

Autumn Semester 2020

BSN Sophomore Student Planner



THE OHIO STATE UNIVERSITY

COLLEGE OF NURSING

LIVE WELL:

We have high aspirations for our students as healthcare professionals. We support them in pursuing their personal and professional success through a simple philosophy: LIVE WELL. LIVE WELL reflects the values we share in helping prepare our students for a lifetime of transforming health and improving lives. Each letter is significant and intentional in this philosophy:

lead innovate vision execute **live** well wellness-focused evidence-based lifelong learners lights for the world

Learn more at nursing.osu.edu/live-well.

Counseling Services:

The College of Nursing is committed to supporting the mental health and well-being of our students, and we are proud to be among the first colleges at Ohio State to proactively offer psychotherapy services to students struggling with mental illness or emotional difficulties. Shelby Woith, MA, LPCC is a Licensed Professional Clinical Counselor. Claire Simon, LISW-S is a Licensed Social Worker and Mental Health Counselor. Both are available for individual counseling appointments. Their availability and contact information:

Shelby: M, W, Th 8 a.m. - 5 p.m. or by special request woith.3@osu.edu or **614-292-6952**

Claire: Tu 8 a.m. - 5 p.m. simon.762@osu.edu

nursing.osu.edu/counseling

Non-emergency talk line for students

Feeling pressure to succeed? Looking for help to manage stress? Trying to manage relationships? Call a Buckeye PAL. The Peer Access Line (PAL) is a non-emergency talk line for students to engage in brief phone conversations to gain support and learn about campus resources. Call the PAL line Monday through Friday 8 p.m.-midnight at **614-514-3333**.

swc.osu.edu/services/buckeye-peer-access-line or buckeyepal@osu.edu.

Office of Student Life Counseling and Consultation Service

1640 Neil Ave.
Columbus, OH 43201

614-292-5766

ccs.osu.edu

Important Dates:

Orientation and Transformation Day	Monday, August 24
First day of Classes	Tuesday, August 25
Last day to add course using online registration	Friday, August 28
Last day to add a course without instructor's written permission	Friday, August 28
Last day 100% refund period	Friday, August 28
Last day to add a course without a petition	Friday, September 4
Last day to drop a course without receiving a "W"	Friday, September 18
Last date to drop a course using online registration	Friday, September 18
Last day to register for an audit or a pass/non pass course	Friday, September 18
Session 1	8/25/2020 through 10/12/2020
Session 2	10/15/2020 through 12/4/2020

Click [here](#) to view the most up to date information about important dates from the Office of University Registrar.

BSN Compliance:

BCI/FBI	Sunday, August 1
CPR	Sunday, November 1
HIPAA	Sunday, November 1
Immunizations	Sunday, November 1
Influenza is due	Sunday, November 1
Drug Screens	Sunday, November 1
Computer based learning modules (CBL and IHIS)	Sunday, November 1

Please click [here](#) to visit the compliance page for more information on deadlines and requirements.



How to schedule an advising appointment:

Please call **614-292-4041**, and our front desk staff will assist you! Please provide your name, program, and reason for appointment. All appointments will be offered via Zoom or by phone.

If you are 15 minutes late to your appointment, you will need to re-schedule, as we need to be mindful of other appointment times.

For information on Undergraduate Advising, please click [here](#).

Career Services Information:

Career services support delivered by our staff in the Office of Student Affairs and Success offers insight into career pathways and skills preparation. We provide a personalized experience, as all career paths are different and unique to you. It is never too early to become career ready. Our services can assist students interested in internships, employment upon graduation and any job in between. We have individual appointments and group workshops you can attend virtually. Take advantage of these resources and become career ready, ahead of graduation.

We offer resume reviews, cover letter reviews and mock interviews virtually. Stay tuned for more information about group workshops.

Please call **614-292-4041** to schedule an appointment.

Please visit our website for more information: nursing.osu.edu/career-services

What to do before registering for classes:

1. Check your [Buckeyelink](#) to see if you have any holds. [Holds](#) will be displayed on your student center. Holds can prevent registration, so it's good to resolve before your enrollment appointment opens.
2. Check your Curriculum Plan on the [Student Portal](#) to see what required major courses you will need to take next semester. Pay special attention to session courses and what order you will need to take them in.
3. Run your [Degree Audit](#). This tool will help you see what remaining General Education Courses you have, how many credit hours you need to graduate, and progress toward a declared minor. You must complete all General Education Courses before graduation, but the order and specific course choices are up to you!
4. If you have questions about required courses or how to search for General Education courses, email your advisor. Students may prefer to make an appointment if they feel their questions would be best addressed in a 1 on 1 meeting rather than an email.
5. When you have decided on what courses to take, load your classes into [Schedule Planner](#) and generate possible schedules. Schedule Planner is a tool in [Buckeyelink](#) that allows students to generate all possible schedule options based on what courses they wish to take. Students can then directly import their desired schedule to their shopping cart and enroll in those specific courses and sections. Make sure you have at least 10-15 minutes between classes and that all your classes are on Columbus Campus.
6. Select the schedule that works best for you and load it into your shopping cart. You will not be able to enroll until your enrollment date/time has passed, but you can keep your selections in your cart.

How to use faculty office hours:

Office hours are a set time every week when students can meet with faculty to discuss concepts or ask for assistance or clarification. Office hours are typically listed at the start of every syllabus and will vary by instructor. Some instructors will ask you to email or call them to make an appointment during these times, others use these as a walk-in basis. Refer to your syllabus or ask your instructor if you're not sure of their preferences.

When you are preparing to attend faculty office hours:

- Do: Have a specific plan or list of questions you would like to review. The more specific your questions are, the better the instructor will be able to help you.
- Don't go in with a general question like "I didn't understand chapter 9;" try to specify a specific theory or part of a process that you're not understanding.
- Don't use office hours to review material from a day you were absent. If you were absent, review the material at home first, and then bring your specific questions to office hours.

Remember:

- Office hours are designed to be a resource to students and to help you succeed. If you prepare for your appointment, it will be an excellent tool for understanding.
- If you make an appointment during office hours, to be on time for that appointment or send an advanced notice email if you can no longer attend, as that time was specifically reserved for you.

Understanding the syllabus:

The syllabus for each course you take is the contract between you and your professor(s). It contains everything that you need to reference in order to be successful in timely assignment completion.

Read the entire syllabus, and read it thoroughly for each class. Everything and the kitchen sink is in there for a reason. Approximately 80% of the syllabus will stay the same from class to class, but 20% will vary because it is course-specific. Content to pay attention to includes: evaluation, attendance, policy regarding discipline process and standards of professionalism.

Specific details that students tend to miss are assignment deadlines, opportunity for making up assignments or hours. Always pay attention to the evaluation section. Assignments will be populated on Carmen, but your syllabus is the source for deadlines. Regarding performance improvement, the policy will always be in the syllabus and the undergraduate handbook, and the faculty will lead students through the process.

COVID-19 stress and anxiety tips:

(from wellness.osu.edu/story/covid-19-students)

If you are feeling anxious and stressed about the COVID-19 outbreak, you are not alone – many students are experiencing higher than normal stress and anxiety levels right now. Here are six tips for coping with the COVID-19 epidemic and helping to prevent the spread of the virus. Your [Ohio State: Wellness app](#) can help too. To stay up to date on the latest news with the COVID-19 outbreak at Ohio State, visit the [Wexner Medical Center](#).

- 1. Breathe deeply:** See [JustBreathe](#) for tips on how to relieve stress through slow, deep breathing. Take five slow, deep breaths right now and feel yourself calm down.
- 2. Practice staying in the present moment:** Worrying will not change or help the situation; try meditation or guided imagery.
- 3. Use cognitive-behavioral skills:** Remember, how you think affects how you feel and how you behave. If you are having a negative thought (e.g., “I might get the COVID-19 virus and get really sick.”), change it to a positive (e.g., “I will stay healthy by taking good self-care and practicing good infection control practices.”). Repeat these positive thinking statements several times a day.
- 4. Stay active:** Physical activity can help relieve stress. Even short walks can help.
- 5. Talk to someone:** Tell a family member or friend how you are feeling. Contact [Ohio State Student Life](#) or [Counseling and Consultation Services](#) if fears and anxiety begin to interfere with your functioning.
- 6. Practice good infection control practices:** Wash your hands thoroughly for 20 seconds, cover your mouth when you sneeze or cough with your elbow or with a tissue that you immediately throw away, eliminate hand-shaking and practice social distancing – at least six feet of space between other people. If you are experiencing a fever of 100.4 or higher, cough, muscle aches and fatigue, call your healthcare provider.





COPE with COVID

Control the things that you can, not the things you can't
Open up and share your feelings
Practice daily stress reduction tactics, including physical activity
Engage in mindfulness; be here now; worry will not help!

Count your blessings daily
Overturn negative thoughts to positive
Volunteer to help others
Identify helpful supports and resources
Do your part to prevent spread of the virus

Bernadette Melnyk,
PhD, APRN-CNP, FAANP, FNAP, FAAN
VP for Health Promotion
Chief Wellness Officer
Dean, College of Nursing



**THE OHIO STATE
UNIVERSITY**

OFFICE OF THE CHIEF
WELLNESS OFFICER

go.osu.edu/copewithcovid

safeandhealthy.osu.edu



AUGUST 2020

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30	31	<p>Wellness Tip: Engaging in joyful activities is a great way to prevent depression and anxiety. Take some time today to do something you love.</p>				

AUGUST 24
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TUESDAY

AUGUST 26
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AUGUST 28
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AUGUST 29
SATURDAY

AUGUST 30
SUNDAY

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AUGUST 31

MONDAY

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Wellness Tip: Strong relationships can help improve mental health. Call or text someone you love when you're having a tough day to get some support.

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SEPTEMBER 4
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SEPTEMBER 18
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OCTOBER 2020

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Wellness Tip: Why are gratitude journals so popular? Because they work! Take some time to reflect on what makes you feel grateful.

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OCTOBER 22
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OCTOBER 25
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OCTOBER 30
FRIDAY

OCTOBER 31
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NOVEMBER 1
SUNDAY

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NOVEMBER 2020

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29	30	<p>Wellness Tip: Feeling overwhelmed? Research shows that just five slow, deep breaths can have an immediate physiologic change, helping you relax.</p>				

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NOVEMBER 8
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NOVEMBER 12
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NOVEMBER 15
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NOVEMBER 20
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NOVEMBER 26
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NOVEMBER 27
FRIDAY
COLUMBUS DAY (OBSERVED)

NOVEMBER 28
SATURDAY

NOVEMBER 29
SUNDAY

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NOVEMBER 30

MONDAY

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DECEMBER 2020

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Wellness Tip: Depression focuses on the past. Anxiety focuses on the future. To help prevent them, practice experiencing the present moment.

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DECEMBER 4
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DECEMBER 10
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DECEMBER 11
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DECEMBER 15
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DECEMBER 18
FRIDAY

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DECEMBER 24
THURSDAY

PRESIDENTS DAY (OBSERVED)

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DECEMBER 25
FRIDAY

CHRISTMAS DAY

DECEMBER 26
SATURDAY

DECEMBER 27
SUNDAY

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DECEMBER 28
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DECEMBER 30
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DECEMBER 31
THURSDAY

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