

UCSF SCHOOL OF NURSING

# Peer Guide

This guide is written by previous students to share resources and tips around being a UCSF student in the Bay Area. This guide is designed to help new students navigate the financial, logistical, and adjustment process of returning to higher education. Here you will find student-friendly navigation to various resources available students in the bay area, hyperlinks to additional resources, and helpful tips for a successful journey through nursing school.



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*Each section will have hyperlinks imbedded in the text. Move your mouse over the bold text to find links to websites mentioned!*



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# Campus Map:

*Most of your classes will take place at the School of Nursing UCSF Parnassus Campus.*

*However, Clinical placements will be anywhere in the greater Bay Area.*

UCSF Medical Center | Parnassus Heights Site
pathway

**Accessibility**  
Please visit [access.ucsf.edu](http://access.ucsf.edu) for more information regarding accessibility features at UCSF at Parnassus Heights.

**Emergency**

**Parking Entrance**

**Patient Drop-Off**  
Patients may be dropped off at the circle drive in front of the Hospital.

**Public Parking**  
See above for public parking locations. Primary access to the Parking Garage is on Irving St.

**Valet Parking**  
Valet Parking is available in front of Medical Building 1, Monday to Friday from 8:00 a.m. to 3:00 p.m. After 4:45 p.m., pick up your car on Floor P8 in the Parking Garage.

**UCSF Shuttle Stop**

**Muni Bus Stop**  
UCSF at Parnassus Heights is accessible via these Muni bus routes:  
43 – Masonic (*wheelchair accessible*)  
6 – Parnassus

**Muni N-Judah Light Rail**  
Muni streetcar line, N-Judah stops at 2nd Ave. and Irving St. This route is wheelchair accessible.

For more information, visit Muni's website at [sfmuni.com](http://sfmuni.com).

**UCSF Medical Center**

UCSF Medical Center is part of the University of California, San Francisco. The Medical Center and University share facilities at the Parnassus Heights site.

March 2015  
<http://campuslifeservices.ucsf.edu/clsforms/documents/media/wfmaps/>



# Scheduling:

*Orientation and class schedules change year to year and depending on specialty. Expect to receive an email to your personal email and UCSF email account before orientation.*

*For a general idea of the UCSF academic calendar click here.*

## MEPN:

MEPN students generally begin their orientation the last week of June and classes start the first week of July. Once the MEPN year starts, expect to be very busy for the next 11 months. MEPN Students generally have classes 2-3 days per week, clinicals 2 days per week, and exams on Sundays. Your schedule will vary depending on if you are in Cohort A or B. After the first Summer Quarter, MEPN students will be randomized into A or B cohorts. Stay tuned for a more detailed outline of your first year of classes from orientation.

A sample of a previous year's schedule



Use as basis of quarterly outline Updated 6/13/2018

### MEPN SCHEDULE for 2018-2019\* Always refer to class syllabus for details

Quarter	Course	MON	TUE	WED	THU	FRI
SUM (Class begins: 6/29)	N141			9-12 6/29-9/5		
	N142	1-4 6/29 - 8/27	9-4 Sim/Skills Lab 7/3-9/4	Pre-lab hours TBD	Clinical (8 hours)	Clinical (8 hours)
	N145	9-12 6/29-8/27		1-3 7/11-9/5		
FALL (Class begins: 9/24)	N143			9-12		
	N144	1-4:30 (wk 1-9)	Geri Sim Lab (8weeks) 10/10-12/5	1-4:30 (wk 1-9)	Clinical (12 hours/11 wks)	Clinical (12 hours/11 wks)
	N147	8-12	Clinical <b>one day/wk</b> (12 hrs)	8-12	Clinical <b>one day/wk</b> (12 hrs)	Clinical <b>one day/wk</b> (12 hrs)
	N148	1-4 (9/26 - 10/31) (6 wks)				
	N150		Clinical <b>one day/wk</b> (8 hrs,)	1-4	Clinical <b>one day/wk</b> (8 hrs,)	Clinical <b>one day/wk</b> (8 hrs,)
WIN (Class begins: Jan 7)	N143			9-12		
	N144	1-4:30 (wk 1-9)	Geri Sim Lab 1/23-3/13	1-4:30 (wk 1-9)	Clinical (12 hrs/11 wks)	Clinical (12 hrs/11 wks)
	N146*			9-12 & 1-3	Clinical <b>one day/wk</b> (8-12hrs)	Clinical <b>one day/wk</b> (8-12hrs)
	N148	1-4 (wks 1,3,4,5,6,8)				
	N149*	8-12	N149 Psych Clinical (8hrs)			
SPR (Class begins: Apr 1)	N146*	9-12 & 1-3			Clinical <b>one day/wk</b> (8-12hrs)	Clinical <b>one day/wk</b> (8-12hrs)
	N149*		N149 Psych Clinical (8 hrs)	8-12		
	N147	8-12	Clinical <b>one day/wk</b> (12 hrs)	8-12	Clinical <b>one day/wk</b> (12 hrs)	Clinical <b>one day/wk</b> (12 hrs)
	N150	1-4	Clinical <b>one day/wk</b> (8 hrs,)		Clinical <b>one day/wk</b> (8 hrs,)	Clinical <b>one day/wk</b> (8 hrs,)
	N151			1-4		

Code:

All Students

Group A

Group B

## MS/PhD/DNP:

These students generally have boot camp and/or orientation the second week of September and start classes immediately after. Depending on your specialty, schedules may vary.

Tip: Always check your email for important dates and class scheduling updates!!!



# Classes:

*For the UCSF course catalog, schedule of classes, and where to start for registering in classes go to the UCSF Registrar's Office website [here](#).*



When signing up for classes it is important to do the following:

1. Check your required classes for availability, time and prerequisite requirements
2. Attend the first day of each class to verify that it will meet your needs.
3. Purchase textbooks after the first class to know required vs. recommended reading.
4. Make an appointment with your adviser to discuss your study list.
5. File your study list by the filing deadline; take special note of the last day to add and drop classes each quarter.

Most of your classwork and program specific resources can be found on the **Collaborative Learning Environment known as CLE or Moodle**.

Each course you take will have its own CLE page where instructors can post the syllabus, class requirements, quizzes, and where you can submit assignments. In addition, each School of Nursing Program has a dedicated Student Resources CLE Page for each incoming class. Here you will be able to find information about program requirements and resources for completing those requirements.

To customize your CLE page to your liking click **[here](#)**.

Tip: For assistance on how to use CLE click [here](#).



# Housing



For UCSF Housing resources [click here](#).

For more support contact [housing@ucsf.edu](mailto:housing@ucsf.edu)

## ON CAMPUS:

**UCSF Student Housing** is available at both the UCSF Parnassus and Mission Bay Campuses. Family housing is available at The Tidelands (near Mission Bay) and Aldea San Miguel (near Parnassus campus).

Student housing guarantees student housing in the summer while MEPN students prepare for the NCLEX.

Student Housing is available for a maximum of two years.

**APPLY  
HERE**

The UCSF Cost of Living Supplement can provide up to \$2500 from UCSF to help pay for off campus housing. Remember to apply yearly [here](#).

## OFF CAMPUS:

Housing is very expensive in San Francisco and UCSF offers some help to reduce the cost of living. More info provided by UCSF can be found [here](#).

**Where to start  
searching...**

**Craig's List  
PadMapper  
Apartment Finder  
UCSF Free and For Sale  
Facebook Group**

Network with classmates and peers for housing opportunities

Tip: Since Bay Area Housing prices are extremely competitive and pricey, do not hesitate to search for housing options outside of San Francisco. East Bay Locations such as Berkeley, Oakland, and Richmond will have cheaper options and commuting from these locations to the UCSF campuses can take anywhere from 30-60 mins via BART and MUNI public transportation. Although commute costs and time may be a concern, the costs will end up being cheaper than living in San Francisco.



# Food

*UCSF offers several options for food security, click here for a general list of food resources available to students.*

## Food 4 UCSF Students App

Sign up to receive text alerts for free food available on campus.

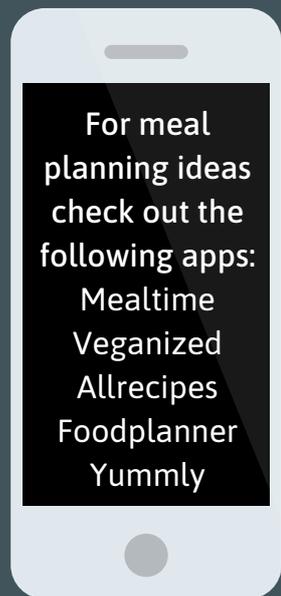
## Student Success Center

### Food Market

The **Student Success Center** offers a **free food pick up** for nonperishable and fresh produce options on Thursdays from 4-6pm or Fridays from 8am-12:30pm at the MU100 Parnassus campus.

Sign up by registering [here](#) or by emailing [fsfs@ucsf.edu](mailto:fsfs@ucsf.edu)

**Tip: students who are within the area during their classes or clinical can ask their professors or clinical instructors to pick up the food. Bring your own reusable bag to pick up the food.**



To get further Cal Fresh support from the UCSF Financial Aid Services fill out this [form here](#) or email them at [finaid@ucsf.edu](mailto:finaid@ucsf.edu).



**Tip: Always have handy zip lock bags, grocery bags, or containers for food.**

## Cal Fresh

As a student, you may be eligible for the Cal Fresh program and receive up to \$194 monthly. There are also many benefits from enrolling including: transportation to free/reduced prices at participating local Farmers Markets, Amazon, government funded programs, internet and PG&E. We highly recommend taking advantage of this program as it will help alleviate some of the financial burden that comes with being a student!

Cal Fresh is county based, so make sure you apply with the County office where you reside. Review the CalFresh Student Guide for more information [here](#).

**To start your application click here.**

Once your application is received you will be contacted for further paperwork and a 20-minute phone interview to determine your eligibility. You will need to obtain a work-study verification document from Student Financial Aid Services. Once your application is accepted you will receive a debit card (AKA: EBT card) in the mail that can be only used on food products at participating stores. Benefits will be available and replenished on the same day of each month that the card was first given to you. If you do not use all your benefits in one month, they will roll over to the next month's balance. Be aware that there is a quarterly report that you must submit to continue getting food stamps! If you do not complete the report online or by mail by the due date your Cal Fresh benefits will be discontinued.

# Transportation

*Commuting can be expensive and time consuming. Depending on your clinical rotations or where you live, time and money can add up. It takes some research and flexibility to find innovative ways to commute to and from campus/clinical. The UCSF Student Services for Transportation offers several options for permit parking, carpool, bicycle parking, Scoot, City CarShare, Zimride, Amtrack Discount, etc. Click here to see more.*

## PUBLIC TRANSPORTATION

**MUNI:** Get around the city via bus or train for \$2.50. MUNI also offers discounted passes for SF residents with limited income.

**BART:** Get around the SF Bay area via Bay Area Rapid Transit Trains.

**AC TRANSIT:** The East Bay has AC Transit buses that commute to San Francisco locations.

Each of these transportation services will require you to pay with a **Clipper Card**. Use a Clipper card to preload money and set up automatic reload for each system.



Tip: Students spend a lot of time commuting, whether you live in San Francisco or in the East Bay. Many students use their time commuting to sleep, relax/decompress, re-listen to lectures, review/prepare for lectures, review NCLEX style questions, complete assigned reading, or study flashcards using Anki or Quizlet phone applications. FYI- content capture may not always work on mobile phones. Prepare accordingly. Be aware of your surroundings and be safe while using technology devices in public spaces.

Apps for tracking public transportation schedules and fares:  
MUNI Mobile  
Muni Watch  
Routsey  
Easy BART  
BART Watch  
The Official BART app

## DRIVING

Carpool can be a very cheap option from getting to and from campus. You can set up carpool with fellow classmates and take advantage of various carpool discounts on tolls and parking. Check out more options below.

**UCSF** offers alternative transportation options that include vanpool, carpool, and rideshare. To get more information about these programs you can contact Georgina Arias, Transportation Demand Manager by phone, (415) 514-2966 or email [georgina.arias@ucsf.edu](mailto:georgina.arias@ucsf.edu).

Ride Share on Craigslist

SF Casual Carpool

Scoop

Waze Carpool

# Fastrak

**Fastrak** allows you to pay bridge tolls without waiting in the cash line and get carpool discounts!



# Parking

The UCSF Campus Life Services offers limited **parking permits**. The permits are expensive and sometimes flat out unavailable for students.

Students often look for free parking in the surrounding neighborhood near campus, but this can be inconvenient due to distance, time, street sweeping, and parking citations. Parking at UCSF campus lots costs \$4 per hour and go up to \$32 for the full day.

Students have incurred large fines for **parking citations**. If you get a citation, try to appeal it. You may get lucky by supporting your claim with codes. You can also look into Low Income Payment Plan which allows the fees to be reduced.

Click here to review **How to Park Legally in San Francisco** if you are EVER in doubt whether you can park in a specific location.

**Tip:** The best way to find free parking is by asking previous students. You can also view the street sweeping schedules or the Residential Parking Permit Area Maps for permit only parking zones. Use Google Maps "preview street view" to look at the street sweeping signs. Make sure that your valuables are not in the car or hide them from plain sight. Even bags that look like they have "stuff" can result in a theft.

# LYFT

**UCSF Lyft "After-hours"** program provides 15 discounted rides per month from 11pm-3am, when traveling from a UCSF location to your home. Click here for more details and how to apply.

# UCSF Shuttle

**The UCSF shuttle** is a free transportation to get to UCSF affiliated campus/locations for students. You can download the UCSF Live Shuttle application or the UCSF shuttle system map to help plan your trip.

**To see live shuttle times and locations, check out UCSF Live Shuttle**



# Biking

**Ford bikes** are available around the East Bay and San Francisco locations. They are also Clipper card compatible.

# Child Care

*UCSF provides additional resources for child care. [Click here for more info.](#)*

## Sitter City

**Sitter City** partnered with UCSF students for child care assistance. The \$140 annual fee is waived for UCSF students. Depending on what services you are looking for, costs start at \$10 per hour and go up from there.

If you are having trouble with sitter resources and or child care through UCSF you can contact Pauline Lee, Child Care Referral Service Coordinator 415-476-2692.

## Financial aid for Child Care

Students may request financial aid to cover reasonable child care costs up to \$1,700/month per child, with a maximum of \$3,400/month for two or more children age 12 and younger during periods when the student is enrolled.

You may apply by filling out the Student **Budget Appeal Form** [here](#).

Tip: Depending on what neighborhood you live in SF, there are Facebook neighborhood groups where parents/caretakers can post regarding child care and sharing resources.



# Finances & Financial Aid

*The Student Financial Aid Office offers various financial assistance options for your education ranging from grants and scholarships, to loans and work-study opportunities for students who demonstrate financial need according to eligibility requirements. Listings of off-campus scholarships and various loan programs are available in the Student Financial Aid Office.*

*Applying for financial aid involves completing application forms and submitting a copy of your Federal Income Tax Return. If you are under age 30, your parents are also required to submit financial information, including their tax return(s). A financial aid counselor can be seen for further support. The office is located at 500 Parnassus Ave. MU 201W, their email address is [finaid@ucsf.edu](mailto:finaid@ucsf.edu) and their phone number is (415) 476-4181. They offer drop-in advising appointments, as well as scheduled appointments.*

*The School of Nursing Office of Student Affairs Student Funding Department is located in the School of Nursing, Student Affairs Office, Room N319X, and serves to assist students with scholarships/grants to support their graduate education. Financial assistance to nursing students is available in the form of scholarships, grants, traineeships, Academic Appointments, Nursing Faculty Loan Programs, and Nursing Loan Repayment programs to eligible U.S. citizens and permanent residents. Several funding programs require departmental and/or faculty nominations thus it is strongly encouraged that students maintain contact with their academic programs and advisers.*

*All students at the School of Nursing are encouraged to seek a variety of forms of financial support and it is essential for students to apply as early as possible. The School of Nursing Student Funding Office uses a single Scholarship Supplemental Application for all of the Funds that are awarded through its office.*

## EMERGENCY LOANS

UCSF students are eligible for an **emergency loan** covered through Student Financial Aid. The loan must be repaid within a specified time period (3 months). Short-term emergency loans may be granted up to \$2,000. For more info click [here](#).

**Tips: It can take between 1-3 business days to disburse loans. UCSF Loans are not considered "income" and you can get a letter of support through the financial aid office.**

## MEDI-CAL VS. PAYING FOR UCSF STUDENT INSURANCE

Student insurance is expensive and is renewed every quarter. You may qualify for Medi-Cal as a student and can get free health insurance. Apply for Medi-Cal by visiting your county of residence Medi-Cal website to submit your application or click [here](#).

Once qualified, be sure to waive the student health insurance fee by submitting the form [here](#).

## WORKING WHILE IN SCHOOL

Working during the MEPN year is highly discouraged. However, not everyone is able to afford not working. During the summer after your MEPN year, you are not eligible for financial aid unless you are enrolled in summer classes. You will have to save up money for the summer or participate in a work study program to cover your housing and cost of living expenses. MS Students are encouraged to work, but no longer than 16-20 hours per week.

## WORK-STUDY

Most students qualify for Federal Work-Study positions which is awarded based on their FAFSA application. Work-study is a way for students to earn money to pay for school through part-time on campus jobs. You can research campus postings [here](#).

## FEES AND BUDGETING

See a breakdown for UCSF attendance costs and fees [here](#).

Specific School of Nursing fees can be seen [here](#).



### Tips:

1. Network with faculty and professors to find work. Some professors hire teachers assistants or graduate student researchers to help them with their work.
2. An easy non-work-study gig that is doable during the MEPN year is the School of Nursing Student Editor Position. If you have great writing skills and are particularly familiar with APA format, contact [Susana.leong@ucsf.edu](mailto:Susana.leong@ucsf.edu).
3. Be on the lookout for the School of Nursing student weekly digest emails! They often have job postings and various funding opportunities mentioned.

## SCHOLARSHIPS

Find specific School of Nursing Scholarships and outside scholarships [here](#).

## FAFSA

Be sure to fill out FAFSA as soon as they are available October 1st. They are due by June 30th! FAFSA can be confusing, time consuming, and for nursing students, requires parent financial information. We recommend filing FAFSA to increase your chances of not only receiving federal student loans but to also give you access to grants and scholarships from federal and state governments! FAFSA can be accessed [here](#).

## STUDENT DISCOUNTS

**UCSF discounts:** As a UCSF student, you can get discounts for several locations including restaurants, rentals and more.

All UCSF students will also receive 5 free downloads of Microsoft Office Suite through their Outlook email account.

Students receive discounts for **Amazon Prime**.

Sites that offer student discounts from a large variety of retailers include:

[Myunidays.com](http://Myunidays.com)

[Studentbeans.com](http://Studentbeans.com)

[Shop.id.me/student](http://Shop.id.me/student)

\*Check out this [article](#) for an updated list of all student discounts available for you to take advantage of.

# ★ Student Success Services & Academics

*The UCSF campus and the School of Nursing have a broad range of resources from academics, career networking, basic needs, and community to support your success and well-being.*

*The UCSF Student Success Center brings together under one roof a wide range of key student services.*

## Academic Resources

There are a broad range of resources available at UCSF to support you in your academic success. We encourage you to check out the range of academic success resources.

If you are encountering more rigorous academic demands or just want to improve your overall approach to academic success, there are numerous strategies that can help enhance your study skills, test performance, and mastery of material. Please visit the **Learning Resource Services website** to learn more about workshops, study spaces, and resources available.

## Accommodations and Student Disability services

For those who require accommodations and disability services contact [timothy.montgomery@ucsf.edu](mailto:timothy.montgomery@ucsf.edu) or click **here** for more information about how UCSF can support you.

Those who qualify for accommodations are also eligible for free **Sonocent Premium**, an application for recording and writing notes.



If you are having issues logging into your email or any other issues with the campus systems click **here** for more information about tech support and the **UCSF IT Service desk**.



For more information about accessing transcripts, student records, obtaining diplomas, course catalog, schedule of classes, etc., see the **UCSF Office of the Registrar website**.

## Library Access

Students at UCSF have access to an extensive collection of databases and various study spaces with their student ID. For more information about library hours, resources, and study room reservations click **here**.

For more specifics about program policy, board exams, dissertation, thesis, or comprehensive exam requirements for each School of nursing academic program see the **SON Student Handbook**.



## Study tips and tools:

Students in the past have used several applications and websites for lectures, midterms and board exam preparation materials. Some of these include:

**Anki for making flashcards**

**Quizlet for make flashcard, quizzes, and study games**

**NCLEX Mastery for studying before the NCLEX**

**UWorld practice NCLEX questions**

**UptoDate as a resource while in clinical and to search for specific health concerns.**

**Epocrates for medical reference**

**GoodNote for taking notes on Ipad**

**Notability for note taking and lecture recording on Ipad**

**Bate's Pocket Guide to obtaining a health history, conducting physical exam, and interpreting findings**

**MedScape for the latest medical news, clinical trial coverage, drug updates, and journal articles**

**Drugs.com Medication Guide for a quick medication reference**

**Davis's Drug Guide for medications and drug calculator**



# Wellness

*Maintaining a healthy balance includes taking care of your physical and mental health. At UCSF, students can tend to their well-being by accessing primary and preventative care through Student Health and Counseling Services, take advantage of their free student membership at UCSF's two comprehensive fitness facilities, and participate in recreational sports and activities.*



## Student Health & Counseling Services

Primary care and mental health services are available from both Parnassus Clinic and Mission Bay Clinic. Students may utilize Student Health Counseling and Psychological Services for a variety of concerns. To schedule an appointment call 415-476-1281.



## Fitness and Recreation Services

UCSF Fitness centers, located at the Parnassus and Mission Bay campuses, serve UCSF students, faculty, and staff with full service facilities and an array of programs for all ages and fitness levels. UC affiliates and the general public are also welcome. With a UCSF ID you can take advantage of any UC campus gym!



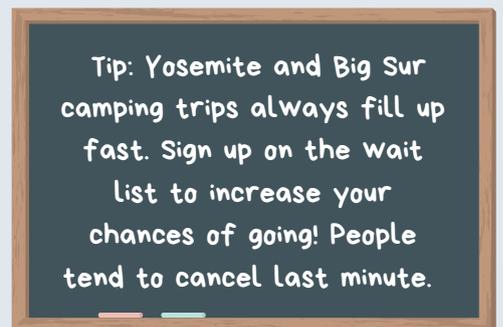
## Recreation Sports

UCSF offers a wide range of sports and activities, including squash, dodge-ball, racquetball, volleyball, basketball, futsal (indoor soccer), tennis, golf, rowing, ultimate frisbee, table tennis, badminton, and flag football. These sports are played as leagues, drop-in sports, clubs, or as clinics.



## Outdoor Rec Pass

For a break from school and for some fun outdoor experiences with your peers, the Rec Pass offers several trips throughout the year that you can sign up for with friends (non-UCSF guest pay an extra fee). You can sign up for kayaking, paddle boarding, day hikes, camping and more. The Rec Pass costs \$74 per academic year (July 1st-June 30th).



## Conflict Resolution

If you experience a conflict while participating in your program, there are a few University resources available to support you including the Office of Ombuds and the office of Affirmative Action Equal Opportunity and Diversity.



*UCSF offers many ways to connect with services to support a diverse community. Check out the following below:*

### **International Students & Scholars Office**

Provides services that support the social, cultural, and immigration needs of the UCSF international community. This includes advising and assistance with regard to visa and immigration status and other resources in areas such as housing, transportation, healthcare, language resources, and other such living concerns.

### **First Generation Support Services**

Offers a variety of programs designed to meet the needs of UCSF first generation college students by offering community, resources, and support. Current services include mentoring, workshops, and community events for students to connect with each other and the larger first generation college community at UCSF.

### **LGBT Resource Center**

The Lesbian, Gay, Bisexual and Transgender Resource Center offers a wide variety of social, education and mentoring programs for LGBTQIA+ students. The center also advocates for student needs and offers informal advising and counseling. Some of the services and resources available include mentoring, professional development, primary care and mental health services, career advising, and connecting students to additional campus resources available.

### **Multicultural Resource Center (MRC)**

Rooted in social justice and cross-cultural frameworks, the Multicultural Resource Center aims to nurture our diverse community. The MRC provides programmatic efforts in community building, education, student support, and social justice to achieve transformational change and honor the experiences of all members of the UCSF community.

### **Veteran Support Services**

Veteran Support Services are provided to help student veterans and military service members navigate UCSF and provide a welcoming space. Current services include mentoring from other veterans, guidance on educational benefits, and tools to succeed both academically and personally.



# Career Success

*UCSF offers a range of resources and opportunities to develop your career success and expand your student and professional networks.*

## **Office of Career & Professional Development (OCPD)**

The OCPD located in Room #S-140, telephone 6-4986, has been established to deliver career related services to meet the needs of students, post-docs, and alumni in all four schools and in all disciplines. From job search strategies to grant writing skills, the OCPD serves the academic, professional, and career development needs of UCSF students and graduate trainees. The Center provides career counseling, guidance and planning, and coordinates programs and workshops designed to enhance job searching techniques and strategies.

Arrangements can be made for individual appointments, for help with resume writing, interview preparation, or to explore and consider a range of career options.

## **Registered Campus Organizations**

Campus organizations are a very important part of campus life. Each year there are more than 130 Registered Campus Organizations (RCOs) at UCSF. These organizations cover a wide range of interests, including educational, social, cultural, artistic, recreational, political and religious. These organizations combine to sponsor over 400 diverse and exciting activities each year. Any volunteer organization whose membership is comprised primarily of UCSF students, faculty, and/or staff may register with the Office of Student Life and receive all the benefits of an RCO. UCSF encourages the formation of RCOs to promote and provide for special interests of the UCSF community.

## **Associated Students of the School of Nursing (ASSN)**

The ASSN functions as the official organization for students within the School of Nursing at UCSF. The council's mission is to address the concerns of students within all programs in the School of Nursing; serve as a liaison among students, faculty and the campus; and to improve cohesiveness and communication among students in the various departments of the School of Nursing. Check the ASSN bulletin board on the second floor for the latest information. Posters for upcoming events and other pertinent information will be on the board, and the ASSN posts upcoming events in Nurse Weekly which is sent weekly to all students.

## **Graduate & Professional Students' Association (GPSA)**

The GPSA is the umbrella student government which represents all UCSF students. The GPSA's mission is to improve the quality of graduate student life, to represent diverse student needs and to advocate for student rights and interests. All Graduate Students are welcome at our monthly meeting. Come to discuss campus issues or keep up with upcoming GSA events.

## **Sigma Theta Tau, Alpha Eta Chapter**

Alpha Eta Chapter, the 29th Sigma Theta Tau International Chapter, supports the learning, knowledge and professional development of nurses committed to making a difference in health worldwide. Graduate candidates demonstrate superior scholastic achievement by maintaining a grade-point average of 3.5, and show evidence of professional leadership potential, and/or marked achievement in the field of nursing. Applications are available online.

# Communication & Relationships



This section is to help students in the challenging transition from being somebody successful in a previous career to becoming a student and learner again.

General principles include the following:

1. You do not have to have all the answers, and that is OK.
2. If you are new to studying science, anticipate it will require memorizing content but also applying concepts and elements of what you have learned - allow yourself to consider how learning scientific knowledge might be different than the field you studied or are expert in.
3. Work to be competent but know that becoming an expert takes time and lots of experience.
4. Your understanding of nursing and related knowledge and competence will evolve over a quarter and throughout the year - it's a process, not an event.
5. Be patient with yourself, your faculty, and your peers.
6. Believe in yourself and enjoy this time.

## **SUGGESTIONS AND WHAT TO KEEP IN MIND:**

WITH PEERS...

1. Work to be collaborative.
2. Consider establishing rich supportive relationships that may last all your years at UCSF and beyond.
3. If you are having a problem with a peer, talk to that person directly and be willing to consider what you might have brought to the conflict.
4. Expect that others will have values and beliefs that differ markedly from your own.
5. Those without science or any health care experience are as valued as those with science or health care experience.
6. Be patient –everyone is doing his/her best.

IN THE CLASSROOM...

1. A respectful learning environment results when students and faculty work to establish and maintain it.
2. Create space so all voices can be heard.
3. If you have questions, try to focus them on what would be useful for the group to hear.
4. Treat guest lecturers as 'guests' – welcome them and express appreciation for their contribution to your learning during the lecture and afterwards.
5. Make the most of the lectures – come prepared.
6. Speak up when your perspective differs from those discussed in class. Faculty welcome diverse perspectives and others will learn from your experiences.
7. Be a good listener– hear what your colleagues and presenters are offering.
8. If you need to talk through new information, consider whether doing this during class is the best use of everyone's time. Alternatively speak with the faculty during office hours or talk with your peers, friends or family members.
9. Advocacy for quality learning experience is encouraged but remember to be diplomatic and tactful when offering constructive criticism.
10. Realize that a quality learning experience takes on many meanings – as different as the number of people in the class.
11. From time to time consider if your expectations of yourself, others and the program are realistic.

#### WITH FACULTY & SON STAFF...

1. Work to establish and maintain respectful relationships with the staff & faculty– they will be a key source of support throughout your time at UCSF.
2. Express appreciation for the the efforts that have supported your role as a student and your learning needs.
3. Be respectful of timelines and deadlines staff has asked you to adhere to – if absolutely necessary, renegotiate a deadline but do this in advance of the deadline.
4. If you are having a problem with a faculty member, talk directly to them about it and be willing to consider what you may be bringing to the conflict.
5. Work towards establishing a professional relationship with your faculty advisor – they can help you navigate your relationships with other faculty if a conflict has surfaced.
6. No faculty will meet all of your needs all the time– focus on their assets rather than deficits.
7. Faculty want to help – let them know what you need.

#### WITH HEALTH CARE TEAM IN HOSPITAL AND CLINIC:

1. While many clinical settings are used as teaching environments, their priority is patient care. Expect the teaching/learning needs that faculty and students have will not be given the same level of importance as patient care.
2. Remember that you represent the UCSF School of Nursing – you have an opportunity to be an ambassador for the School and the University.
3. Hospital and clinic staff work with many different kinds of students – expect they will not know what our learning needs are. Be prepared to tell them what you can do and what you need to learn.
4. If you have a negative experience with a member of the health care team, talk to your clinical instructor/faculty about it and move on.
5. Be respectful of the very important work that the many different hospital and clinic staff do.
6. Help everyone you can – you will at some point be the person needing the help.
7. Since health care settings can be hectic and chaotic, try to not personalize abrupt insensitive communications from members of the health care team.