

Nursing News

Welcome to the first issue of “Nursing News”.

So much has been accomplished in such a short amount of time! Thanks to everyone’s hard work, Concord University’s Nursing program was officially approved early October 2022.

With two simulation labs ready for use and a virtual reality immersion room in progress, Concord nursing students will receive an educational experience that cannot be paralleled.

The Department of Nursing looks forward to the journey ahead & hopes that you will join!

About a Nursing Student



“I dreamt that I finished nursing school, got a job and starting making money. What sucks is now I have to actually do it.”

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Welcome

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to Our World



Our SIM & Skills
Labs simulate real
hospital rooms.
They include
adult, child, and
infant manikins.

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Meet



the Team



Dr. Michele Holt, DNP, RN - Director of Nursing

Dr. Holt recently traded in the warm, sunny weather of Florida for the cool, crisp mountain air of WV. She originally wanted to be an FBI agent but other interests and a desire to help others led her to the nursing path. Dr. Holt's main interests are cardiac nursing and leadership & management.



Dr. Martha Snider, DNP, RN - Assistant Professor of Nursing

Dr. Snider lived in the DC-area before relocating to WV about 30 years ago. She started her nursing career as a neonatal nurse after being positively influenced by other nurses, including her mother. Dr. Snider is passionate about preventive healthcare and working with her local community.



Danita Farley, MSN, RN - Assistant Professor of Nursing

Professor Farley recently returned home to WV. She also holds the title of Clinical Education Coordinator. Originally wanting to be a veterinarian, she decided on nursing after completing a medical transcription certificate during high school. Professor Farley has a special place in her heart for pediatrics.



Amanda Nichols, MSN, RN - Assistant Professor of Nursing

Professor Nichols is a WV-native who joined us from the local Princeton Community Hospital. She was drawn to the nursing career by a desire to help her community while also being able to support her family. Professor Nichols has experience in hospice and critical care, but her forte is progressive care.



Krystle Land - Nursing Program Assistant

Krystle is a graduate of Concord University, holding a Bachelor's degree in Psychology with a minor in Sociology. She is also the manager of Passport Services on-campus. Before joining the Nursing team, Krystle supervised the Mail Office in Concord's Student Center.

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Fun with

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Faculty

Match the fun fact
with the faculty member!



a. This person has completed several half marathons
and qualified for the world renowned Boston Marathon



b. This person knows
American Sign Language

d. This person's favorite animal
is a cow and is known as a
"cow whisperer" by their family



c. This person has a green belt
in Tae Kwon Do

Answer Key: a. Prof. Nichols b. Prof. Farley c. Dr. Holt d. Dr. Snider

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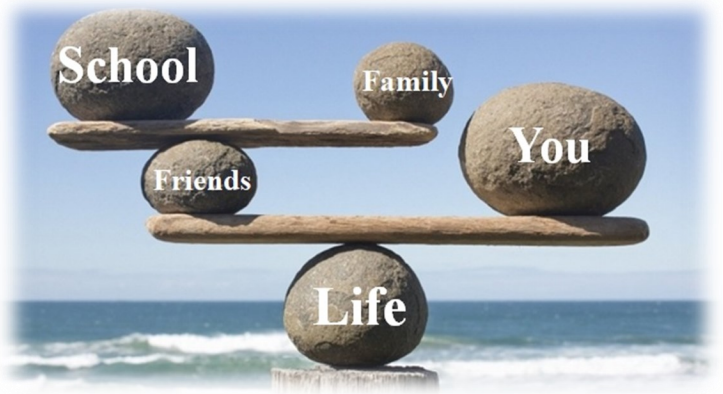
Finding

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Balance

Life is one big juggling act and going to college adds another element into the mix. Balance is key to managing stress and preventing burnout. Self-care can help one achieve this balance; it takes many forms and is different for each person. Here are a few helpful tips:



Prioritize – Decide what needs to be done now and what can wait. Learn to say “no” to what you can when/if you start feeling overwhelmed.

Hobbies – Some people unwind with activities like yoga, meditation, or art. Dr. Snider relaxes by sewing, quilting, weaving, and reading. Dr. Holt kicks back and entertains/educates herself with crime documentaries. Professor Nichols gets a healthy dose of fresh air by putting on her kicks and going for a run. Professor Farley enjoys the company of her adorable French bulldog Bubby. Krystle zones out with music and finds peace in movement when hula hooping or roller skating. Explore different things and find what gets you “lost in the moment”. The possibilities are limitless!

Sleep – Get some rest! Sleep is crucial to retaining information. Staying up all night studying will not do you any good if you’re too tired to remember anything!



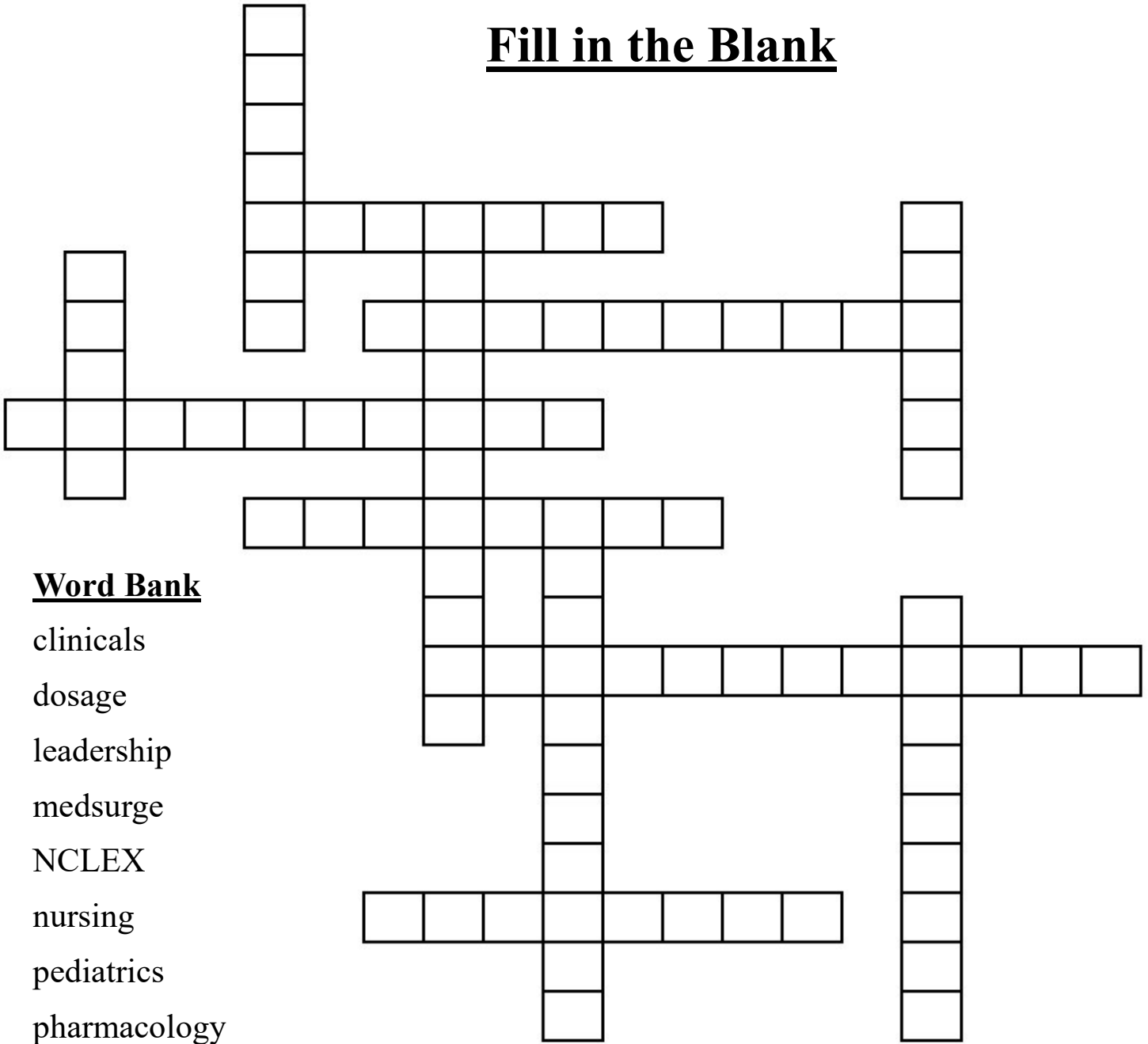
Treat Yo Self – Recognize your hard work and reward yourself (within reason). Did you finally finish that paper? Treat yourself to a nice dinner! Did you ace that test you studied hard for? Treat yourself to a fun evening with friends! Did you pass everything for the semester? Treat yourself to that pair of shoes you’ve had your eye on for months!

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Fill in the Blank



Word Bank

- clinicals
- dosage
- leadership
- medsurge
- NCLEX
- nursing
- pediatrics
- pharmacology
- rural health
- stethoscope
- syringe
- wellness

