confidential.



Start of the Last

By Charmaine Law
4th Year Nursing Student

It was just yesterday when I took my first step onto a nursing unit and everything around me was foreign. The feeling of being lost and not knowing what to do immediately shot a chill down my spine. I was so amazed, although at the same time I was scared while being in this new environment. I just followed my nurse around on that first day, tagging along while at times I felt as if I was in the way of other workers on the unit by just standing and "not doing anything". Lacking confidence, I didn't ask many questions, I just nodded when my primary nurse introduced me to these foreign ideas, materials and procedures. It was just yesterday when that happened, however yesterday's experience had also happened to me three years ago.

Today starts the first day of my last semester here in this bachelor of nursing program. Despite this exciting process to be finished my four-year program, it still brings on new fears and pressures. Personally one of the reasons why I am very scared of finishing school is because school and studying is all I've ever known; I have been studying for the past 16 years of my life. Besides school I feel like I don't know what this world has to offer, in fact the working

world scares me a little bit. I feel that after this semester finishes, I will be walking into a world that I am not ready for. Each time I tell myself that I am prepared for this last practicum, a voice in my head tells me that I am not ready because I do not know everything yet.

Another fear that I have is the part about becoming independent. Although I see the confidence in myself change from a clueless girl on the first day of clinical to somebody who knows what I she doing most of the time, I still have doubts in my confidence. It defiantly is something I lack and try continuously to work hard on; the independence part of this final focus practicum scares me thus decreases my confidence level. The final focus is a course to help students transfer from being a student nurse to a new graduate nurse but just the thought of graduating being by myself scares me more. In class I hear that we are never alone while working as a nurse, in fact we work as a team with other nurses and professions. Even though this is the case, I feel as if I am suppose to know everything myself.

One last thing that makes me feel as if I am

not ready to graduate is "knowledge" and this increases my anxiety. I remember in previous clinical placements where my primary nurse was very knowledgeable and they seemed to know the answer to every question I asked. The questions I asked ranged in difficulty, from ones that were "stupid sounding" to tough questions that I thought nobody would know; yet these nurses knew it all. Compared to these wonderful nurses, I do not feel prepared enough to be working with their expertise. Time and time again, these nurses tell me that it is okay to not know "everything" and that knowledge comes from time and experience. Although I know this, the feeling of wanting to know everything before I graduate still exists and again lowers my confidence.

With so many different worries I have as I start my last practicum experience, I am still ready to start this semester with a bang. The excitement of learning and growing makes me so needy and thirst for more as I absorb everything that is thrown at me. I promise to keep you updated on my journey through the lasts parts as a student but the first parts of this amazing nursing career.

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labour Day	6 Student Orientation	7 Student Orientation	8 First day of Fall semester classes	9	10
11	12	13	14	15	16 Last day to adjust registration with full refund	17
18	19 Last day to pay fees for Fall Semester	20	21	22	23	24
25	26	27 Planning committee meeting 1300	28	29	30 EAL Group Meeting Last day to re-instated for fall semester	