

STARS: An Innovative Approach to Support Pre-Licensure BSN Students

Anna Wehling Weepie, DNP, RN, CNE, COI, Allen College

Topic: Academic Nursing: Excellence & Innovation

Category: Quality Improvement/Evidence-Based Practice Project

Abstract

Background/Introduction

Success in pre-licensure BSN programs requires students have multiple tools and resources available. Additionally, faculty play a key role in assisting students to lessen their anxiety and stress (Fitzgerald & Konrad, 2021). These concepts were integrated into an innovative program for pre-licensure BSN students to assist in facilitating Support, Transformation, Accountability, Resiliency, and Success (STARS).

Purpose

The purpose of STARS is to support nursing students throughout their education, facilitate their transformation into a professional nurse, create a culture of personal accountability, provide opportunities to develop resilience, and assist with their success now and in the future.

Methods or Processes/Procedures

STARS is implemented as students start the pre-licensure BSN program. During the first semester, students participate in several seminars to assist them with their transition into nursing education. Seminars include time and stress management, study skills, academic and mental health resources, use of program-specific learning tools, and networking with current students and registered nurses. Additionally, students complete a STARS advising session with their faculty advisor each semester of the program addressing 15 sub-competencies of The Essentials (AACN, 2021).

Results

Student complete an evaluation following the conclusion of the STARS seminars. To date, the majority of students “strongly agreed” or “agreed” that the content assisted with their preparation for starting the program and they anticipate using the information in the future. Faculty appreciate the connections they are able to make with students through the seminars and advising sessions.

Limitations

A major limitation of STARS is that students who participated in the program have not graduated. Thus, there is no information about end of program and graduate outcomes.

Conclusions/Implications for Practice

Through the implementation of STARS, students are prepared for academic and future success by using these tools and resources and having ongoing meetings with faculty advisors. Faculty support and engagement has enhanced student-faculty relationships and facilitated student success and growth.

Biography

Dr. Anna Weepie serves as the Assistant Dean & Professor in the School of Nursing at Allen College in Waterloo, Iowa where she has been employed as a faculty member for over 20 years. Her educational preparation includes earning a BSN from Allen College, MSN with an emphasis in Community Health Nursing from the University of Iowa, and DNP in Systems Leadership from Rush University. In addition to her teaching responsibilities in the undergraduate and graduate nursing programs, she supports and monitors the success of pre-licensure BSN students.

Contact Information

Anna Wehling Weepie, DNP, RN, CNE, COI
Professor & Assistant Dean, School of Nursing
Allen College
anna.weepie@allencollege.edu
(319) 226-2037
