

Background

- Nursing school is a demanding course of study that can contribute to student stress levels. Increased stress can contribute to poor academic performance, attrition, depression and anxiety.
- The American Association of Colleges of Nursing essential domain 10: Personal, professional, and leadership development. Students need to be able to promote personal health and well-being, resiliency, practice learning throughout their life, and become effective leaders.

Objectives

- Create and implement a peer mentoring program at the University of New Mexico College of Nursing at the Rio Rancho campus by spring 2026.
- Improve nursing student participants' self-confidence, belonging, leadership skills, and mental health.

Expected Outcomes

- Improved self-confidence, belonging, leadership skills, and mental health among participants.

Review of the Literature

Benefits of a Peer Mentoring Program

- ✓ Improves self-confidence, self-esteem, communication skills, mental health, and academic performance
- ✓ Promotes learning, resilience, social connection, responsibility, accountability, motivation, and retention
- ✓ Develops critical thinking and prioritization skills

Framework of Support

Trust Mentoring Culture Benefits and Barriers Outcomes



Plan

Before

- Recruitment:
- Advertise at orientation every semester
- Mentees become mentors at level 3

During

- Mentors = Level 3/4/5 students
- Mentees = Level 1/2 students
- Placed in groups of 1 mentor and 2 mentees
- Pre-program Likert scale survey assessing:
 - o belonging, stress levels, confidence, and what they hope to get from the program
- Mentor training by faculty
- Meet once a month for presentations by faculty and mentors
- Communicate weekly for support

After

- Post-program Likert scale survey assessing:
 - o belonging, stress levels, confidence, and what they gained from participating, and suggestions for improvement
- Review post-surveys and make changes needed

References





Students Utilizing Connection and Collaboration to Enhance Student Success (S.U.C.C.E.S.S.)

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Biography

Kathy Dolan-Cox, MSN, RN, CNE, holds a Lecturer II position at the University of New Mexico (UNM) College of Nursing. Prior to joining UNM in January 2021, she was an adjunct instructor at Central New Mexico Community College. Kathy has taught in nursing education since 2015 and holds a national certification as a Certified Nurse Educator. Kathy worked as a registered nurse at UNM Hospital in Adult Medical-Surgical Sub Acute Care, Neurosurgical Intensive Care, and Outpatient Internal/Family Medicine.

Kathy received a Bachelor of Science in Nursing from The University of Utah in 2008 and a Master of Science in Nursing from UNM in 2011. Kathy's research and scholarly interests include diversity, equity, and inclusion in healthcare and community and preventive healthcare. Kathy received the Daisy Award in 2012 and the CNO award Nurse as Scientist in 2011.

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