



# IUP Department of Nursing and Allied Health Professions

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## Sigma Theta Tau International

### Honor Society of Nursing

Zeta Lambda Chapter

Indiana University of Pennsylvania

### Membership Criteria

#### UNDERGRADUATE STUDENTS must:

- ◆ have completed 1/2 of the nursing curriculum (second semester, junior year)
- ◆ achieve academic excellence (at schools where a 4.0 grade point average system is used, this equates to a 3.0 or higher)
- ◆ rank in the upper 35 percentile of the graduating class
- ◆ Meet the expectation of academic integrity

#### GRADUATE STUDENTS must:

- ◆ have completed 1/4 of the nursing curriculum
- ◆ achieve academic excellence (at schools where a 4.0 grade point average system is used, this equates to a 3.5 or higher)
- ◆ meet the expectations of academic integrity

Questions about membership? Explore the STTI Zeta Lambda 'Circle' Website at: <http://zetalambda.nursingsociety.org/ZetaLambdaChapter/Home/> or contact Dr. Edie West, ZL Newsletter & Publicity Chair/ STTI 'Circle' Webmaster at: [edie.west@iup.edu](mailto:edie.west@iup.edu)

## “What I Wish I Knew While I Was In College”

The Career Development Center invites you to attend the Fall 2012 Professional Panel Discussion. For this event, we're bringing in employers who are fairly recent graduates to give us their insights on what they wish they had known before they graduated. Do you know what to expect when you graduate? If not, come to our panel presentation and find out!

The event will take place:

**Tuesday, November 13, 2012, 6-7:30 PM** in the **Crimson Event Center in Folger Dining Hall.**

There's no pre-registration for this event, so grab some dinner at Folger and head into the CEC! If you have any questions please contact Jeana Hoffheins at [zqds@iup.edu](mailto:zqds@iup.edu).



## Setting and Achieving

### “SMART” Goals

You will be setting goals throughout your life. To make setting and achieving goals easier, remember the acronym SMART: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely.

**Specific:** Make your goal specific. For example, saying to yourself “I want to eat at least one fruit per day” is more specific than “I want to be healthy”. When coming up with specific goals, ask yourself: who, what, when, where and why?

**Measurable:** Set a measurable way to check your progress to keep yourself on track. If your goal is measurable, you should be able to answer the question “How will I know when my goal is accomplished?”

**Attainable:** When prioritizing goals, start with the smaller goals first. By doing so, you can develop feelings of accomplishment each step of the way while you strive to reach your ultimate goal.

**Realistic:** Your goal should be something that you truly believe can be accomplished.

**Timely:** Create a realistic timeframe to help make your goal more achievable.

After making sure you have a SMART goal, use the following 10 steps to achieve your goal.

- Be specific
- Create a plan
- Make a list of steps
- Act and don't be passive
- Read and seek advice
- Create alternates
- Revisit goals
- Repeat affirmations
- Visualize goals
- Take action



**IN MEMORY....**

Memorial Service for Tim Zahumensky tonight; Monday November 5th at 7 p.m. at St. Thomas More University Parish. Liturgy of the Word will be shared with those in attendance followed immediately by a light reception for family, friends, and classmates downstairs in the lounge.



**SEVEN TIPS TO RELIEVE STRESS**

Not enough time? Difficult schedule? Trouble with friends? Low on cash? These are just a few of the many things that cause stress. The following seven tips just might help!

- Allow plenty of time. Being too busy is a big source of stress.
- Exercise. It's a great stress buster.
- Get plenty of rest and eat well. You'll be able to handle stress better when it does come up.
- Discuss your problems with a friend or family member.
- When stress hits big, take a time-out. A few minutes away from the problem can help.



**Nurse's Christian Fellowship Meeting**  
**"If He Wills, I Will"**

*Sometimes, hitting bottom is the only way we begin to look up*  
 by **Jamie Hughes**

*Where?* #208 Johnson Hall *When?* Monday, November 14<sup>th</sup>, from 12:15p – 1:15p

*Come for a bit of spiritual refreshment!*

*Hoagies, pop and brownies will be enjoyed by all!*

*Please, RSVP to: [edie.west@iup.edu](mailto:edie.west@iup.edu), so enough food is available.*

*"An essential part of a happy, healthy life is being of service to others."*

Susan Patton Thoele

**Winter Session**  
**NSG 480**  
**Seminar in Nursing:**  
**Current Issues and Trends**

Dr. Joyce Shanty is offering this course January 2, 2013- January 23, 2013. Registration began October 17, 2012.

**WINTER TERM**  
**ELECTIVE FOR JUNIORS:**  
**NURS: 306**  
**PROBLEM SOLVING IN**  
**NURSING**

Improve your clinical reasoning skills and your potential for nursing success. If you have questions, please contact Dr. Lora K. Ott-229 Johnson Hall.

**KAY STASZKIEWICZ MEMORIAL SCHOLARSHIP**

Application

Kay Staszkiwicz, mother of IUP faculty member Mark J. Staszkiwicz, was tragically killed in an automobile accident in 1996. To honor and recognize the value Mrs. Staszkiwicz placed upon education, and in particular, her professional area of nursing, Dr. Staszkiwicz and his family have established a scholarship to serve as a living legacy for his mother.

The criteria for eligibility include:

- At least Junior standing (57-90 credits) in the nursing program and enrollment on a full-time basis at the university
- Scholarship recipient must be a non-traditional student
- Demonstrate a commitment to high standards of professional practices in the field of nursing

Selection process: The NAHP Department Enrollment/Enhancement Committee invites applications. Selection will be made by the Enrollment/Enhancement Committee and by approval of the NAHP Faculty. Selection will be based on the review of the applications and essays. This scholarship is awarded in the fall and is applied towards spring tuition.

Name \_\_\_\_\_ Banner ID No. @ \_\_\_\_\_

Local Address \_\_\_\_\_

Permanent Address \_\_\_\_\_

Local Phone Number \_\_\_\_\_ IUP E-mail \_\_\_\_\_

**Attach an essay addressing your notable accomplishments as a non-traditional nursing student. Also, complete list of activities on page 2 of this application, if applicable.**

**Application & essay are due on Monday, November 26<sup>th</sup>, 2012 by 12 noon to:**

Dr. Joyce Shanty  
 Department of Nursing & Allied Health Professions  
 243 Johnson Hall  
 IUP  
 Indiana, PA 15705

<p><b>KAY STASZKIEWICZ MEMORIAL SCHOLARSHIP</b></p> <p><b>Application</b></p> <p>Department Activities</p> <p>University Activities</p> <p>Community Activities</p> <p>Professional Affiliations</p>
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**REMINDER:** If you're planning to graduate this upcoming May, it's time to apply. To apply for graduation in May of 2013, go to: <http://www.iup.edu/page.aspx?id=17023> or you may find the website by logging into URSA, go to Student Services and Financial Aid, then Academic Records, then Apply for Graduation.

**\*Deadline is November 15, 2012. Apply Now!**



**Undergraduate registration for the Spring 2013 and Winter 2012 terms has been available on URSA since October 17, 2012. Please don't forget to register.**

**Students will be assessed a late registration fee if their initial registration for Spring 2013 courses occurs during the following time frame:**  
**\$100 will be assessed if the initial registration occurs after the last day of the Fall 2012 semester (Friday, December 14, 2012).**  
**\$200 will be assessed if the initial registration occurs on or after the first day of the Spring 2013 semester (Monday, January 28, 2013).**

### Important Contacts within the Department of Nursing and Allied Health

Dean HHS	Dr. Mary Swinker	Zink 216	7-2555	<a href="mailto:Mary.Swinker@iup.edu">Mary.Swinker@iup.edu</a>
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Chair NAHP	Dr. Lisa Palmer	SJH 211	7-2279	<a href="mailto:Lpalmer@iup.edu">Lpalmer@iup.edu</a>
Asst. Chair NAHP	Dr. Julie Greenawalt	SJH 222	7-3256	<a href="mailto:jgreen@iup.edu">jgreen@iup.edu</a>
Coordinator of Allied Health	Dr. Joyce Shanty	SJH 243	7-3257	<a href="mailto:Joyce.Shanty@iup.edu">Joyce.Shanty@iup.edu</a>
Coordinator of PhD Program	Dr. Teresa Shellenbarger	SJH 246	7-2559	<a href="mailto:TShell@iup.edu">TShell@iup.edu</a>
Coordinator of MSN Programs	Dr. Kristy Chunta	SJH 233	7-2408	<a href="mailto:KChunta@iup.edu">KChunta@iup.edu</a>

### STAFF

PhD Secretary	Mrs. Dolores Karcher	SJH 248	7-3269	<a href="mailto:d.karcher@iup.edu">d.karcher@iup.edu</a>
Department Secretary	Mrs. Jenny Anderson	SJH 213	7-2558	<a href="mailto:jlander@iup.edu">jlander@iup.edu</a>
MSN/Allied Health Secretary	Ms. Sherry Kelly	SJH 244	7-7647	<a href="mailto:Sherry.Kelly@iup.edu">Sherry.Kelly@iup.edu</a>



# SAVE THE DATE !

## 2012

<b>11/5/12</b>	Individual Course Withdrawal Deadline
<b>11/9/12</b>	Total Semester Withdrawal Deadline
<b>11/19/12</b>	Thanksgiving Recess!
<b>11/26/12</b>	Classes Resume from Thanksgiving Break
<b>12/10/12</b>	Classes End for Fall
<b>12/11/12</b>	Finals Begin
<b>12/14/12</b>	Finals End
<b>12/15/12</b>	Commencement!
<b>12/21/12</b>	Grades available for viewing

## 2013

<b>1/2/13</b>	Winter Session Begins
<b>1/25/13</b>	Winter Session Ends
<b>1/28/13</b>	Spring 2012 classes begin

The newsletter is a bi-monthly publication dedicated to informing nursing students, faculty and staff of critical information as it relates to nursing activities, organizations and happenings within the department. If you have anything that you would like posted please contact Dr. Julie Greenawalt, Asst. Chair, at

### Erratum

Please note in the published newsletter of 10.22.2012 we incorrectly noted the return of Dr. Dolores Karcher to the Department of Nursing and Allied Health. Our most profuse apologies to Mrs. Dolores Karcher are extended for the incorrect title. We are however, glad for her return!