## 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.

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<th>Concern or need</th>
<th>Steps to consider taking</th>
<th>Resources that may be helpful</th>
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<tr>
<td>Failed an examination</td>
<td>• Review missed questions immediately after exam.</td>
<td>Academic Success Coach: <a href="https://www.nursing.arizona.edu/academic-success-coaching">https://www.nursing.arizona.edu/academic-success-coaching</a></td>
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<td>• Make an appointment with faculty to go over missed questions.</td>
<td>THINK TANK: <a href="https://thinktank.arizona.edu/">https://thinktank.arizona.edu/</a></td>
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<td>• Make an appointment with the Academic Success Coach to review study strategies.</td>
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<td>• Discuss study strategies and review material with study group, peer mentor, or faculty mentor/advisor.</td>
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<td>• For non-nursing content, consider an appointment with the THINK TANK</td>
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<td>Failed on a writing assignment</td>
<td>• Meet with faculty for clarification of writing challenges.</td>
<td>CON Writing Coach: <a href="https://www.nursing.arizona.edu/writing-coaching">https://www.nursing.arizona.edu/writing-coaching</a></td>
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<td>• Make an appointment with the UA CON Writing Coach</td>
<td>WISP: <a href="https://wsip.arizona.edu/">https://wsip.arizona.edu/</a></td>
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<td>• Writing services are also available through the UA Writing Skills Improvement Program (WSIP)</td>
<td>PERRLA: <a href="https://www.perrla.com/">https://www.perrla.com/</a></td>
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<td>• PERRLA – APA writing template to support APA formatting and make writing assignments easier.</td>
<td>Perdue OWL: <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></td>
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<td>• Perdue Online Writing Lab (OWL)</td>
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<td>Failed on a clinical skill or clinical practice</td>
<td>• Meet with your clinical faculty to discuss strategies for success.</td>
<td>See clinical faculty regarding scheduling practice lab time.</td>
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<td>• Schedule additional clinical lab time to review skills as appropriate and available.</td>
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<tr>
<td>Issue</td>
<td>Recommendations</td>
<td>Contact</td>
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<td>Practice skills with lab partners.</td>
<td>• Practice skills with lab partners. • Record practice session to review and critique afterwards. (Use video on phone.)</td>
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<td>Failing course</td>
<td>• 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. • Make appointment with CON OSAA Academic Advisor for consultation about failing course and registration of new courses.</td>
<td><a href="mailto:CON-OSAA@email.arizona.edu">CON-OSAA@email.arizona.edu</a></td>
</tr>
</tbody>
</table>
| Test anxiety during examinations and/or clinical performance          | • 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. • Make an appointment with the UA Counseling & Psych Services (CAPS): counselors and prescribers available. There may be a cost for these services. | Academic Success Coach: [https://www.nursing.arizona.edu/academic-success-coaching](https://www.nursing.arizona.edu/academic-success-coaching)  
CAPS: [https://caps.arizona.edu/](https://caps.arizona.edu/)  
Phone 24/7: 520-621-3334 |
| Disability related needs                                             | • 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. • You will need to have documentation from an appropriate provider regarding the disability. DRC can give you the details of what is involved. • There are no accommodations for English as a second language. (See other resources for English as a second language.) | DRC: [https://drc.arizona.edu/](https://drc.arizona.edu/)  
Phone: 520-621-3268 |
| English as a second language challenges                              | • Make an appointment with the UA Center for English as a Second Language (CESL) to discuss                                                                                                                      | CESL: [https://cesl.arizona.edu/](https://cesl.arizona.edu/) |
| Need testing, diagnosis, or tutoring for learning differences, ADHD, dyslexia, cognitive function | • Primary care providers, psychologists, and counselors may be a good place to start. Check your insurance to see who may be covered.  
• Make an appointment with the UA Counseling & Psych (CAPS) services to discuss what services they may be able to offer and the cost.  
• 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.  
• Make an appointment with the CON Academic Success Coach to discuss success strategies and referrals.  
• 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.)  
  Barton Reading and Spelling – below the Hire a Tutor video, click on the link to request a list of tutors in your area (live & online services)  
  International Dyslexia Association AZ Branch |
|---|---|
| | CON Writing Coach:  
https://www.nursing.arizona.edu/writing-coaching  
WSIP: https://wsip.arizona.edu/resources  
CAPS: https://caps.arizona.edu/  
Phone 24/7: 520-621-3334  
ABLE Clinic: https://ableclinic.medicine.arizona.edu/  
Academic Success Coach:  
https://www.nursing.arizona.edu/academic-success-coaching  
Learn about the signs of dyslexia:  
Signs of Dyslexia - Yale Dyslexia  
Barton Reading: https://bartonreading.com/tutors/  
IDA AZ Branch: https://az.dyslexiaida.org/provider-directory/ |
| Academic & Writing Support | • CON Academic Success Coach – make an appointment for individualized support or check out the tips and online resources on the website  
• 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  
• UAHS Equity, Diversity & Inclusion office offers several online and video resources  
• CON Librarian |
| Academic Success Coach: [https://www.nursing.arizona.edu/academic-success-coaching](https://www.nursing.arizona.edu/academic-success-coaching)  
CON Writing Coach: [https://www.nursing.arizona.edu/writing-coaching](https://www.nursing.arizona.edu/writing-coaching)  
UAHS ED&I: [https://diversity.uahs.arizona.edu/academic-support](https://diversity.uahs.arizona.edu/academic-support)  
Nursing Librarian: [https://new.library.arizona.edu/people/maribeth-slebodnik-bsn](https://new.library.arizona.edu/people/maribeth-slebodnik-bsn) [https://www.nursing.arizona.edu/resources/con-librarian](https://www.nursing.arizona.edu/resources/con-librarian) |
| Support for learning differences and focusing attention | • Check out the SALT program which provides services for students with learning and attention challenges. There is a fee for this program.  
• C-Pen – use pen to scan reading material to hear it read out loud and look up definitions (there is a cost)  
• Software to convert text into speech to have electronic materials read out loud (free) |
| SALT: [https://salt.arizona.edu/](https://salt.arizona.edu/)  
C-Pen: [https://cpen.com/](https://cpen.com/)  
Read & Write app: [https://drc.arizona.edu/students/read-write](https://drc.arizona.edu/students/read-write) |
| Need support and want to feel connected | • There are many resources available throughout the UA. Check out these links to find what you are looking for. |
| SSRI: [https://studentsuccess.arizona.edu/](https://studentsuccess.arizona.edu/)  
Thrive Center: [https://thrive.arizona.edu/overview](https://thrive.arizona.edu/overview)  
CAPS – check CAPS services and Self-Help: [https://caps.arizona.edu/](https://caps.arizona.edu/) |
| Need mental health services, emotional support, counseling | UA Dean of Students: https://deanofstudents.arizona.edu/ |
| Feeling overwhelmed, stress out | Veterans: https://vets.arizona.edu/ |
| Feeling depressed, lacking motivation | LGBTQ: https://lgbtq.arizona.edu/ |
| | Peer Mentor Coordinator is the Academic Success Coach. For questions email: dnesbitt@arizona.edu |

| Need Tutoring | THINK TANK: https://thinktank.arizona.edu/ |
| For Gen Ed courses consider THINK TANK. | |

- 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.

- Jenna Teso, LCSW is a Mental Health Counselor in the UArizona Health Sciences Office of Equity, Diversity & Inclusion. She provides confidential and free services including:
  - Consultation for students, faculty, and staff (for concerns about students)
  - Assessment
  - Referrals to campus and community resources
  - Brief Individual Therapy

- UA Counseling & Psych Services (CAPS) offers crisis intervention, counseling, medication management, support groups, and self-help options.
  - Feeling suicidal – call 911

- EDI Mental Health:
  - https://diversity.uahs.arizona.edu/mental-health-wellness

- CAPS: https://caps.arizona.edu/
  - Phone 24/7: 520-621-3334
  - https://caps.arizona.edu/mental-health-tools
  - Suicidal: call 911

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  - https://caps.arizona.edu/mental-health-tools
  - Suicidal: call 911
| **Experiencing food insecurity** | • Check out the UA Food Pantry
• UA Dean of Students can provide emergency bags of groceries when the Food Pantry is closed.
• Tucson Community Food Bank has several locations
• Look up local food pantries in your community | Food Pantry: [https://campuspantry.arizona.edu/](https://campuspantry.arizona.edu/)
Dean of Students: [https://deanofstudents.arizona.edu/support/student-assistance](https://deanofstudents.arizona.edu/support/student-assistance)
Tucson Community Food Bank: [https://www.communityfoodbank.org/](https://www.communityfoodbank.org/)
| **Helpful apps and websites** | • Flashcard apps: ANKI, Quizlet
• Nursing content, overview, videos, practice NCLEX questions
• Pictures and Mnemonics
• APA formatting support – PERRLA
• Perdue Online Writing Lab (OWL) | Anki: [https://apps.ankiweb.net/](https://apps.ankiweb.net/)
Quizlet: [https://quizlet.com/](https://quizlet.com/)
Nursing.com: [https://nursing.com/](https://nursing.com/)
Picomics RN: [https://www.picmonic.com/find-picmonic?market=nursing](https://www.picmonic.com/find-picmonic?market=nursing)
PERRLA: [https://www.perrla.com/](https://www.perrla.com/)
Perdue OWL: [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) |