Nursing Orientation

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Nursing and Allied Health Advisor | Pre-Health Advising Office

Office of the Vice-President for Instruction
Meet our Staff!

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- Jennifer Letchuk (Pre-Medical Advisor – Freshman and Sophomore)
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About the Pre-Health Advising Office

- Our office advises all UGA students interested in healthcare careers.
  - Medicine, dentistry, optometry, allied-health (PA, PT, OT, AA), and nursing.

- We are located in 130 Memorial Hall
  - Website: prehealth.uga.edu
  - Email: premed@uga.edu
  - Phone: 706-542-0444

- Visit our website:
  - To join our Pre-Health UGA listserv
  - To check out our Pre-Health Event Calendar for upcoming meetings/workshops/events.
  - To make an appointment with a Pre-Health Advisor.
Upcoming Pre-Health Events

- Mercer Nursing Walk-in’s
  - April 16th
  - Walk-in hours from 1-3pm in the Pre-Professional Advising Office study rooms

*****Augusta Athens Campus Open House March 15th*****
Orientation Overview

• Nursing Schools in GA
• Application
• Admission Requirements
• Examinations Required
• Choosing a Major

• Volunteering/Shadowing
• Where Should I Apply
• Letters of Recommendation
• Interviews
• What if I Am Not Competitive
Nursing Schools in Georgia

- Albany State University
- Brenau University
- Clayton State University
- Columbus State
- Emory University
- Georgia College and State University
- Georgia Southern University (Armstrong Campus)
- Georgia Southwestern State University
- Georgia State University
- Kennesaw State University
- LaGrange College
- Medical College of Georgia (Augusta)
- Mercer University
- Middle Georgia State College
- North Georgia College and State University
- Piedmont College
- University of West Georgia (Tanner Health System School of Nursing)
- Valdosta State University
Pathways to Nursing School
Primary Components of Application

1. Academic History
   - Overall GPA vs. Science/Prerequisite GPA
   - Transcripts

2. Exam Performance (TEAS vs. GRE)

3. Activities/Experiences
   - Shadowing (Exposure to “nurse-patient” interaction)
   - Volunteering (Commitment to helping others and community involvement)
   - Leadership (Extracurricular engagement)

4. Personal Statement and/or Essay(s)

5. Letters of Evaluation
Academic History

- Overall GPA vs. Science/Prerequisite GPA
  - ~3.2-3.6 GPA is average for accepted applicants

- Trends
  - Did you challenge yourself?
  - Did you improve over time?
  - Did you take your science courses at UGA?
  - Do you have only 1-2 withdrawals?

- AP credit
  - While many programs will accept AP credit, some do not so it is important to confirm with programs of interest

- Transcripts:
  - Submit an official transcript from every institution you attended
  - Request transcripts early as they can take several weeks to send and process
  - Refer to the application instructions regarding where to send transcripts and how to enter coursework
Typical Prerequisite Courses:

- Anatomy & Physiology I and II
  - CBIO 2200/L & CBIO 2210/L

- Microbiology
  - MIBO 2500/L

- Statistics
  - Any statistics will work

- Pre-Calculus
  - MATH 1113

- Lifespan Development
  - HDFS 2200 OR PSYC 3300

One science sequence

- BIOL 1103/L & BIOL 1104/L
- BIOL 1107/L & BIOL 1108/L
- CHEM 1211/L & CHEM 1212/L

Suggested classes:

- Nutrition
  - FDNS 2100

- Medical Terminology
  - CLAS 1030
TEAS 6

- Take the TEAS no later than semester before you plan to apply
  - Offered regularly; however, it will take a couple of weeks to receive your official score report and have that sent to programs of interest.
  - Registration is rolling and can be completed via the ATI website.

- Courses you need before the exam:
  - Anatomy & Physiology I (CBIO 2200/L)
  - Anatomy & Physiology II (CBIO 2210/L) if possible

- TEAS scores range from 60% - 100%
  - Try to score at least 70%, often schools will look for a score of 70%-80% for application

- You can study for the TEAS on your own or take a TEAS prep-course
  - Key is to make a study plan and take practice tests!
HESI

- Take the HESI no later than semester before you plan to apply
  - Offered regularly; however, it will take a couple of weeks to receive your official score report and have that sent to programs of interest.
  - Registration is rolling and can be completed via the HESI website.

- Courses you need before the exam:
  - Anatomy & Physiology I (CBIO 2200/L)
  - Anatomy & Physiology II (CBIO 2210/L) if possible

- HESI scores range from 60% - 100%
  - Try to score at least 70%, often schools will require a score of a 70%-80% for application

- You can study for the HESI on your own or take a HESI prep-course
  - Key is to make a study plan and take practice tests!
**GRE**

- Take the GRE no later than Spring/early Summer of the year you plan to apply
  - Offered regularly; however, it will take a couple of weeks to receive your official score report and have that sent to programs of interest.
  - Registration is rolling and can be completed via the University Testing Center on campus.

- Courses you need before the exam:
  - No specific coursework is required pre-GRE since the “General Test” is required

- GRE scores range from 260-340
  - Try to score at least 300 (50th percentile) as a composite (combined) score
  - ~150 for quantitative, ~150 for verbal, ~4.0 writing

- You can study for the GRE on your own or take a GRE prep-course
  - Key is to make a study plan and take practice tests!
What Should I major in?

- Major does not matter!
  - Some majors (such as Health Promotion, Food and Nutrition Science, Biology, and Exercise and Sport Science) may be more convenient than others.
  - Pre-Nursing is not a major at UGA.

- Challenge yourself, take a full-load (15/16+ hours per semester), and pursue things that interest you.

- Overall GPA vs. Science GPA/Prerequisite GPA
  - Most nursing schools will calculate a prerequisite GPA, but may also calculate a science GPA for application evaluation.
    - Science GPA = Biology, Chemistry, Microbiology
Supporting Information: Activities & Experiences

- Applicants use the Supporting Information/Experiences section to provide detailed information about:
  - **Shadowing Hours**: Time spent officially following and observing a health care professional at work, preferably in the field you are applying to (Nursing).
  - **Employment**: Paid work done outside of the health care field; for example, a retail or restaurant job.
  - **Extracurricular Activities**: Includes research, club memberships, sports, etc. through a college or university.
  - **Volunteer**: Volunteer work done outside of the health care field; for example, working for Habitat for Humanity, tutoring students, participating in or working for a fundraiser walk or blood drive, etc.

- Anything you add is fair game for an interview!
  - Include activities in which you were actively engaged.
  - Highlight specific qualities (e.g., leadership, teamwork, compassion, etc.).
  - Try to avoid including things in which you are a passive participant.
Supporting Information: Personal Statement/Essay

- Your chance to inform committee about yourself beyond transcript.
  - Pay close attention to number of characters (not words) that you can submit
  - DO NOT exceed maximum length
  - Triple-check for grammar and spelling errors!

- Need to answer these questions:
  - Why do you want to be a nurse?
  - Why do I want to pursue a nursing education?
  - Why have you selected this field of healthcare?
  - What motivates you to learn more this field?
  - What do you want schools to know about you that hasn't been disclosed in other sections of the application?
  - Explain a defining moment that helped steer you toward a career in this field.

- Start early! Give yourself at least two months to work on your statement.
  - Have several people read it (letter-writers, advisor, etc.)
  - UGA resources: Honors College, Career Center
Supporting Information: Letters of Recommendation

- Most programs require **three letters**:  
  - 1 healthcare provider (Doctor/Nurse)  
  - 1 professor (preferably in major or in prerequisite course)  
  - Additional letter(s) from another academic professional, healthcare provider, supervisor, or someone who knows you well enough to speak positively on your behalf.

- Letters should come from people who know you!  
  - Will need to describe you as an individual—behavior, character traits, maturity-level, etc.
How should I ask for Letters of Recommendation

- Ask early! January-March of year you plan to apply.
  - Keep in mind, though, that letters cannot be submitted until the application cycle officially opens

- Email about meeting in person, then ask for letter during meeting.

- Always ask whether they can write you a positive letter!

- Provide the following to your letter-writers:
  - Resume or CV
  - Draft of personal statement (if needed for application)
  - Information about the programs you’re applying to and your goals
  - Guidelines for Letter-Writers handout (provided by Pre-Health Advising Office)
Where should I apply?

- Recommend applying to several schools.
  - Admissions are very fickle. Many variables affect likelihood of interview.
  - There are no true “back-up” schools.

- Apply to private out-of-state schools.
  - State institutions are very particular about residency, private schools are not.

- Use the *Nursing CAS and Individual programs websites*
  - Overview and admissions data for accredited programs
  - Review necessary application materials
Background Check

- Report anything you think might be an issue.
  - Honor Code violations
  - Legal issues

- Not reporting is considered the same as lying.

- If you have had a violation expunged, be sure to pull record and verify.

- If something happens after you apply or are accepted, you must report.

- Bottom-line, try to keep your nose clean!
Interviews

- Interview season begins as early as August/September and will continue into the Spring.
- An invitation to interview typically means your “numbers” are good.
- Interviewers are trying to find out who you are.
  - No right/wrong answers—more about how you answer and interpersonal communication skills.
- Tips:
  - Know your application inside and out.
  - Dress conservatively (no tattoos, minimal jewelry, beards trimmed, comfy shoes)
  - Interview begins the minute you step on campus
  - Send thank-you notes within 2-weeks of interview (email or hand-written)
- Career Center conducts mock interviews
  - Schedule early! Try for Spring/Early Fall.
- Pre-Health Advising Office conducts Interview Panel every August—watch for announcement
Gap Year

- Why take a Gap Year?
  - I didn’t get in.
  - I am not ready to apply.
  - I need a break from school.

- Work on weak spots in your application.
  - Complete additional prerequisite courses
  - Retake TEAS/GRE
  - Increase clinical involvement and experience

- Key to Gap Year is planning.
  - Try to stay busy and do things that allow you to grow and cultivate new skills
What if I am not competitive?

- It’s *okay* not to get in the first time! Plenty of people have to reapply.

- Take a Gap Year to work on becoming more competitive.
  - Take additional courses or complete a graduate degree
  - Re-take the TEAS/GRE

- Consider another career not in healthcare

- Career Services: [http://career.uga.edu/majors_careers/assessments](http://career.uga.edu/majors_careers/assessments)
Major Takeaways

- Plan out each step in advance!
- Submit your application as early as you can (but don’t rush it)!
- Always have a Plan B!
- Utilize the Pre-Health Advising Office!
  - Join the Pre-Health listserv
  - Meet with Pre-Health Advisor
  - Review our website
Questions?

Pre-Health Advising Office
Website: prehealth.uga.edu
Email: premed@uga.edu
Phone: 706-542-0444

To make an appointment with Pre-Health Advisor, please visit website or log onto to SAGE.