

## UA CON Student Success Resource Guide

Use this guide to navigate the many resources you have available to support your success in the nursing program.

| Concern or need                | Steps to consider taking  | Resources that may be helpful   |
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| Failed an examination          | <ul style="list-style-type: none"> <li>• Review missed questions immediately after exam.</li> <li>• Make an appointment with faculty to go over missed questions.</li> <li>• Make an appointment with the Academic Success Coach to review study strategies.</li> <li>• Discuss study strategies and review material with study group, peer mentor, or faculty mentor/advisor.</li> <li>• For non-nursing content, consider an appointment with the THINK TANK</li> </ul>   | <p>Academic Success Coach:<br/> <a href="https://www.nursing.arizona.edu/academic-success-coaching">https://www.nursing.arizona.edu/academic-success-coaching</a></p> <p>THINK TANK: <a href="https://thinktank.arizona.edu/">https://thinktank.arizona.edu/</a></p>  |
| Failed on a writing assignment | <ul style="list-style-type: none"> <li>• Meet with faculty for clarification of writing challenges.</li> <li>• Make an appointment with the UA CON Writing Coach</li> <li>• Writing services are also available through the UA Writing Skills Improvement Program (WSIP)</li> <li>• PERRLA – citation manager, APA writing template to support APA formatting and make writing assignments easier – good for undergraduate programs.</li> <li>• EndNote - citation manager program may be required by graduate programs. Check with faculty. CON librarian can give more info on EndNote and free download.</li> <li>• Perdue Online Writing Lab (OWL)</li> </ul> | <p>CON Writing Coach:<br/> <a href="https://www.nursing.arizona.edu/writing-coaching">https://www.nursing.arizona.edu/writing-coaching</a></p> <p>WISP: <a href="https://wsip.arizona.edu/">https://wsip.arizona.edu/</a></p> <p>PERRLA: <a href="https://www.perrla.com/#/">https://www.perrla.com/#/</a></p> <p>EndNote : <a href="https://endnote.com/">https://endnote.com/</a><br/>           Check with librarian for info on free download</p> <p>Perdue OWL:<br/> <a href="https://owl.purdue.edu/owl/research_and_citation/pa_style/apa_style_introduction.html">https://owl.purdue.edu/owl/research_and_citation/pa_style/apa_style_introduction.html</a></p> |

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| Failed on a clinical skill or clinical practice              | <ul style="list-style-type: none"> <li>• Meet with your clinical faculty to discuss strategies for success.</li> <li>• Schedule additional clinical lab time to review skills as appropriate and available.</li> <li>• Practice skills with lab partners.</li> <li>• Record practice session to review and critique afterwards. (Use video on phone.)</li> </ul>  | See clinical faculty regarding scheduling practice lab time.   |
| Failing course   | <ul style="list-style-type: none"> <li>• Confirm with faculty and program coordinator that you will not be able to pass the course as soon as possible to discuss options such as withdrawal, leave-of-absence, fail course.</li> <li>• Make appointment with CON OSAA Academic Advisor for consultation about failing course and registration of new courses.</li> </ul>   | <a href="mailto:CON-OSAA@email.arizona.edu">CON-OSAA@email.arizona.edu</a>   |
| Test anxiety during examinations and/or clinical performance | <ul style="list-style-type: none"> <li>• Make an appointment with the Academic Success Coach to learn evidence-based stress management techniques. Also review study strategies and time management for best results.</li> <li>• Make an appointment with the UA Counseling &amp; Psych Services (CAPS): counselors and prescribers available. There may be a cost for these services.</li> </ul>   | <p>Academic Success Coach:<br/> <a href="https://www.nursing.arizona.edu/academic-success-coaching">https://www.nursing.arizona.edu/academic-success-coaching</a></p> <p>CAPS: <a href="https://caps.arizona.edu/">https://caps.arizona.edu/</a><br/> Phone 24/7: 520-621-3334</p> |
| Disability related needs                                     | <ul style="list-style-type: none"> <li>• Make an appointment with the UA Disability Resource Center (DRC) if you would like to be evaluated for accommodations such as: additional time on tests, quiet test location, extended deadlines, etc.</li> <li>• You will need to have documentation from an appropriate provider regarding the disability. DRC can give you the details of what is involved.</li> <li>• There are no accommodations for English as a second language. (See other resources for English as a second language.)</li> </ul> | <p>DRC: <a href="https://drc.arizona.edu/">https://drc.arizona.edu/</a><br/> Phone: 520-621-3268</p>   |

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| <p>English as a second language challenges</p>   | <ul style="list-style-type: none"> <li>• Make an appointment with the UA Center for English as a Second Language (CESL) to discuss what programs and tutoring may be available. There may be a cost for these services.</li> <li>• Check out the CON Writing Coaches web page for ESL resources.</li> <li>• Check WSIP for writing resources for multilingual students</li> </ul>   | <p>CESL: <a href="https://cesl.arizona.edu/">https://cesl.arizona.edu/</a></p> <p>CON Writing Coach: <a href="https://www.nursing.arizona.edu/writing-coaching">https://www.nursing.arizona.edu/writing-coaching</a></p> <p>WSIP: <a href="https://wsip.arizona.edu/resources">https://wsip.arizona.edu/resources</a></p>  |
| <p>Need testing, diagnosis, or tutoring for learning differences, ADHD, dyslexia, cognitive function</p> | <ul style="list-style-type: none"> <li>• Primary care providers, psychologists, and counselors may be a good place to start. Check your insurance to see who may be covered.</li> <li>• Make an appointment with the UA Counseling &amp; Psych (CAPS) services to discuss what services they may be able to offer and the cost.</li> <li>• Make an appointment with the UA College of Medicine ABLE Clinic: they provide comprehensive evaluations to assist in the diagnosis of various neurodevelopmental disorders, psychological disorders, and provide treatment recommendations. There is a fee for these services.</li> <li>• Make an appointment with the CON Academic Success Coach to discuss success strategies and referrals.</li> <li>• Dyslexia diagnosis and tutoring: (The resources listed below can provide recommendations for those professionals who screen and may also provide diagnostic testing for dyslexia which may be needed for receiving accommodations.)</li> </ul> | <p>CAPS: <a href="https://caps.arizona.edu/">https://caps.arizona.edu/</a><br/>Phone 24/7: 520-621-3334</p> <p>ABLE Clinic: <a href="https://ableclinic.medicine.arizona.edu/">https://ableclinic.medicine.arizona.edu/</a></p> <p>Academic Success Coach: <a href="https://www.nursing.arizona.edu/academic-success-coaching">https://www.nursing.arizona.edu/academic-success-coaching</a></p> <p>Learn about the signs of dyslexia: <a href="https://yale.edu/signs-of-dyslexia">Signs of Dyslexia - Yale Dyslexia</a></p> <p>Barton Reading: <a href="https://bartonreading.com/tutors/">https://bartonreading.com/tutors/</a></p> |

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|   | <p><b>Barton Reading and Spelling</b> – below the <i>Hire a Tutor</i> video, click on the link to request a list of tutors in your area (live &amp; online services)</p> <p><b>International Dyslexia Association AZ Branch</b></p>  | <p>IDA AZ Branch: <a href="https://az.dyslexiaida.org/provider-directory/">https://az.dyslexiaida.org/provider-directory/</a></p>  |
| Academic & Writing Support                              | <ul style="list-style-type: none"> <li>• CON Academic Success Coach – make an appointment for individualized support or check out the tips and online resources on the website</li> <li>• CON Writing Coach – check for drop-in times, make an appointment for individualized support, or check out the tips and online resources on the website</li> <li>• UAHS Equity, Diversity &amp; Inclusion office offers several online and video resources</li> <li>• CON Librarian</li> </ul>  | <p>Academic Success Coach: Academic Success Coach: <a href="https://www.nursing.arizona.edu/academic-success-coaching">https://www.nursing.arizona.edu/academic-success-coaching</a></p> <p>CON Writing Coach: <a href="https://www.nursing.arizona.edu/writing-coaching">https://www.nursing.arizona.edu/writing-coaching</a></p> <p>UAHS ED&amp;I: <a href="https://diversity.uahs.arizona.edu/academic-support">https://diversity.uahs.arizona.edu/academic-support</a></p> <p>Nursing Librarian: <a href="https://new.library.arizona.edu/people/maribeth-slebodnik-bsn">https://new.library.arizona.edu/people/maribeth-slebodnik-bsn</a><br/><a href="https://www.nursing.arizona.edu/resources/con-librarian">https://www.nursing.arizona.edu/resources/con-librarian</a></p> |
| Support for learning differences and focusing attention | <ul style="list-style-type: none"> <li>• Check out the SALT program which provides services for students with learning and attention challenges. There is a fee for this program.</li> <li>• C-Pen – use pen to scan reading material to hear it read out loud and look up definitions (there is a cost)</li> <li>• Software to convert text into speech to have electronic materials read out loud (free)</li> <li>• Many resources for Microsoft/Apple accessibility features, TextHelp Read &amp; Write, concept</li> </ul> | <p>SALT: <a href="https://salt.arizona.edu/">https://salt.arizona.edu/</a></p> <p>C-Pen: <a href="https://cpen.com/">https://cpen.com/</a></p> <p>Read &amp; Write app: <a href="https://drc.arizona.edu/students/read-write">https://drc.arizona.edu/students/read-write</a></p>  |

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|   | <p>mapping, screen overlays, screen magnification, and screen readers (Fees may apply)</p> <ul style="list-style-type: none"> <li>Resources for notetaking (Fees may apply)</li> </ul>  | <p>DRC Resources : Assistive Technologies : <a href="https://drc.arizona.edu/students/assistive-technology-resources">https://drc.arizona.edu/students/assistive-technology-resources</a></p> <p>DRC : <a href="https://drc.arizona.edu/students/access-lecture-content">https://drc.arizona.edu/students/access-lecture-content</a></p>   |
| Need support and want to feel connected   | <ul style="list-style-type: none"> <li>There are many resources available throughout the UA. Check out these links to find what you are looking for.</li> <li>For the BSN and BSN IH programs – sign up at the beginning of the semester for a peer mentor. An email will be sent the first day of the semester with instructions for accessing the application.</li> </ul> | <p>SSRI: <a href="https://studentsuccess.arizona.edu/">https://studentsuccess.arizona.edu/</a></p> <p>Thrive Center: <a href="https://thrive.arizona.edu/overview">https://thrive.arizona.edu/overview</a></p> <p>CAPS – check CAPS services and Self-Help: <a href="https://caps.arizona.edu/">https://caps.arizona.edu/</a></p> <p>UA Dean of Students: <a href="https://deanofstudents.arizona.edu/">https://deanofstudents.arizona.edu/</a></p> <p>Veterans: <a href="https://vets.arizona.edu/">https://vets.arizona.edu/</a></p> <p>LGBTQ: <a href="https://lgbtq.arizona.edu/">https://lgbtq.arizona.edu/</a></p> <p>Peer Mentor Coordinator is the Academic Success Coach. For questions email: <a href="mailto:dnesbitt@arizona.edu">dnesbitt@arizona.edu</a></p> |
| Need mental health services, emotional support, counseling<br><br>Feeling overwhelmed, stress out | <ul style="list-style-type: none"> <li>Jenna Teso, LCSW is a Mental Health Counselor in the UArizona Health Sciences Office of Equity, Diversity &amp; Inclusion. She provides confidential and free services including:</li> </ul>   | <p>EDI Mental Health: <a href="https://diversity.uahs.arizona.edu/mental-health-wellness">https://diversity.uahs.arizona.edu/mental-health-wellness</a></p>  |

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| <p>Feeling depressed, lacking motivation</p>   | <ul style="list-style-type: none"> <li>• Consultation for students, faculty, and staff (for concerns about students)</li> <li>• Assessment</li> <li>• Referrals to campus and community resources</li> <li>• Brief Individual Therapy</li> <br/> <li>• UA Counseling &amp; Psych Services (CAPS) offers crisis intervention, counseling, medication management, support groups, and self-help options.</li> <br/> <li>• Feeling suicidal – call 911</li> </ul> | <p>CAPS: <a href="https://caps.arizona.edu/">https://caps.arizona.edu/</a><br/> Phone 24/7: 520-621-3334<br/> <a href="https://caps.arizona.edu/mental-health-tools">https://caps.arizona.edu/mental-health-tools</a></p> <p>Suicidal: call 911</p>  |
| <p>Need Tutoring</p>   | <ul style="list-style-type: none"> <li>• For Gen Ed courses consider THINK TANK.</li> <li>• For nursing courses consult with your faculty and program coordinator for potential peer mentors and tutors.</li> </ul>  | <p>THINK TANK: <a href="https://thinktank.arizona.edu/">https://thinktank.arizona.edu/</a></p>   |
| <p>Experiencing food insecurity</p>  | <ul style="list-style-type: none"> <li>• Check out the UA Food Pantry</li> <li>• UA Dean of Students can provide emergency bags of groceries when the Food Pantry is closed.</li> <li>• Tucson Community Food Bank has several locations</li> <br/> <li>• Look up local food pantries in your community</li> </ul>   | <p>Food Pantry: <a href="https://campuspantry.arizona.edu/">https://campuspantry.arizona.edu/</a><br/> Dean of Students:<br/> <a href="https://deanofstudents.arizona.edu/support/student-assistance">https://deanofstudents.arizona.edu/support/student-assistance</a><br/> Tucson Community Food Bank:<br/> <a href="https://www.communityfoodbank.org/">https://www.communityfoodbank.org/</a><br/> <a href="https://www.communityfoodbank.org/Get-Help">https://www.communityfoodbank.org/Get-Help</a></p> |
| <p>Helpful apps and websites</p> <p>(Some free versions, but others require a fee)</p> | <ul style="list-style-type: none"> <li>• Flashcard apps: ANKI, Quizlet</li> <br/> <li>• Nursing content, overview, videos, practice NCLEX questions</li> </ul>   | <p>Anki: <a href="https://apps.ankiweb.net/">https://apps.ankiweb.net/</a><br/> Quizlet: <a href="https://quizlet.com/">https://quizlet.com/</a></p> <p>Nursing.com: <a href="https://nursing.com/">https://nursing.com/</a></p>   |

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|  | <ul style="list-style-type: none"><li>• Pictures and Mnemonics</li><li>• APA formatting support – PERRLA</li><li>• Perdue Online Writing Lab (OWL)</li></ul> | <p>Picomincs RN: <a href="https://www.picmonic.com/find-picmonic?market=nursing">https://www.picmonic.com/find-picmonic?market=nursing</a></p> <p>Picmonics NP: <a href="https://www.picmonic.com/nursing-np/why-picmonic">https://www.picmonic.com/nursing-np/why-picmonic</a></p> <p>PERRLA: <a href="https://www.perrla.com/#/">https://www.perrla.com/#/</a></p> <p>Perdue OWL:<br/><a href="https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html">https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html</a></p> |
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