

Resource List for Students & Faculty

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Writing Skills & Strategies

Resource Source	Specific Information	How to Access	Location
CON Writing Coach	Leslie Dupont is the college of nursing Writing Coach! She has individual, group, and drop-in times available each week. She can address writing and APA questions. She does not edit papers, but instead will answer specific questions and help students learn how to write competently and professionally.	email: ldupont.email.arizona.edu 520-626-5118	UA Campus On-line options
Writing Skills Improvement Program (WSIP)	Tutoring for writing skills and APA formatting: <ul style="list-style-type: none"> • free 50-minute tutoring services every other week (registration required) • free drop-in 15-30 minute available during regular school week (registration required) • individual and group sessions available • workshops offered throughout the year (see calendar) • lending library for writing resources • fee-based services for job marketing and editing 	http://wsip.arizona.edu/ 520-621-5849	UA Campus Geronimo Building, Rm 225A 800 E. University Blvd. Tucson, AZ 85721
Writing Skills Improvement Program (WSIP)	Resources Pages with links for handouts and other web resources: Writing Skills Tip Sheets, Multilingual Resources, General Writing & Related Resources, Graduate Resources	http://wsip.arizona.edu/writing-resources	On-line
YouTube – Heather Hall	YouTube: Introduction to Scholarly Writing Good tips for scholarly writing for nurses and discussion on APA formatting	https://www.youtube.com/watch?v=kvkC-bIjWd8	On-line

Resource Source	Specific Information	How to Access	Location
Writing Skills Improvement Program (WSIP)	<p>Professional editing service for PhD and DNP students: The cost is \$50/hour, must complete editing request form and upload documents at https://wsip.arizona.edu/eform/submit/editing-service-request-form.</p> <p>No payment is made until clients hear back from WSIP, given an estimate of how many hours editing is expected to take. Usually suggest paying only for a couple/few hours initially and adding hours as needed. Once the editing is agreed on, clients are sent a link to the online store, where they can purchase hours.</p>	https://wsip.arizona.edu/eform/submit/editing-service-request-form	On-line
University of Wisconsin-Madison: The Writing Center	UW-Madison Writer's Handbook : Lots of really good resources for all aspects of writing including academic and professional writing, writing process and structure, improving writing style, grammar and punctuation, citing references	https://writing.wisc.edu/Handbook/index.html	On-line
Univ of N. Carolina at Chapel Hill: The Writing Center	Great resource page which includes writing abstracts, paraphrases, reading strategies, vocabulary building, and much more.	https://writingcenter.unc.edu/esl/resources/	On-line
North Dakota State University	Many writing resources providing links from a variety of sources: types of documents, grammar, usage, and style.	https://www.ndsu.edu/cfwriters/writing_process/	On-line
PERRLA	PERRLA is a software program that formats your paper automatically into APA/MLA format. It will create and format the title page, table of contents, reference page, abstract, etc. Easy to use and makes formatting papers painless! Check out the tutorial videos on the home page. There is a subscription but well worth the price. Annually: \$59.95 Monthly: \$7	https://www.perrla.com/	On-line

Resource Source	Specific Information	How to Access	Location
EndNote	<p>Software for formatting bibliographies, finding full text, and searching for references. Fee – but check for student pricing.</p> <p>UA Health Sciences Library – Check out training videos</p> <p>EndNote YouTube training videos</p>	<p>http://endnote.com/</p> <p>http://libguides.library.arizona.edu/ahsl/endnote</p> <p>http://ahsl.arizona.edu/refworks-endnoteweb</p> <p>https://www.youtube.com/user/EndNoteTraining</p>	On-line
Zotero	Free, easy to use reference manager where you can collect, organize, cite and share research sources.	https://www.zotero.org/	On-line
Pearson Writer	<p>On-line/mobile app writing and research support, proofreading software checks grammar and styles, makes suggestions, access to Writer’s Guide, and more.</p> <p>6 months - \$19.95 (confirm prices online) 12 months 29.95 24 months - \$54.95 48 Months - \$79.95</p>	https://www.pearson.com/us/higher-education/products-services-teaching/learning-engagement-tools/pearson-writer.html	On-line
Grammarly	Free: Proofreading for grammar, style, spelling and plagiarism	https://www.grammarly.com/proofreading	On-line
Purdue OWL	Great resource! Numerous handouts for grammar and writing mechanics, avoiding plagiarism, practice exercises	https://owl.english.purdue.edu/owl/resource/678/01/	On-line
YouTube: Editage Insights	Short 4.5 minute video of with language tips to improve academic writing	https://www.youtube.com/watch?v=CNGBqXQG7c	On-line

Resource Source	Specific Information	How to Access	Location
THINK TANK	Tutoring: Free walk-in 15-minute appts, free 30- minute appts when registered for on-line, longer appointments available for fee	http://thinktank.arizona.edu/academic-skills-tutoring-0	UA Campus & On-line options
Univ. of NC	Free handouts covering multiple topics: writing the paper, citation, style, sentence concerns, and specific types of writing assignments	https://writingcenter.unc.edu/tips-and-tools/	On-Line
UA Libraries	Multiple links for many aspects of the writing process	http://new.library.arizona.edu/research/writing-cite	On-line
Librarian for College of Nursing	Maribeth Slebodnik, BSN, Associate Librarian Serves as a liaison to the College of Nursing to support and help students on-line and in person with in-depth research needs. She is a great resource to help you learn how to effectively use library research tools and methodology.	http://new.library.arizona.edu/people/maribeth-slebodnik-bsn email: slebodnik@email.arizona.edu phone: 520-626-7431	On UA campus and on-line
English Grammar Online	Grammar references and exercises	https://www.ego4u.com/en/cram-up/grammar	On-line
English Grammar Online	Writing: How to write English texts	https://www.ego4u.com/en/cram-up/writing	On-line
Grammarbook	Scroll down to the bottom of the home page to find links for English usage rules. Very helpful for grammar and punctuation.	https://www.grammarbook.com/	On-line
Socratica	Online videos to help improve writing skills through looking at the parts of English, clarifying hard to remember rules, and grammar points.	https://www.youtube.com/watch?v=axE-E9SPIRY&list=PLi01XoE8jYojEo9eoxfyNRROy4ojL6eh0	On-line

APA Formatting

Resource Source	Specific Information	How to Access	Location
PERRLA	PERRLA is a software program that formats your paper automatically into APA/MLA format. It will create and format the title page, table of contents, reference page, abstract, etc. Easy to use and makes formatting papers painless! Check out the tutorial videos on the home page. There is a subscription but well worth the price. Annually: \$59.95 Monthly: \$7	https://www.perrla.com/	On-line
YouTube: What is APA Style?	Short 4.5-minute video outlining what APA format is. Contains simple and helpful examples.	https://www.youtube.com/watch?v=Yg2cjUucleU	On-line
YouTube: How to format paper for APA style	How to format an APA paper. Learn how to make a template for your future papers set in APA format. You may not need all the ideas here such as making a table of contents, but you will find the tips to be extremely helpful if you want to set up the APA format yourself.	<ol style="list-style-type: none"> 1) https://www.youtube.com/watch?v=1i4VngDVZrY 2) https://www.youtube.com/watch?v=JobZQoQiszK 3) https://www.youtube.com/watch?v=ODakMMqvls 	On-line
Purdue Online Writing Lab (OWL)	Writing resources	https://owl.english.purdue.edu/owl/section/1/	On-line
Purdue OWL	APA Style Workshop: Great overview with specific examples and information for all aspects of APA writing	https://owl.english.purdue.edu/owl/section/2/10/	On-line
Purdue OWL	PPT: APA Formatting and Style Guide	https://owl.english.purdue.edu/owl/resource/560/17/	On-line
Purdue OWL	Research and citations	https://owl.english.purdue.edu/owl/section/2/	On-line
Purdue OWL	APA Video series covering APA formatting 1) APA: The Basics		On-line

Resource Source	Specific Information	How to Access	Location
	2) APA Formatting: Reference Lists Basics 3) APA Reference Lists: A more Detailed Explanation 4) APA References: Complex Authors 5) APA References: Periodicals 6) APA References: Entries for Books 7) OWL Purdue YouTube channel with writing and APA videos available	1) https://www.youtube.com/watch?v=pdAflqRt60c&list=PL8F43A67F38DE3D5D&index=0 2) https://www.youtube.com/watch?v=HpAOi8-WUY4&list=PL8F43A67F38DE3D5D&index=1 3) https://www.youtube.com/watch?v=Nvle2McNbYI&index=2&list=PL8F43A67F38DE3D5D 4) https://www.youtube.com/watch?v=AR2ze2oxww4&index=3&list=PL8F43A67F38DE3D5D 5) https://www.youtube.com/watch?v=RJiuBJoPAgQ&index=4&list=PL8F43A67F38DE3D5D 6) https://www.youtube.com/watch?v=2DwiAB4pleY&list=PL8F43A67F38DE3D5D&index=5 7) https://www.youtube.com/user/OWLPurdue	
University of Wisconsin-Madison: The Writing Center	Must have... APA Documentation Guide – very comprehensive, easy to read. Be sure to download a print version of their APA materials (Link on right side of page.)	https://writing.wiscweb.wisc.edu/wp-content/uploads/sites/535/2018/07/UWMadisonWritingCenter_APADocumentation_2009_rev_27oct2017.pdf	On-line
APA Style	Basics of APA style writing; free tutorials on “The Basics of APA Style” and “What’s New in the Sixth Edition” On-line courses (\$60-80), FAQ’s,	http://www.apastyle.org/learn/tutorials/index.aspx	On-line
Crossref	Site to find articles and how to cite them.	crossref.org	On-line

Resource Source	Specific Information	How to Access	Location
UA Health Sciences Library	APA Style Guide (6 th) Several tabs to click on for various types of citations	http://libguides.library.arizona.edu/c.php?g=351505&p=2370258	On-Line
EasyBib	Great tips for all aspects of APA formatting. Be sure to scroll down past the ads to get to the handout.	http://www.easybib.com/guides/citation-guides/apa-format/	On-line

Study & Note-Taking Skills & Strategies

Resource Source	Specific Information	How to Access	Location
CCRI's Nursing Program	Excellent handout- Success Strategies for Success This handout is from another nursing school and it is filled with relevant information and tips for time management, how to study, test taking tips, etc.	https://www.ccri.edu/success/.../Nursing%20Study%20Skills%20for%20web.pdf	On-line
Louisiana State University	Understand the study cycle to develop better study strategies.	https://www.youtube.com/watch?v=6vEWBnlqxcg	On-line
Study Guides and Strategies	Study guides and strategies, select what topic you are interested in: <ul style="list-style-type: none"> • Learning & Studying • Internet • Project & Time management • Writing & Vocabulary • Thinking & Evaluation • Reading & Research • Math & Science 	http://www.studygs.net/	On-line

Resource Source	Specific Information	How to Access	Location
UA Academic Affairs	Learning to Learn Series: Each part of the 6-part series focuses on one evidence-based learning strategy and provides useful information for retrieval practice, spaced review, elaboration, interleaving, metacognition, and growth mindset	http://academicaffairs.arizona.edu/node/406	On-line
Learning Scientists	Learn 6 effective learning strategies. Download all six posters in color or black and white.	http://www.learningscientists.org/posters	On-line
THINK TANK	FREE workshops – registration required	http://thinktank.arizona.edu/workshops	UA Campus & On-line
THINK TANK	Tutoring: Free walk-in 15-minute appts, free 30-minute appts when registered for on-line, longer appointments available for fee	http://thinktank.arizona.edu/academic-skills-tutoring-0	UA Campus and On-line
VARC: Guide to Learning Styles	Free Learning style self-test	http://vark-learn.com/the-vark-questionnaire/	On-line
UA CON Academic Support Services	Resources documents: Study Strategies Handout with 12 tips to improve study time	http://www.nursing.arizona.edu/current-students/academic-support-services	On-line
You Tube Justine G. Feather	Concept mapping – by a nursing student	https://www.youtube.com/watch?v=ReXuXy4M7oY	On-line
You Tube Tony Buzan	Mind Mapping - Find out how to Mind Map and why it is so effective from the inventor of the process, Tony Buzan	https://www.youtube.com/watch?v=u5Y4plsXTV0	On-line
Bubbl.us	Concept map program – Purchase a subscription to access software that makes concept mapping easy. Students can apply for a 50% discount. Regular monthly rate is \$4.91 (\$59 annually).	https://bubbl.us/	On-line

Resource Source	Specific Information	How to Access	Location
Mosby's	Mosby's Nursing Concept Map Creator – CD-ROM, Easy to use program walks you through each step involved in gathering, organizing, and entering patient data into a nursing care plan resulting in a concept map format. One time purchase of CD-ROM for \$33.56 (subject to change).	https://evolve.elsevier.com/cs/product/9780323034142?role=student YouTube demo of using Concept Map Creator from Evolve. https://www.youtube.com/watch?v=T1y872Yplo4	On-line
Lucidchart	Concept map software –Sign up for free as a student, can upgrade for a fee.	https://www.lucidchart.com/pages/usecase/education	On-line
Mometrix Test Preparation	You Tube – How to take Cornell notes	https://www.youtube.com/watch?v=ErSjc1PEGKE	
You Tube Doug Neill	Cornell notes with sketch noting techniques	https://www.youtube.com/watch?v=pZgMpjjgCRA	On-line
You Tube Thomas Frank	Study less study smart 6-minute summary of Marty Lobdell's lecture	https://www.youtube.com/watch?v=23Xqu0jXlfs	On-line
You Tube Thomas Frank	Active reading – get more from your textbook readings	https://www.youtube.com/watch?v=JL0pqJeE4_w	On-line
Brazosport College	A review of SQ4R reading method which is very effective to enhance reading retention. Use to make your reading count!	http://brazosport.edu/programs/academics/Learning-Frameworks/SQ4R/index	On-line
You Tube Thomas Frank	8-Advanced study tips – how to study more effectively: how to ask for help, spaced repetition, loci for memorization, beat procrastination, staying on task, focused & diffused thinking, gauge classes, do problem sets alone first then collaborate	https://www.youtube.com/watch?v=5ad6grll-ak	On-line
You Tube Thomas Frank	5 ways to build focus and concentration: pre-commitment, distraction sheet, forest app for reducing	https://www.youtube.com/watch?v=a-KCZ1sghLY	On-line

Resource Source	Specific Information	How to Access	Location
	distraction and gives awards, meditate once daily, eliminate distractions before they happen		
You Tube Thomas Frank	Note taking- 5 best methods: Outline, Cornell, mind mapping, flow, write-on-the-slides	https://www.youtube.com/watch?v=AffuwyJZTQQ	On-line
Dartmouth: Academic Skills Center	Note-taking tips and video. Check out the bottom of the page for links to Cornell University, Stanford University, and Utah State University. The Stanford handout reviews 5 different note taking strategies.	https://students.dartmouth.edu/academic-skills/learning-resources/learning-strategies/notetaking	On-line
Examined Existence	Learn how to learn more effectively with spaced repetition.	https://examinedexistence.com/why-spaced-repetition-is-important-to-learning-and-how-to-do-it/	On-line
Examined Existence	Top ten learning techniques ranking from best to worst	https://examinedexistence.com/top-10-learning-techniques-ranking-from-best-to-worst/	On-line
Anki	Electronic flashcards utilizing spaced repetition and active recall testing	https://apps.ankiweb.net/	On-line
Quizlet	Electronic flashcards, games and more. You can make your own cards or use sets already created.	https://quizlet.com/	On-line
Speed-Reading Techniques	Speed reading article and tips by Keith Drury, Associate Professor, Indiana Wesleyan University	http://www.drurywriting.com/keith/SPEED.htm	On-line
Wall Street Journal	Short article highlighting more effective study strategies	https://www.wsj.com/articles/the-smarter-ways-to-study-1502810531	On-line

Resource Source	Specific Information	How to Access	Location
American Psychological Association (APA)	A great article from APA about the importance of retrieval practice as a learning strategy. Some examples of retrieval practice are given.	http://www.apa.org/science/about/psa/2016/06/learning-memory.aspx	On-line
Litemind	Learn the art of memorizing using the Memory Palace method. Fun and easy to learn.	https://litemind.com/memory-palace/	On-line
Litemind	Learn how to mind map for note taking.	https://litemind.com/what-is-mind-mapping/	On-line
The Learning Center	University of North Carolina at Chapel Hill: Tips and Tools to study smarter, be more productive, read better and ace your tests.	https://learningcenter.unc.edu/tips-and-tools/	On-line

NCLEX Test Prep/Strategies & Test Questions

Resource Source	Specific Information	How to Access	Location
Nurse Plus Academy	Free 2017 NCLEX practice questions, take tests as many times as you want	https://nurse.plus/	On-line
National Council of State Boards of Nursing (NCSBN)	4 different subscriptions based on time for review (confirm price on website): 3 weeks - \$50 5 weeks - \$70 8 weeks - 100 15 weeks -\$160 Self-paced, access to outside resources, able to get instructor feedback, over 1,300 questions	https://learningext.com/students/p/nclex-rn	On-line

Resource Source	Specific Information	How to Access	Location
National Council of State Boards of Nursing (NCSBN)	<p>New practice NCLEX for \$150. 2 separate exams with 125 questions on each practice exam which include:</p> <ul style="list-style-type: none"> • 6 continuous hours to take each practice exam; • A tutorial to demonstrate the different question types; • Each exam is good for one time use; exams must be used within 45 days of purchase; and • A score report with the percentage of questions answered correctly. 	https://www.nclex.com/	On-line
Kaplan	Free NCLEX practice questions, sign-up for a free question of the day	https://ww1.kaptest.com/nclex/free/nclex-practice	On-line
Kaplan	Free events covering topics like NCLEX-RN Practice Test, NCLEX Sample class, etc.	https://ww1.kaptest.com/nclex/free/events	On-Line
NCLEX Online	NCLEX RN Cram Sheet – lots of great tips for test taking and distilled key facts	http://www.nclexonline.com/blog/nclex-rn-quick-review-sheet/	On-line
NCLEX Online	<p>Premium membership currently \$49 for life (check website for changes) Over 600++ NCLEX Questions complete with answers and rationale. Multiple Choice Type NCLEX Questions Set your NCLEX date and receive important NCLEX Tips notifications. Timed questions for performance rating</p>	http://www.nclexonline.com/membership-options/register/premium-membership/	On-line

Resource Source	Specific Information	How to Access	Location
Nurseslabs	Great tips and strategies for taking the NCLEX exams and “Select all that apply” questions	https://nurseslabs.com/20-nclex-tips-strategies-every-nursing-students-know/ https://nurseslabs.com/tips-answer-select-apply-questions-nclex/	On-line Handout
FA Davis Company	<p>With purchase of review book you get one- year free access to Davis Edge NCLEX RN with over 10,000 questions including “select-all-that-apply”, rationales, test taking tips, and more.</p> <p>Book: Davis's Q&A Review for NCLEX-RN®, 2nd Edition Kathleen A. Ohman ISBN-13: 978-0-8036-4079-5</p> <p>\$59.95 (US) (may be less, check website)</p>	https://www.fadavis.com/nursing/NCLEX-RN-Review-Sources	Book and on-line
Mometrix Test Preparation	Review of the NCLEX-RN distribution of content	https://www.mometrix.com/blog/reviewing-nclex-rn-test-plan/	On-line handout
National Council of State Boards of Nursing (NCSBN)	<p>NCSBN website for information about the NCLEX: application and registration, fees, scheduling, authorization to test, testing locations, what to do before, during and after test, test plans, etc.</p> <p>2018 NCLEX Candidate Bulletin – guide from before to after the NCLEX</p>	https://www.ncsbn.org/1212.htm	On-line

Resource Source	Specific Information	How to Access	Location
	2018 NCLEX Flyer – 8 steps of the NCLEX		
NRSNG	Free NCLEX style test questions you can use to practice.	https://www.nrsng.com/nursing-practice-questions/	On-line
PREZI by Mary Ann McLaughlin	NCLEX – The Kaplan Decision tree This short Prezi presentation outlines the Kaplan decision tree which can be useful in answering NCLEX style questions.	https://prezi.com/b6i5zfzh8ay7/nclex-the-kaplan-decision-tree/	On-line

General Test-Taking Strategies & Test Anxiety

Resource Source	Specific Information	How to Access	Location
THINK TANK	Register for workshops, several titles available	http://thinktank.arizona.edu/workshops	UA Campus & On-line options
Austin Community College	Great test taking techniques for nurses: Part 1: Test taking for multiple choice Part 2: Verbs (Helpful for ESL students) Part 3: Idioms (Helpful for ESL students) Includes test questions.	http://www.austincc.edu/health/ttt/	On-line
NRSNG	The ultimate guide to select-all-that-apply questions. Great tips for mastering this type of NCLEX question.	https://www.nrsng.com/select-all-that-apply-nclex/	On-line
Nurselabs	12 tips to answer NCLEX Select-all-that-apply questions	http://nurselabs.com/tips-answer-select-apply-questions-nclex/	On-line
You Tube Dr. Cathy Evans Dr. Sharon Switzer-McIntyre	How Can Health Professional Students Manage Test Anxiety? Great You Tube video on test anxiety: what is it & strategies to counter test anxiety	https://www.youtube.com/watch?v=SPaO3BXFiyQ&feature=youtu.be	On-line

Resource Source	Specific Information	How to Access	Location
ETS: The Praxis Series	Guidelines for reducing test anxiety	https://www.ets.org/s/praxis/pdf/reducing_test_anxiety.pdf	On-line
Minnesota State University	Test anxiety: lots of helpful tips to overcome test anxiety	https://www.mnsu.edu/counseling/students/tanxiety.html	On-line
You Tube Dr. Cathy Evans Dr. Sharon Switzer-McIntyre	Great video on <i>How can Health Professional Students Manage Test Anxiety?</i>	https://www.youtube.com/watch?v=SPaO3BXFiyQ	On-line
You Tube Dr. Marsha Fralick	Guided Imagery: A Journey Through the Bamboo Forest: A Relaxation Exercise for Reducing Test Anxiety Beautiful imagery with suggestions for relaxation and positive affirmations for test taking	https://www.youtube.com/watch?v=W0CkYqNjSpg Do not use while driving!	On-line
You Tube Jason Stephenson	Guided Imagery: Exam Success Meditation- Stay calm & deal with test taking nerves & anxiety	https://www.youtube.com/watch?v=AtF0T2fPvbI Do not use while driving!	On-line

Pharmacology, Medication Calculations, & Statistics

Resource Source	Specific Information	How to Access	Location
DosageHelp.com	Formulas and examples for medication calculations	http://www.dosagehelp.com/	On-line

Resource Source	Specific Information	How to Access	Location
UA Statics Consulting Laboratory	Free statistical consultation sessions for faculty, staff, and students. Call to set up an appointment.	Juli Riemenschneider Program Coordinator Statistics Consulting Laboratory jriemen@email.arizona.edu statlab.bio5.org	Campus
NRSNG	Pharmacology study guide included list of medications, med cards, and audio descriptions of the medication. Download a free cheat sheet.	https://www.nrsng.com/nursing-medication-study-guide/	On-line

English: Second Language/Non-Native Language Resources

Resource Source	Specific Information	How to Access	Location
Writing Skills Improvement Program (WSIP)	Resources page has a section on Multilingual resources, On-line interactive activities, games, and downloadable handouts	http://wsip.arizona.edu/writing_resources	On-line
Purdue OWL	Great resources and handouts for various topics of interest for ESL students including: plagiarism, understanding writing assignments, writing key concepts, grammar, punctuation, pronouns, etc.	https://owl.english.purdue.edu/owl/section/5/25/	On-line
Office of Diversity & Inclusion (ODI)	Some support services available to help those where English is not a native language	https://diversity.medicine.arizona.edu/	UA Campus
Austin Community College	Great test taking techniques for nurses: Part 1: Test taking for multiple choice Part 2: Verbs (Helpful for ESL students) Part 3: Idioms (Helpful for ESL students)	http://www.austincc.edu/health/ttt/	On-line

Resource Source	Specific Information	How to Access	Location
	Included test questions.		
English Grammar Online	Several great references, resources, and fun exercises to help with English writing, grammar, and vocabulary.	https://www.ego4u.com/	On-line
UsingEnglish.com	This site specializes in ESL resources. Check out the student link for help with grammar, idioms, phrasal verbs, irregular verbs, and more.	https://www.usingenglish.com/ Students: https://www.usingenglish.com/esl/students/	On-line
UA Center for English as a Second Language	The University of Arizona's Center for English as a Second Language (CESL) offers high-quality English language and teacher training programs. There is a cost for these services. Free: Check out ABOUT button, then Resources for Teachers for a link to great resources.	http://www.cesl.arizona.edu/	UA Campus On-line

Relaxation & Stress Reduction Skills & Strategies

Resource Source	Specific Information	How to Access	Location
UA Campus Health Stressbusters	6 short videos to help you chill now! Topics cover relaxing breathing, guided imagery, yoga, better sleep tips and more.	http://arizonastressbusters.com/chill-now/	On-line
Kaiser Permanente	FREE – 13 Guided Imagery podcasts that you can listen to on-line or download to your computer or portable audio player. (Caution – DO NOT listen to while driving!)	https://thrive.kaiserpermanente.org/care-near-you/northern-california/eastbay/departments/periodic-peroperative-medicine/guided-imagery-podcasts/	On-line

Resource Source	Specific Information	How to Access	Location
	<p>Topics include: Relieve Stress, Relieve Headaches, Healthful Sleep, Relaxation and Wellness, Ease pain, and more.</p>	<p>Do not use while driving!</p>	
Emotional Freedom Technique (EFT)	Learn a psychological acupressure technique for reducing stress and promoting relaxation and better sleep. Click on the Tapping 101 tab on the top, watch the first video entitled “What is Tapping and How Can I Start Using It?”, then scroll down and watch the “Introduction to the Tapping Points” video	<p>https://www.thetappingsolution.com/ https://eft.mercola.com/</p>	On-line
HeartMath Biofeedback	<p>Science-based technology and programs to help reduce stress and anxiety. Click on the Coherence Tech tab for more information about the three programs available.</p> <p>The third & fourth hyperlink provides an audio to walk you through the Quick Coherence technique!</p>	<p>https://www.heartmath.com/ https://www.heartmath.org/ https://www.heartmath.org/resources/heartmath-tools/quick-coherence-technique-for-adults/ https://www.heartmath.org/resources/heartmath-tools/quick-coherence-technique-for-ages-12-18/</p>	On-line
YouTube	Meditation music to relax the mind and body. Great pictures of scenery and images. Good for background music, relaxation or meditation exercises.	<p>https://www.youtube.com/watch?v=WzWn2zV10Vc https://www.youtube.com/watch?v=lt7MdEZtk4U https://www.youtube.com/watch?v=Rn2kVmRLc0M</p>	On-line

Resource Source	Specific Information	How to Access	Location
		https://www.youtube.com/watch?v=f7hbWvHKns0	
You Tube Jason Stephenson	Guided Imagery: Positive Mind in 5 Minutes Meditation	https://www.youtube.com/watch?v=3RxXiFgkxGc Do not use while driving!	On-line
You Tube Jason Stephenson	Peaceful sleep music – use at night to help drift off to sleep	https://www.youtube.com/watch?v=GA4H3Esr3V4 Do not use while driving!	On-line
FreeAffirmations .org	Learn the art of using positive affirmations, visualization and anchoring to support success, well-being, and confidence.	https://www.freeaffirmations.org/free-positive-affirmations-ebook	On-line
American Holistic Nurses Association	Holistic stress management for nurses (click at the top of the page to download the content into a PDF booklet.)	http://www.ahna.org/Home/Resources/Stress-Management	On-line
American Holistic Nurses Association	Pain relief tools for patients and self-care	http://www.ahna.org/Home/Resources/Holistic-Pain-Tools	On-line
American Holistic Nurses Association	Holistic approaches to mental health & wellbeing for nurses and patients	http://www.ahna.org/Home/Resources/Holistic-Mental-Health	On-line
Palouse Mindfulness	Free mindfulness-based stress reduction 8-week online course	https://palousemindfulness.com/	On-line
YouTube	Relaxing nature walk with music and bird sounds	https://www.youtube.com/watch?v=b4AVn8mTujw	On-line

Resource Source	Specific Information	How to Access	Location
Excel At Life	Free audios and guided imagery recordings to listen addressing a lot of issues such as anxiety, self-esteem, motivation, mindfulness exercises and a whole lot more! Remember when listening to these audios to be in a safe and comfortable place where you can focus on the audio. Do NOT listen to while driving or engaged in activities that need your attention.	https://www.excelatlife.com/downloads.htm	On-line
UCLA Health	Free audio guided meditations in English and Spanish. Transcripts of the meditations are also provided.	http://marc.ucla.edu/mindful-meditations	On-line
UCLA Health	Free mindful awareness podcasts at the Hammer Museum. Many titles to choose from to learn more about mindfulness meditation.	http://marc.ucla.edu/meditation-at-the-hammer	On-line
YouTube	Inspiring speech by Jim Kwik – The power of morning routine, life balance, focus on what is most important Ten things that will change your life for an ageless mind	https://www.youtube.com/watch?v=o8ky8PDLBRw https://www.youtube.com/watch?v=3tCWngax6WE	On-line

Time Management Skills & Strategies

Resource Source	Specific Information	How to Access	Location
THINK TANK	Register for workshop: Time Management: How to avoid procrastination and manage your time wisely	http://thinktank.arizona.edu/workshops	UA Campus & On-line options
James Clear	Procrastination: A Scientific Guide on How to Stop Procrastination Great article with lots of links for more in-depth information	https://jamesclear.com/procrastination	On-line

Resource Source	Specific Information	How to Access	Location
Litemind	Learn 15 Time Boxing strategies to get things done!	https://litemind.com/time-boxing/	On-line
iStudiez PRO	App for tracking class schedules, homework assignments, daily tasks, etc. Free lite version - \$2.99 Pro version	http://istudentpro.com/	On-line
My Study Life	App for tracking class schedules, homework assignments, daily tasks, etc. Free.	https://www.mystudylife.com/	On-line
Remember the Milk	App for making To-Do lists. Free trial. \$39.99 per year	https://www.rememberthemilk.com/	On-line
Studenthandouts.com	Free printable calendars and academic planner sheets	https://studenthandouts.com/calendars/	On-line

Student Success Resources & Other Helpful Information

Resource Source	Specific Information	How to Access	Location
UA BSN Program	Good video on the UA BSN Curriculum website, covers general time management, study tips, life balance, stress management, healthy lifestyle habits, and available resources (13 minutes)	https://www.nursing.arizona.edu/programs/entry/bsn/curriculum	On-line
Trade Schools, Colleges and Universities	99 student success tips for: choosing classes, setting goals, motivation, time management, going to class, study tips, test-taking, money management, health and wellness, career preparation and networking	https://www.trade-schools.net/articles/student-success-tips.asp#time-management	On-line
Arizona State Board of Nursing	Official AZ State Board of Nursing – get information about applying for RN licensure and certification, scope of practice, license verification, and more	http://www.azbn.gov/	On-line
National Council of State Boards of Nursing (NCSBN)	Home page to get information about NCLEX, regulations, licensure compacts, policy and Government, research, news and events	https://www.ncsbn.org/index.htm	On-line

Resource Source	Specific Information	How to Access	Location
National Council of State Boards of Nursing (NCSBN)	YouTube video explaining nurse licensure compact – multistate licensure for eligible nurses to practice in any participating state	https://www.ncsbn.org/364.htm	On-line
UA Graduate Center	Video for job interviewing and networking, about an hour in length	https://gradcenter.arizona.edu/resources/graduate-center-videos	On-line
Univ of Nebraska-Lincoln	Resource page that has many helpful brochures and handouts listed at the bottom of the page. These short informational brochures cover a variety of topics such as note taking, reading strategies, time management, test-taking strategies and more.	https://success.unl.edu/resources	On-line
Louisiana State University: Center for Academic Success	Check out the resource page for links for video and document resources: time management study strategies, course preparation, test-taking strategies, and more.	https://www.lsu.edu/cas/earnbettergrades/vlc/virtuallearningcenter.php	On-line
Brazosport College	Learning Framework introduces students to theories of learning, cognition and motivation from which to utilize success strategies in all areas of learning. Very practical articles on test anxiety, note taking, time management and more.	http://brazosport.edu/programs/academics/Learning-Frameworks/	On-line
Getting Things Done – David Allen	Podcast on the powerful practice of outcome thinking. Discover how your thoughts affect your outcomes.	https://gettingthingsdone.com/podcasts/	On-line
Oregon State University	OSU Learning Center has developed many handouts on all aspects of studying, reading, notetaking, time management, success and much more! Truly a gold mine of information!	All worksheets and handouts found here: http://success.oregonstate.edu/learning/all-worksheets	On-line

Resource Source	Specific Information	How to Access	Location
		This is the main site and you can choose topics in the task bar or tiles: http://success.oregonstate.edu/learning	
The Learning Center	University of North Carolina at Chapel Hill: Tips and Tools to study smarter, be more productive, read better and ace your tests.	https://learningcenter.unc.edu/tips-and-tools/	On-line

Nursing-Specific Resources, Tips, & Strategies

Resource Source	Specific Information	How to Access	Location
NRSNG	Sample nursing care plans – great to use as an example, be sure to check information to make sure it is appropriate for your patient situation before using.	https://www.nrsng.com/nursing-care-plans/	On-line
NRSNG	Pharmacology study guide included list of medications, med cards, and audio descriptions of the medication. Download a free cheat sheet.	https://www.nrsng.com/nursing-medication-study-guide/	On-line
NRSNG	Cheat sheets for topics such as: pharmacology, labs, drug card templates, IV solutions, cardiac (EKG heart rhythms, EKG placements, hemodynamic values, respiratory (O2 delivery systems)	https://www.nrsng.com/cheat-sheets/	On-line
NRSNG	NRSNG Academy is a fee-based program that condenses the important material you need to know in nursing school and in preparation for NCLEX. Covers 10 different areas of focus, and includes many study resources such as electronic and printable flash cards, HD video lectures, text outlines, audio transcripts, nursing case studies, patient stories, cheat sheets, NCLEX practice questions using SIMCLEX (adaptive testing NCLEX simulator), image and audio database, and more.	https://www.nrsng.com/academy/	On-line

Resource Source	Specific Information	How to Access	Location
	\$1 for a three-day trial, cost is \$49 per month pay for 9 months then lifetime access (\$441 total).		
Purdue OWL	List of Nursing resources on the Purdue OWL site. Includes PPT's and links. Topics include a sample APA paper, writing abstracts, grammar, revision, thesis writing, personal statements, resumes and cover letters, and more.	https://owl.english.purdue.edu/owl/resource/1012/03/	On-line
Doctoral Project Repository	View other DNP projects as well as pay to list your own completed project. Also check out DNP conference information, grants and scholarships, and DNP jobs. Look under Doctoral Project Repository, click on Search without filling in the field for complete list of all projects.	https://www.doctorsofnursingpractice.org/	On-line

How to Avoid Plagiarism

Resource Source	Specific Information	How to Access	Location
Purdue OWL	Several interactive activities to learn how to avoid plagiarism	https://owl.english.purdue.edu/owl/resource/930/01/	On-line
Purdue OWL	Resources for faculty for instructing students on preventing plagiarism. Includes lesson plans, activities and handouts	https://owl.english.purdue.edu/owl/section/3/	On-line
Purdue OWL	Plagiarism and ESL students: An Overview	https://owl.english.purdue.edu/owl/resource/958/01/	On-line
Accredited Online Schools	Understanding and Preventing Plagiarism: Strategies & Resources for Students and teachers	https://www.accreditedschoolsonline.org/resources/preventing-plagiarism/	On-line

THINK TANK	Plagiarism Awareness Workshop \$40 fee, 2-hour workshop Registration required	http://thinktank.arizona.edu/information/plagiarism-education-workshops	UA campus
UNC: The Writing Center	Handout on plagiarism and how to avoid it	https://writingcenter.unc.edu/tips-and-tools/plagiarism/	On-Line
UA Libraries	Great tips on how to avoid plagiarism. Near the bottom of the page, under PRACTICE is an interactive exercise on how to avoid accidental plagiarism.	http://new.library.arizona.edu/research/citing/plagiarism	On-line
University of Wisconsin-Madison: The Writing Center	Great handout for understanding how to avoid plagiarism, when to paraphrase or quote, and how to quote and paraphrase a source.	https://writing.wisc.edu/Handbook/QuotingSources.html	On-line

Health & Wellbeing Resources

Resource Source	Specific Information	How to Access	Location
UA Campus Health	Campus walk-in health clinic	https://www.health.arizona.edu/ Mon, Tues, Thurs, Fri: 8am - 4:30pm Wednesday: 9am - 4:30pm Closed on University Holidays Campus Health Phone: (520) 621-6490 After Hours: (520) 570-7898 Emergency Services: in the event of a life threatening illness or serious	UA Campus Highland Commons 1224 E. Lowell St. Tucson, AZ 85721 NW corner of Highland & 6th St.

Resource Source	Specific Information	How to Access	Location
		injury, call 911 for emergency assistance.	
UA Campus Health Counseling & Psych Services (CAPS)	<p>Counseling & Psych Services (CAPS) offers psychological counseling and psychiatric services to students to help them cope with personal problems so that they can successfully achieve their educational goals.</p> <p>Licensed professionals provide brief treatment for anxiety, depression, difficulties with relationships, family problems, food/body image concerns, alcohol and drug concerns, ADHD, life crises, and other issues.</p>	https://www.health.arizona.edu/counseling-psych-services	<p>UA Campus</p> <p>CAPS is located on the third floor, SE corner of Campus Health</p> <p>Highland Commons 1224 E. Lowell St. Tucson, AZ 85721</p>
Program for Mental Health Wellness (ODI)	<p>Students can self-refer for an appointment. CON ROOM 403</p> <p>At bottom of page several links for specific conditions for additional on-line resources:</p> <ul style="list-style-type: none"> • ADD/ADHD • Anxiety & Depression • Eating Disorders • Substance Abuse • LGBTQ Support • Pregnancy & Postpartum Support • Violence & Trauma 	http://diversity.uahs.arizona.edu/mental-health-wellness	<p>UA Campus appointments</p> <p>On-line Resources</p>

Resource Source	Specific Information	How to Access	Location
	<ul style="list-style-type: none"> • Self-Care & Wellness • Financial Assistance • Transportation Assistance • International & Immigrant Students 		
Arizona State University	Mental health counseling services are available for Phoenix students due to a partnership between our universities. Confidential walk in and phone services available.	https://eoss.asu.edu/counseling/location Phone: 602-496-1155 Location: ASU Counseling Services, Downtown campus Historic Post Office building 522 N. Central Avenue Phoenix, AZ 85004	PHX students ASU on campus
Learn Psychology	Mental health issues affecting college students – many mental health topics are covered on this site which include helpful information	https://www.learnpsychology.org/mental-health/	On-line
UA LGBTQ Affairs	The Office of Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) Affairs creates a safe space for thousands of students every year on the University of Arizona campus through programs, trainings, events, and through the LGBTQ Resource Center in the Student Union.	http://lgbtq.arizona.edu/ National resources for local and distance students: http://lgbtq.arizona.edu/national-resources	UA Campus & On-line
National Sleep Foundation	A lot of great tips for better sleep. Check out the SLEEP TOPICS tab, the bedroom environment. Click on each sense button for more information.	https://sleepfoundation.org/	On-line

Resource Source	Specific Information	How to Access	Location
American Heart Association	<p>Great website for many tips and guidelines for healthy living including: healthy eating, physical activity, weight management, stress management, quit smoking.</p> <p>Click on the Healthy Living tab at the top of the page, then select the section you are interested in</p>	<p>https://healthyforgood.heart.org/</p>	On-line
UA Campus Pantry	<p>The UA Campus Pantry is committed to helping students and staff who experience food insecurity gain access to nutritional resources. At their distribution events, students and staff can grab important food staples at no cost. All you need is your CatCard! Check website for events schedule and contact info.</p> <p>They are open every Wednesday from 12:00PM - 7:00PM and Friday from 11AM - 3PM during the academic year.</p>	<p>http://campuspantry.arizona.edu/about-us</p> <p>https://campuspantry.arizona.edu/</p> <p>Email: uofacampuspantry@gmail.com</p>	UA Campus
Trinity Food Pantry	<p>The Trinity Food Pantry is open Sunday 12:00 pm to 2:00 pm, Tuesday 12:00 pm to 4:00 pm and Thursday 12:00 pm to 4:00 PM</p>	<p>http://trinitytucson.org/trinity-food-pantry/</p> <p>Phone: (520) 623-2579</p>	Trinity Presbyterian Church 400 E. University Blvd. Tucson, AZ 85705
Community Food Bank of Southern Arizona	<p>They distribute fresh produce and non-perishable food to a vast network of community partners throughout the state. Check out the locations link for a distribution site near you.</p> <p>They offer many educational programs including community garden plots and emergency food boxes.</p>	<p>https://www.communityfoodbank.org/</p> <p>Locations: http://www.communityfoodbank.org/Locations</p>	Tucson Amado Green Valley Marana Nogales

Resource Source	Specific Information	How to Access	Location
		Programs: http://www.communityfoodbank.org/Our-Work/Programs#HealthAndFood	
UA Campus Recreation	Many great health and wellness programs FREE to UA students	https://rec.arizona.edu/	UA Campus

University Resources

Resource Source	Specific Information	How to Access	Location
Writing Skills Improvement Program (WSIP)	Writing support	http://wsip.arizona.edu/	UA campus & on-line
UA Office of Scholarships & Financial Aid	Financial aid services	http://financialaid.arizona.edu/	UA Campus and On-line
D2L Helps page	Helpful resources for D2L – Student	http://help.d2l.arizona.edu/student/student-home	On-line
Strategic Alternative Learning Techniques (SALT)	The SALT Center inspires students with learning and attention challenges to succeed in higher education. The services include: <ul style="list-style-type: none"> • Individualized Learning Plans • Learning Strategies Instruction • Peer Tutoring 	http://www.salt.arizona.edu/	UA Campus

Resource Source	Specific Information	How to Access	Location
	<ul style="list-style-type: none"> • Academic Skills Workshops • Psychological Services • Educational Technology Consultations • Leadership & Social Programs 		
UA Disability Resource Center (DRC)	The University of Arizona is committed to inclusion and access. DRC works to determine and provide access to University classes, programs and activities for disabled. Through an interactive process, they facilitate access either through determining a reasonable accommodation or by redesigning aspects of a University experience.	http://drc.arizona.edu/ http://drc.arizona.edu/students	UA Campus & on-line
Veterans Education and Transition Services (V.E.T.S.)	Hub of information for student veterans and veterans looking to enter the UA.	http://www.satest.arizona.edu/programs/vets/office/	UA Campus On-line resources
UA Academic Success and Achievement	Support for retention and student success. Many services are offered including mentoring	https://asa.arizona.edu/	UA campus
UA Dean of Students	List of many UA resources including Bursar's Office, Admissions, Campus Health, Housing, Registrar, SafeRide, Campus recreation, and more!	http://deanofstudents.arizona.edu/campus-resources	On-line & Campus
UA Student Engagement &	Great resources for interviewing, creating a resume and cover letter, preparing for the job interview, etc. Check	http://career.arizona.edu/	On Campus & On-line

Resource Source	Specific Information	How to Access	Location
Career Development	under the tabs for Career Coaching and Resources & Tools.		
UA Calendars	This UA site has links for several calendars and events such as: academic calendar, final exam schedule, payment deadlines, registration deadlines, holidays, and master calendar of UA events	http://www.arizona.edu/calendars-events	On-line
UA Academic Support Services	This UA site has several support services listed for easy access such as: SALT, THINK TANK, CATS Academics and more	http://www.arizona.edu/academic-support	On-line
UA Maps	Map of UA campus	http://map.arizona.edu/	On-line
UA SafeRide	Free transportation service for UA affiliates that provide nighttime alternative to walking alone on campus. Sun-Thurs 6:30pm – 1:00am Fri 6:30pm – 9:30pm Sat closed	https://azsaferide.wixsite.com/saferide (520) 621-7233	UA Campus
UA Housing & Residential Life	UA housing options	https://housing.arizona.edu/	UA Campus
UA Threat Assessment & Management	Concerns about campus safety, violence or threats	http://www.tam.arizona.edu/ Emergency: call 911	UA Campus On-line
UA Police Department (UAPD)	Crime alerts, safety tips, finger printing, bike/wheel locks for sale, report a crime	http://uapd.arizona.edu/ Emergency: 911 Non-Emergency: (521) 621-8273	UA Campus