

The CARE Pathway to the BSN: Focus on Student Success

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1

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2

CARE Pathway Overview



- **C**ollaboration: Enhance the collective infrastructure of our academic, practice, and community partnerships to better support Black and Latinx students
- **A**ccess: Increase access to the LUC MNSON 4-year BSN program for Black and Latinx students
- **R**esources and **E**quity: Tailor academic, peer, and social support resources so that Black and Latinx students have the support they need to achieve equity by minimizing barriers to achieving their educational potential



3

CARE Program Scope

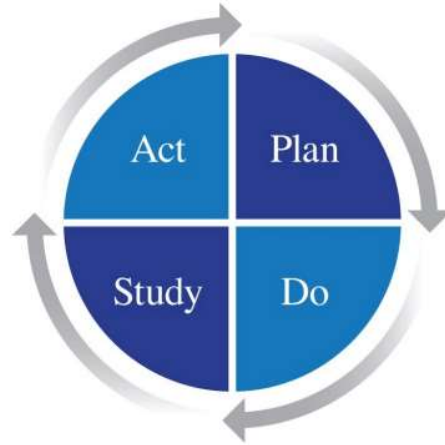
- Student recruitment and admissions
- Financial support
- Academic support
- Mentoring
 - Peer Leaders
 - Faculty
 - Alumni



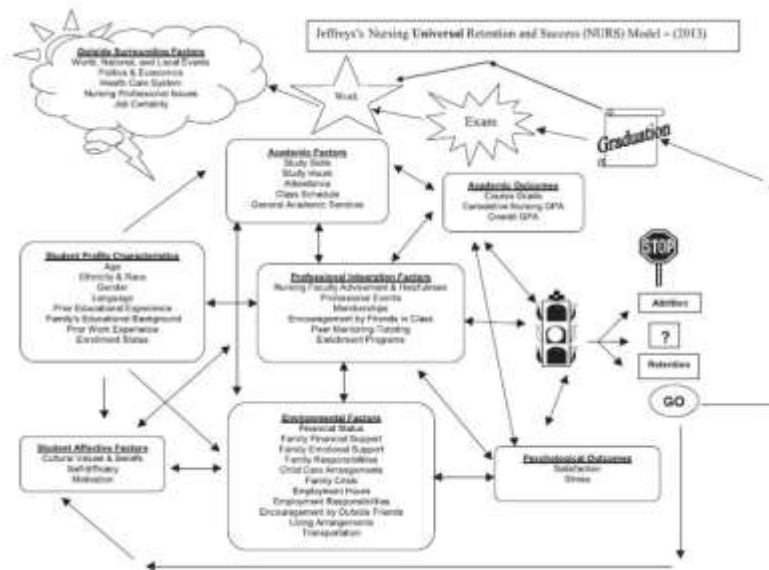
- Professional identity development
 - NSNA
- Community building
- CARE Pathway Lounge
- **Student Success Seminars**

4

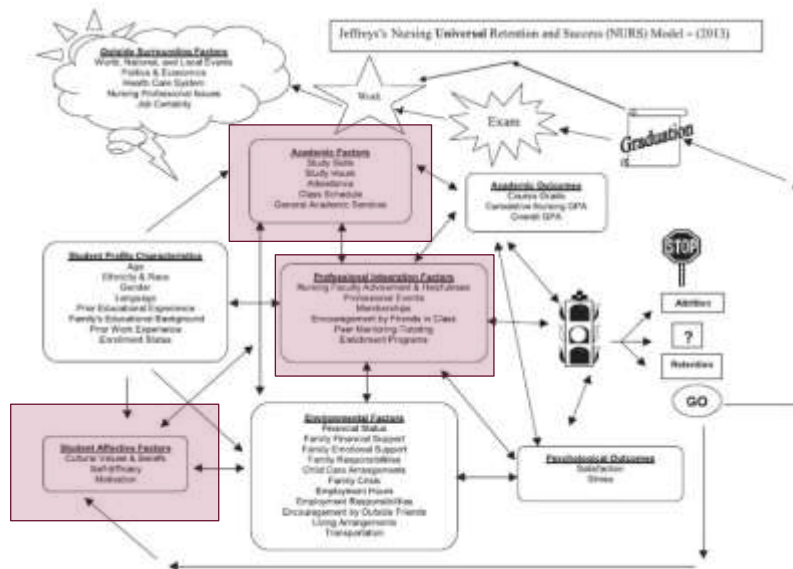
Rapid Cycle Quality Improvement



Jeffrey's Nursing Universal Retention and Success (NURS) Model



Jeffreys's Nursing Universal Retention and Success (NURS) Model



7

Initial Cohort

- Academic Year 2021-2022
- 22 Students
- Mix of First-Year and Sophomore Students



8

Seminar Development



Proposed Goals

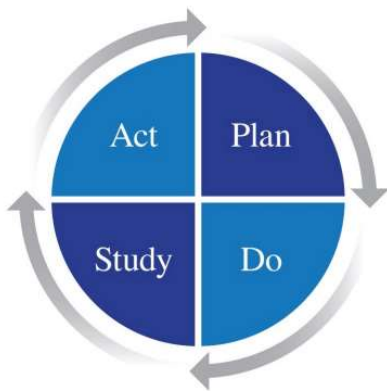
- Focus on transition to nursing program
- Connect students with the mission and outcomes of the SON
- Self-assessment of strategies for success

Roadblocks Encountered

- Scheduling
- Students unfamiliar with one other
- Attendance and accountability

9

Seminar Development



- Scheduling →
GNUR 230 Student Success
- Students unfamiliar with one other →
2x2 “Pecha Kucha” introductions
- Attendance and accountability →
Pass/No Pass points criteria
- Class survey for content



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10

First Year Seminars Guided by Jeffrey's NURS Model

Academic Factors

Study strategies
Mock office hours
Introduction to sim lab
Student clinical/lab panel
Approaching school with a success mindset

Professional Integration Factors

2x2 PKs
Group dinners
Student organization panels
World of Nursing
NSNA membership

Student Affective Factors

Wellness Center peer educator presentation
Gentle yoga and breathing exercises
Letters to future self
Aromatherapy event

11

Second Year Seminars

COPE: Creating Opportunities for Personal Empowerment (Melnyk, 2003)

Academic Year 2022-2023

7 sessions, brief, time limited cognitive behavioral skills building therapy

20-30 minutes

Developmentally based

Jeffrey's NURS Model

Student Affective Factors



12

Second Year Seminars: COPE

Session	Weekly Topics
1	Thinking, feeling, and behaving: What is the connection
2	Positive thinking and forming healthy habits
3	Coping with stress
4	Problem solving and setting goals
5	Dealing with your emotions in healthy ways through positive thinking and effective communication
6	Coping with stressful situations
7	Pulling it all together for a healthy you



Marcella Niehoff School of Nursing

Seminar Feedback

	AY 2021-2022 N= 18	AY 2022-2023 N=39
The CARE Pathway Seminars helped me to focus on the transition to the Marcella Niehoff School of Nursing (MNSON). (Agree/Strongly Agree)	14 (78%)	36 (92%)
The CARE Pathway Seminars connected me to the mission of the MNSON and the goal and outcomes of the BSN program. (Agree/Strongly Agree)	17 (94%)	36 (92%)
The CARE Pathway Seminars prepared me to succeed in the BSN program. (Agree/Strongly Agree)	15 (83%)	37 (95%)
Seminars provided the opportunity to interact with fellow CARE Pathway Scholars. (Agree/Strongly Agree)	18 (100%)	36 (92%)
Overall effectiveness of this year's seminars. (Effective/Very Effective)	17 (94%)	36 (92%)

Seminar Feedback

- *"All the topics this year were so helpful and important. CARE Pathway has also allowed me to make so many connections as I'm just starting college and it is overall an amazing program run by amazing people."*
- *"I really liked this year's seminars. I enjoyed the interactive part of CARE and when there were smaller groups. It allowed for more closeness within the group."*

15

References

- Jeffreys, M. (2015) Jeffreys's Nursing Universal Retention and Success model: Overview and action ideas for optimizing outcomes A-Z. *Nurse Education Today*, 35 (3), 425-431.
<http://dx.doi.org/10.1016/j.nedt.2014.11.004>
- Melnyk BM. (2003) COPE (Creating Opportunities for Personal Empowerment) for Teens: A 7-Session Cognitive Behavioral Skills Building Program <https://www.cope2thriveonline.com/>



16

