



Are you RN READY with J-DUB? RN Empowerment and Advancement through Diversity

JOY
Just Own Yourself

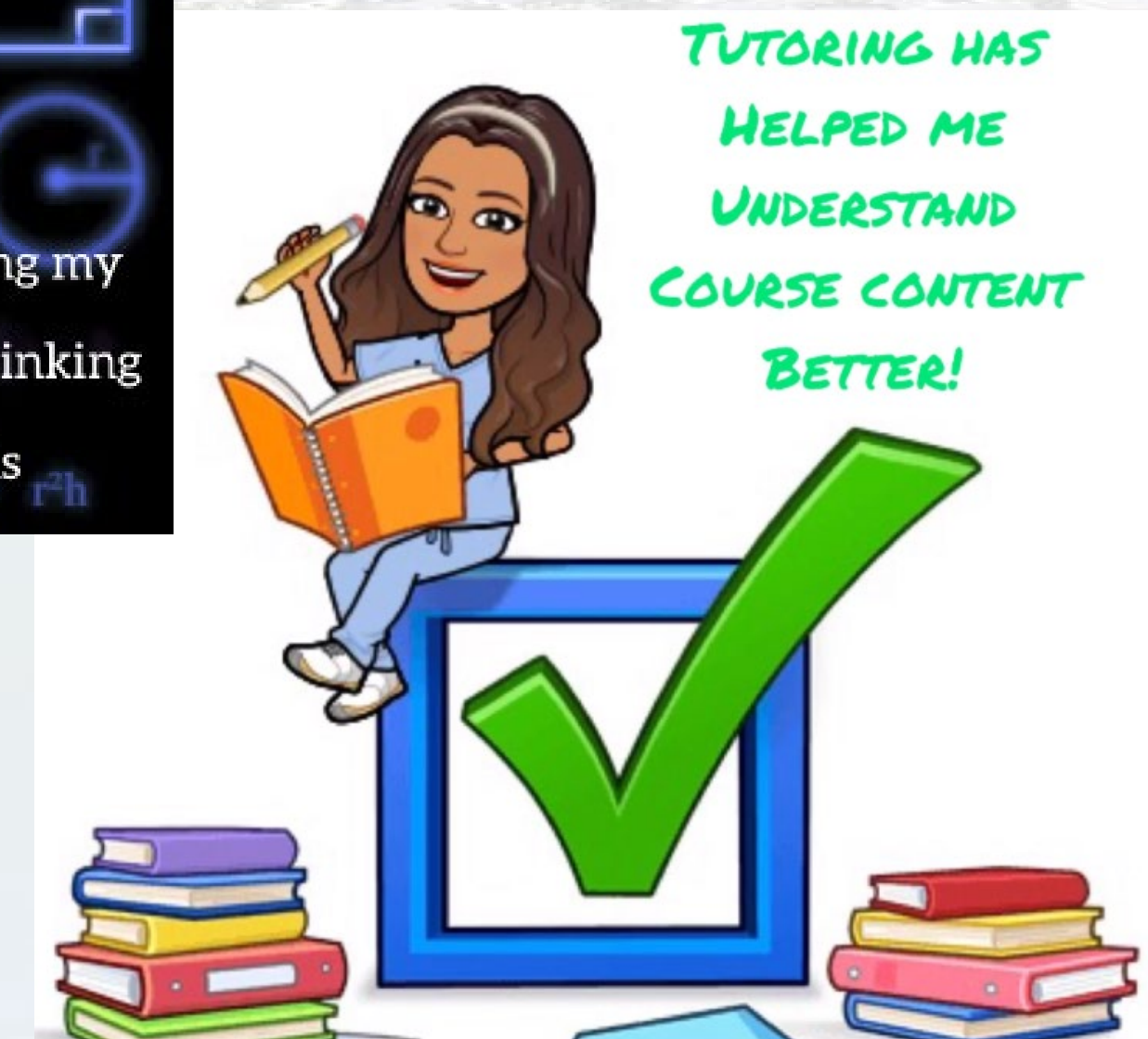
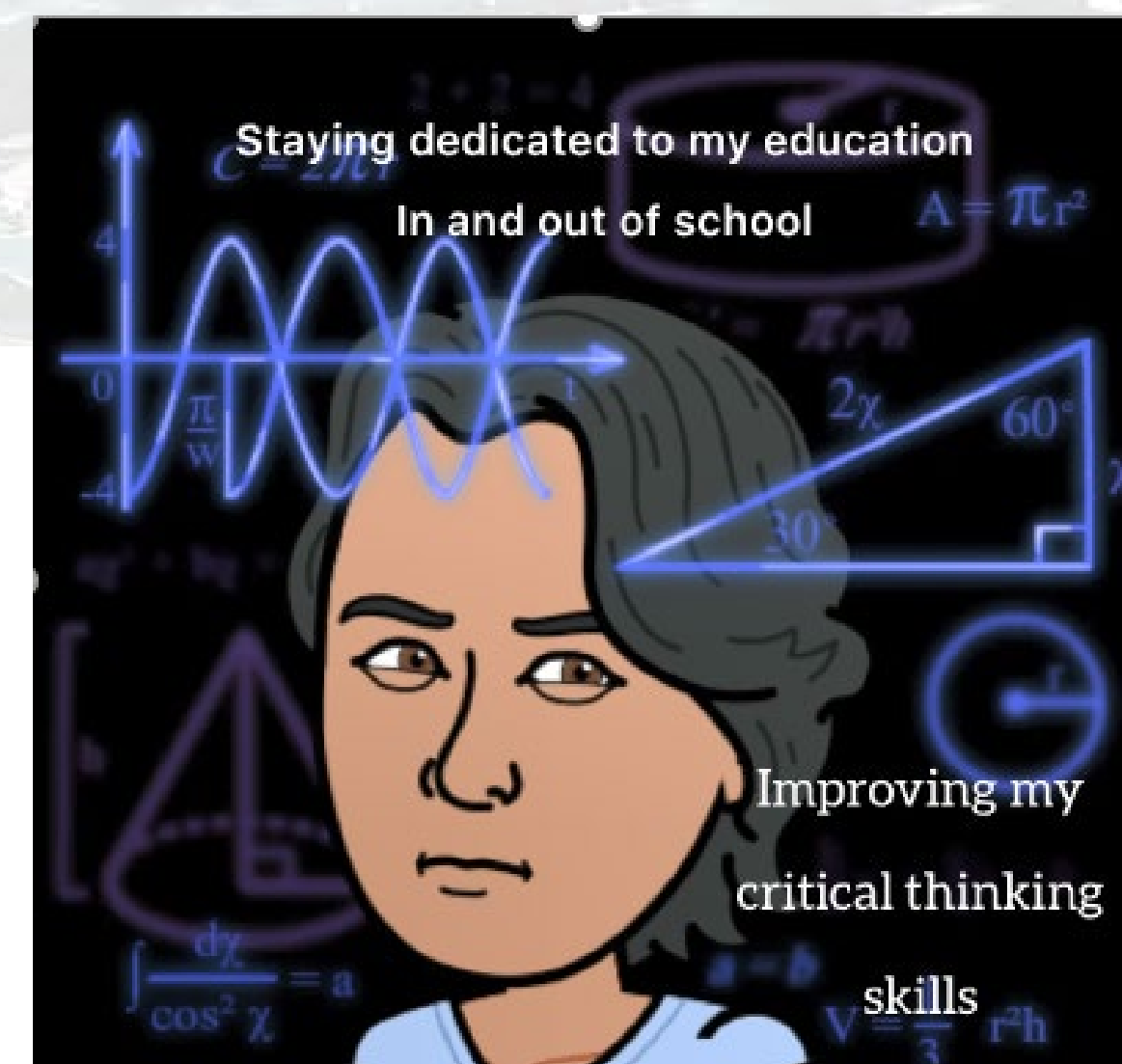
READY programming emphasizes finding joy and meaning in nursing school, providing pre licensure BSN students with tools and resources to promote self care and prevent burnout before entering the nursing profession. "Just Own Yourself" is a call for READY participants to embrace their unique identity, who they are and why they want to be a nurse. In year 4 of the READY program, participants created Bitmoji avatars and short videos sharing their advice and describing their journey to reaching their BSN.

READY Program Focus Group Summary

This document summarizes the Challenges, Assets, and Opportunities identified by 72 READY Program participants during the Spring of 2020. The emergent themes were situated within the context of transitioning educational and clinical protocols due to the COVID-19 pandemic. Students overwhelmingly communicated the positions that they (a) are steadfast in the pursuit of BSN and credentialing as an RN, (b) cannot be held back and will always bounce forward, and (c) believe everything is possible with the right supports.

1 Challenges	2 READY Assets	3 Peer Assets	4 Opportunities
<ul style="list-style-type: none"> Isolation & ambiguity: Students reported feeling isolated which was compounded by the ambiguity of academic affairs Varied communication and feedback: Students reported challenges from varied amounts, types, and quality of feedback Blurred identities & spaces: Increased restriction of spaces left little differentiation of home, work, school, and family identities Workload & strain management: An average stress level of 7 on scale 1-10 which was mounting over time Faded vision: Students reported losing sight of life after school in pursuit of degree completion 	<ul style="list-style-type: none"> Success Coaches: No asset was mentioned more as a lynchpin for meeting myriad demands and learning coping strategies The wonderful Johanna: Viewed as an invaluable personal and professional resource for student support and development Cost of living supports: Students used financial, breathing room toward housing, living expenses, clothing, & transportation Workshops: All subjects viewed as helpful; several wanted additional topics & timing options Person-orientation, not just product-orientation: READY is considered as a program to develop people, not just graduates 	<ul style="list-style-type: none"> Connection & community: READY students experienced an authentic connection with program peers that is a supportive, protective factor in their development Scheduled leisure: Peers encourage and collaborate for dyadic and small group leisure Culture of dedication: Within READY and CONHS, there is a distinctive culture of dedication to personal achievement and professionalization that has a sustaining influence on students Self-trust: Students internalized a sense of self-trust that is communicated from peers 	<ul style="list-style-type: none"> Consistent pathways of communication: Standardized expectations for communication with students from faculty Increase & magnify social engagements: READY WhatsApp; virtual coffee mixers; READY leisure events; Alumni mentor program; peer-to-peer program Enhanced workshop content: Move resumes earlier in program. Suggested topics included financial literacy, dealing with workplace bullying, accepting help, and the power of "no" Holistic approaches to inclusion: Students were open to READY strategies to include all pathways to nursing for future students

Discipline-
Do the work!



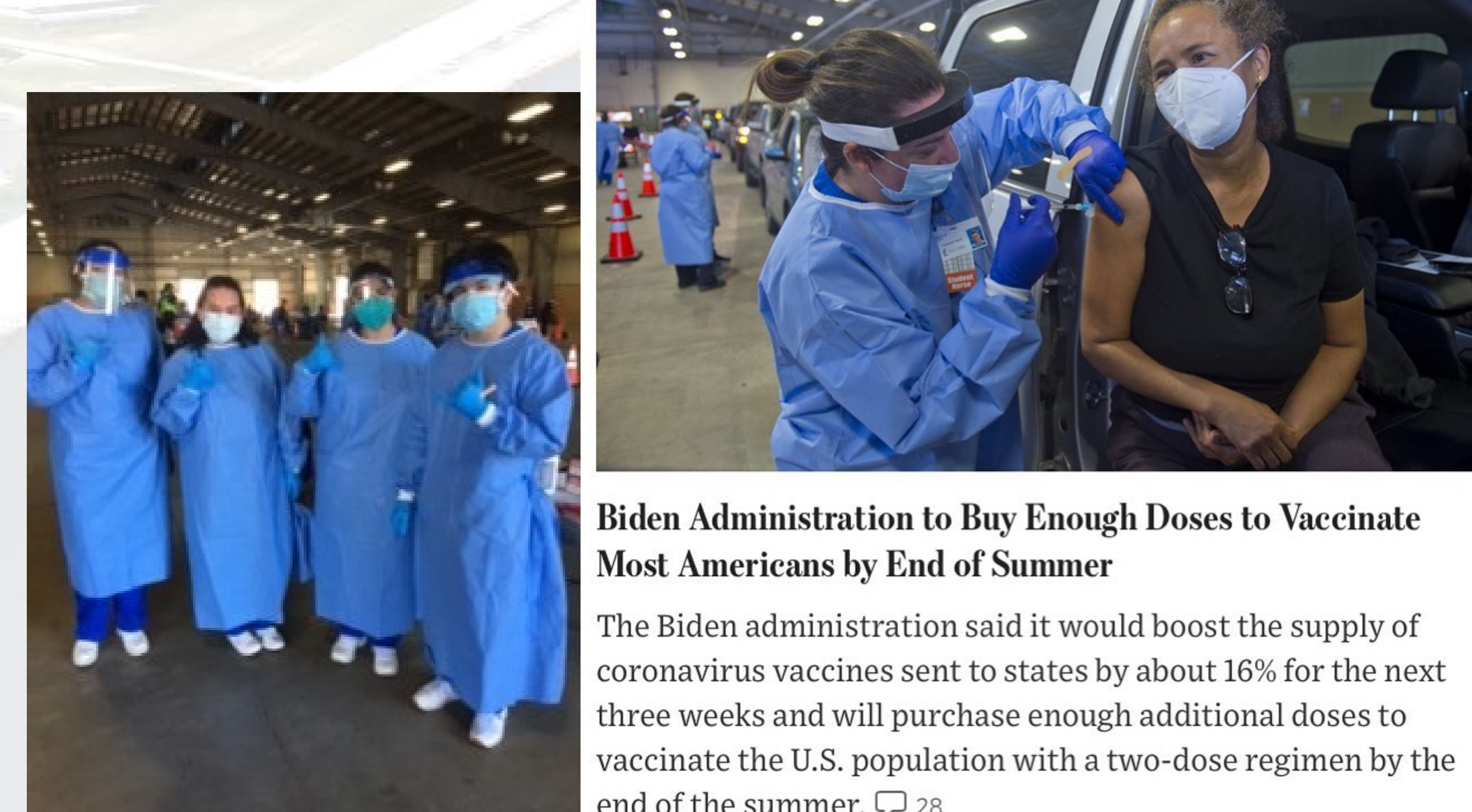
Ubuntu- Community
I am because we are



Balance-
School/life/self care



Community Service
Making an Islander Impact



Biden Administration to Buy Enough Doses to Vaccinate Most Americans by End of Summer

The Biden administration said it would boost the supply of coronavirus vaccines sent to states by about 16% for the next three weeks and will purchase enough additional doses to vaccinate the U.S. population with a two-dose regimen by the end of the summer. 28

Success Coaching



are you RN
READY



THERE WILL BE PLENTY OF BOOKS TO READ