

A.C.T.S. A Chance to Succeed Nursing Mentor Program

A great way to succeed



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Study Tips

- ✚ **Develop a study schedule, & stick to it!** Place the following items on your schedule: study times (2-3 times for each credit hour of course work), exams, holidays, breaks, class projects, and daily activities! Include 5-10 minute breaks.
- ✚ **Come to class prepared.** Complete review questions and/or study guide questions. Highlight important text, and take notes on concepts you don't understand so that you can review them later. Don't waste valuable time between classes. Review notes after class.
- ✚ **Identify key productivity periods and places.** Plan study times when you are most alert, focused, and productive. Make sure your study area is comfortable and has adequate light and ventilation.
- ✚ **Prioritize.** Prioritize each activity on your schedule, and review your priorities throughout the day. Don't let individuals or other interests distract you.
- ✚ **Divide your work into short-term goals.** Set realistic goals before you begin to study. For example, "*I will read 3 sections of Chapter 7.*"

What is the Nursing Mentor Program?

The Nursing Mentor Program is designed to foster relationships between nursing students, and a licensed RN to facilitate success in the Nursing Program.

Who can become a Mentee?

A Mentee is a Pre-Nursing or Nursing student who desires guidance and encouragement from a licensed RN.

Who can become a Mentor?

A Mentor is a nursing professional who volunteers to participate in the Nursing Mentoring Program and receives faculty and peer support.

Guidelines

- ✚ The Nursing Mentor Program will be introduced to current nursing and pre-nursing students each semester.
- ✚ Nursing professionals who are interested in participating in the program will submit a completed "information form".
- ✚ Mentors and mentees will be invited to monthly meetings where there will be showing and discussing a variety of topics.

A Mentor should demonstrate characteristics such as caring, sound judgment and leadership.

The Mentoring Relationship

- ✚ Mentors and mentees can be introduced during an orientation meeting to be held at the beginning of each semester or by the faculty coordinators.
- ✚ When entering a mentoring relationship, mentor and mentee become professional partners.
- ✚ Trust is a 2-way street - both mentor and mentee must work together to maintain a trusting and confidential relationship.
- ✚ Set realistic expectations for the mentoring relationship. Dissatisfaction can result if either the mentor or mentee expect too much of each other, or the mentoring relationship.
- ✚ Problems that cannot be worked out between the mentor and mentee should be brought to the attention of the Faculty Coordinators.

If you are interested in "A.C.T.S." provide contact information and we will contact you.

Name _____

Address _____

Phone _____

E-mail _____

Best time to reach you _____