

PROJECT BEYOND-2

Spring 2022 Newsletter

Spring Reflection



As another academic year draws to a close, I reflect on the remarkable Project BEYOND-2 (PB-2) accomplishments. We kicked off the fall semester with a *meet and greet* to welcome new and current PB-2 students. As the year continued, we hosted a variety of programming such as *peer mentoring circles*, *structured sessions*, and paired students with *professional nurse mentors*. Additionally, a cohort of eight PB-2 students completed a two-year *Eldercare Enhancement (E2)* program to expand their knowledge about eldercare. Most rewarding perhaps was the countless accomplishments our students achieved.

In Spring, we kicked off the semester with a new partnership with Dr. Lee Za Ong, from the College of Education- Counselor Education and Counseling Psychology, to support students by offering strategies to positively address psychological wellness. We also launched a partnership with the Upward Bound (UB) program on campus to offer a NurseCamp and Future Nurses Club for UB high school students.

To bring the year to a close, we celebrated the continued progress of current students and congratulated a total of twenty-five PB-2 seniors who will soon be joining the ranks of professional Marquette Nurses. It was bittersweet to have to say goodbye to these amazing graduates. However, I know they are ready to rise to the challenge and are well prepared to address the increasingly complex healthcare needs of patients and communities.

Lastly, I would like to take a moment to acknowledge and say “thank you” to the amazing PB-2 and E2 staff who provided academic support, encouraged students through challenges, and cheered them on through successes. Their passion and commitment to the students is truly remarkable!

Dr. Terrie Garcia



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In the Spotlight

AJ Troug (sophomore BSN student)– Emerging Leader Award

Awarded to students in their first or second years of study who demonstrated initiative, motivation, and potential for continued student leadership within the university.



Theresa Akinboboye (senior BSN student) –Berens Award

Awarded to a senior student selected by the faculty who has demonstrated above average academic achievement, outstanding clinical performance, commitment to ongoing professional development, and qualities consistent with the ideals and principles of moral conduct.

Leslie Sandoval (senior BSN student) –Gregory Olson Caring Undergraduate Award

The award is presented to a senior with above average academic achievement who has demonstrated caring for peers and clients, openness to new ideas, openness to the diverse views of others, and who exemplifies fairness.



Maribel Lopez (freshman BSN student) –Outstanding Creative Work Award

The award recognizes outstanding undergraduate creative work. Granted for a creative non-fiction vignette that describes the genuineness and beauty of the familial and societal complexities of existing between English and Spanish.

Amber Johnson MSN, RN (Mentor/Advisor Specialist Lead, Project BEYOND-2)

Amber has been with the project for over 4 years. She is graduating in May 2022 with a Master of Science in Nurse Midwifery. She hopes to work primarily with women of color in the Milwaukee area.



Tana Karenke PhD, RN (Mentor/Advisor Specialist, Project BEYOND-2)

Tana has been with the project for over two years. In March 2022, she defended her dissertation to obtain a PhD in nursing and will graduate in May 2022. Her dissertation was entitled, "*Exploring Relationships Between Depression Self-stigma and Trust in Primary Care Provider on Willingness to Seek Help for Depression Symptoms*".

The Class of 2022



Theresa Akinboboye



Caitlin Alba



Lexi Brander



Jordan Caminata



Michel Castro-Espana



Lexi Chirbas



Marissa Fucarino



Nyah Gonzalez-Potesak



Kelly Grubaugh



Brenda Haro



Tess Herron



Mary-Kate Hogan



Melissa Lev

The Class of 2022



Program Highlights:

Professional Nurse Mentoring Program

Each semester, junior and senior students have the option of participating in the Professional Nurse Mentoring Program. Through this program, students are paired with a professional nurse in their field of interest. While in these dyads, mentees and mentors discuss career direction and goals, leadership development, preparing for the NCLEX, and professional networking. Many of the mentors are Project BEYOND-2 alumni.



Samara Graham - Junior Mentee



Ashely Lopez BSN, RN - Mentor and PB-2 Alumni

Samara Graham: *"Being a part of the Professional Nurse Mentoring Program has been very helpful throughout the semester. I was able to be matched with a nurse who has the same passions as I do and who understands what it's like to be a Marquette Nurse. Through this opportunity, I have been given advice, ideas for externships and CNA positions, and study tips. Overall, it has been great to have a nurse that I feel comfortable to reach out to for any tips and resources I may need."*

Ashley Lopez: *"As an alumni of Project BEYOND-2 myself, I always found the Professional Nurse Mentoring Program to be beneficial. As a mentee, I appreciated the encouragement, support, and knowledge my past mentors had to share. It really shaped my undergrad experience as well as my early career. Now, being almost two years into the nursing profession, I am glad I can provide that same guidance in the role of a mentor. Mentoring has provided me the opportunity to truly demonstrate how much I have learned through my own experiences. It has let me apply my previous lessons into real world situations and help others in the process. This transition from mentee to mentor has been very fulfilling and I am thankful to have had this opportunity."*

Sydney Chambliss: *"Participating as a mentee in the PB-2 professional mentorship program has been an amazing experience. I always look forward to talking with Sam about school, frustrations, and accomplishments. Having someone who was once in my shoes, and working towards achieving one of my long-term goals, is comforting and motivating. Even with her busy schedule, Sam still finds a way to maintain a positive mentee and mentor relationship. I am very grateful for this opportunity to have Sam as my mentor and friend."*

Samantha Aufderhaar BSN, RN: *"I am so grateful to be a part of PB-2. It has been a wonderful experience getting to know Sydney. Although our schedules are polar opposite we have made it work and keep in touch! It has been awesome working alongside her to answer questions and navigate nursing education, the transition into practice, and other upcoming events such as the NCLEX or how to best prepare for her future career goals. I wish I would have had someone in my position to offer the same guidance when I was an undergrad and I'm happy to be able to share my knowledge. Sydney always has a positive attitude and works so hard! She has taught me to keep my chin up when the days get long in my own graduate program. I'm so proud of her and can't wait to see how things progress further next year."*



Pictured left to right: Samantha Aufderhaar BSN, RN, CCRN - Mentor/ Marquette CRNA student and Sydney Chambliss - Junior mentee

Program Highlights:

Professional Nurse Mentoring Program (Cont.)

Beyonce King: *"The Professional Nurse Mentoring Program has been a great experience so far. It has been awesome getting to know my mentor and soaking up all his experiences and advice. He has taught me the importance of believing in myself, that it's okay to try new things, and that failing is not the end of the world. He embodies all the qualities I would like to have as a future nurse. I am happy I am in the Professional Nurse Mentoring Program because it has provided me with safe space to talk things through, especially with someone who has had similar thoughts and experiences."*



**Beyonce King - Junior
Mentee**



**Jacob Tetzmann BSN, RN
- Mentor and PB-2
Alumni**

"As Senior year approaches, I want Beyonce, existing Mentees, and anyone considering the Nurse Mentorship Program to feel like we're stepping into it together."

Jacob Tetzmann BSN, RN: *"During my time at Marquette, Project BEYOND-2 never failed to provide me with a community that I could depend on for their support. The challenges of preparing for a nursing career, as well as the weight of issues in my own life were truly beyond what I could handle on my own while I was a student. The leaders and advisors who belong to Project BEYOND-2 surrounded me with compassion and their unwavering commitment to my growth and professional development. After graduating in 2018, I went on to work as an Acute Care Nurse for a Specialty Surgery/Trauma floor at Children's Wisconsin. When I received an invitation last September to mentor a Junior in the nursing program, my answer was an immediate and resounding "yes." Beyonce has been a continual encouragement to me and a pleasure to speak with. From trying to serve as a sounding board and a friend when she needs someone to listen, to providing professional advice and direction, being a part of Project BEYOND-2's mentorship program has been a rewarding and humbling experience. It's so important to me to be able to invest in her development as a future nurse, just as my leaders were there for me during my time at Marquette. As Senior year approaches, I want Beyonce, existing Mentees, and anyone considering the Nurse Mentorship Program to feel like we're stepping into it together."*

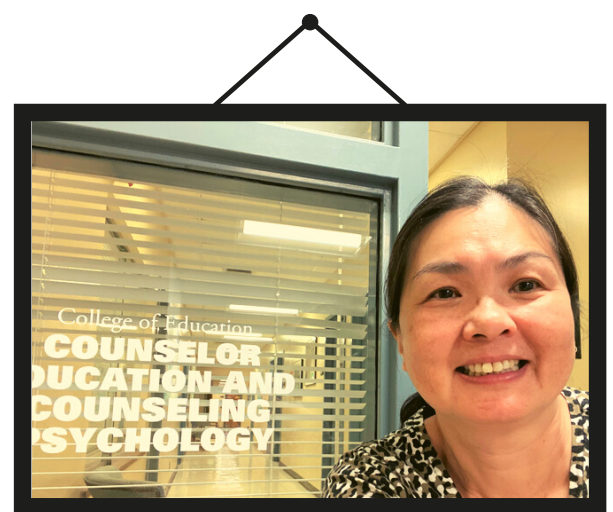
Program Highlights:

A Partnership to Promote Students' Psychological Wellness

The Project BEYOND-2 team and Dr. Lee Za Ong, from the College of Education-Counselor Education and Counseling Psychology, established a partnership to promote positive psychological well-being. This collaboration provides a space for graduate level counseling students to enhance their competency skills, while supporting PB-2 students with topics related to psychological wellness. The topics offered this year included strategies to positively address stress, worry, and develop healthy relationships. We are looking forward to continued collaboration in the year to come!

“We are excited about this new partnership to promote the positive psychological well-being of nursing students while enhancing the group facilitation competency of counseling students. College students rely more on friends or other students who have shared experiences for emotional support. This partnership allows the clinical mental health counseling program to mobilize our team of trained counseling students to provide mental health support for the nursing students. This interdisciplinary collaborative training will have an impact on both nursing students’ psychological wellness and counseling students’ group facilitation and supervision competency.”

**Lee Za Ong, PhD, LPC, CRC, Assistant Professor
Counselor Education & Counseling Psychology**



**Lee Za Ong, PhD, LPC, CRC Assistant Professor
Counseling
Education & Counseling Psychology**



Eldercare Enhancement Nursing Workforce Diversity Grant Update

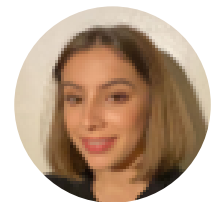
Congratulations to the eight students who completed the two-year Eldercare Enhancement (E2) Program!

Students were awarded Eldercare Enhancement scholarships and stipends for two years, plus they participated in special educational programs designed to build their eldercare expertise. As part of the program, students completed a clinical rotation in which they provided team-based care to elderly veterans living in the community. This spring semester the students also received training about nursing job opportunities and how to build a professional profile for job searching. We are excited about their future careers in nursing and wish them the very best as they finish their nursing degree next year!



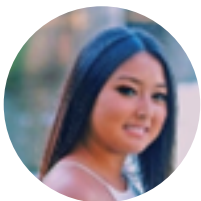
Elsa Sanchez-Junior BSN student

"The program has filled the gaps the nursing curriculum[does not] cover, like the longstanding issues in rural areas to the advancements of telehealth and everything in between."



Emily Ethington-Junior BSN student

"Being apart of the Eldercare Enhancement program has allowed me to truly be immersed in working with the older population. I have gained an understanding of what it means to go into one's residence place and provide quality home care health. I have gotten the opportunity to perform and assess patient's based on their individual needs. The hands-on experience has allowed me to be confident in going out into the community as a future nurse."

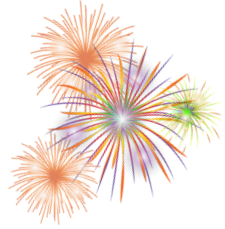


Ifunanya Nwanebo-Junior BSN student

"The Eldercare Enhancement program has meant the world to me. It provided me with the opportunity to step outside my comfort zone and it opened my eyes to a new side of health care that I did not know about. The in-home clinical experience we got to participate in truly built the foundation of my confidence with patient care. In the same manner, the bi-weekly zoom call meetings provided me with the ease of balancing school but helping me to expand the knowledge I brought to the care of my patients. The E2 program taught me to not always have tunnel vision when it comes to choosing a path because my assumptions could have kept me away from this amazing experience."



Eldercare Enhancement Nursing Workforce Diversity Grant Update (Cont.)



Jacqueline Corona-Junior BSN student

"The E2 Program has helped me strengthen my skill set and knowledge of resources to offer our growing older adult population. Through our clinical we have learned how our patients' social determinants of health can play a huge role in their prognosis. Through the 4M's presentations I learned about how different factors: medicine, mobility, mentation, and what matters to the patient. I continue to use the 4M's throughout my clinicals to understand how these factors influence my patients' outcomes. Thanks to the E2 program I have improved my communication and clinical skills, and have learned about resources I can provide to my patients and their caregivers."



Jordyn Schramer-Junior BSN student

"The E2 program at Marquette holds a very special place in my heart and am sad it is coming to a close. When I applied for this program, I had no idea what would come out of it, but I ended up gaining a lot of knowledge in areas that are unknown to most nursing students. I want to thank my fellow group members and mentors; you have made me a better nursing student and future nurse!"

Maria Gonzalez-Junior BSN student

"Participating in the Eldercare Enhancement (E2) program has been an eye-opening experience. Before starting the program, I was oblivious to the fact that geriatrics is an innovative field that has countless opportunities for professionals to grow. I also learned how to be conscious of the way that I interact with the geriatric population. In addition, I feel comfortable using tools such as the Wisconsin Star method to assess my patient's holistic needs. Thanks to this program, I feel capable and comfortable serving this lovely population!"



Maryann Jimenez-Junior BSN student

"The Eldercare program provided me with a deeper understanding of caring for older adults. The older adult population tends to be overlooked and viewed through a negative lens. Now, whenever I work with the older population, I'm more aware of the way I communicate due to society being plagued with ageism that has been perpetuated with insensitive language."

Veronica Edwards-Junior BSN student

"The E2 program has taught me so much about providing better care to communities of older adults through clinical experiences, learning new content, and listening to speakers. I have also learned about many cool job opportunities that I never even knew existed. I am so glad that the NWD-E2 program was part of my experience here at Marquette."



Upward Bound and the Future Nurses Club

The Project BEYOND-2 (PB2) team continued to collaborate with the Upward Bound/Upward Bound Math & Science (UBMS) team to further enhance college preparedness for UB/UBMS students via our Future Nurses Club (FNC). This partnership offers opportunities for current UB/UBMS high school students, who are interested in nursing, to connect with current BSN PB-2 nursing students. Some of these opportunities included attending PB-2 structured programming and sharing their own academic experiences. These connections also provided PB-2 students the opportunity to enhance their leadership skills and serve as role models. In Spring 2022, two PB-2 nursing sophomores, Lesly Ventura and Evelyn Gabriel, hosted two FNC students, Unique Wilson and Jaquelin Molina, in our "A Day in the Life of a Sophomore Shadowing Experience".



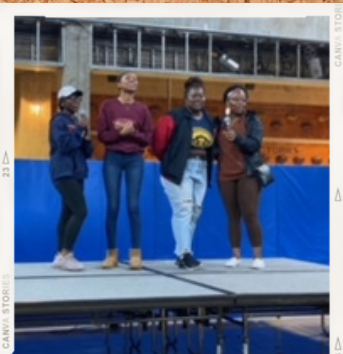
Pictured left to right: Unique Wilson- Upward Bound high school student and Evelyn Gabriel- Sophomore BSN student

Unique Wilson: *"I would like to start off saying Evelyn was great! She was really helpful and welcoming. She answered all my questions and concerns, she gave a lot of advice that will help me this upcoming fall semester. Things I didn't know is how long their classes were, the 40 minute breaks most students get between classes, and getting to know some of the classes that I might possibly take my freshman year or sophomore year. I enjoyed meeting other nursing students that Evelyn introduced to me and especially the wonderful nursing bookbag with all the good items inside, and the overall experience of actually spending a day in college while being a senior in high school. Things I will plan to do to prepare for the nursing program is to learn how to prioritize my time and workload, make sure I come mentally prepared, and enjoy my last months as a senior and have a great summer. And looking forward to starting my new journey at Marquette University!"*

Jaquelin Molina: *"I had a great time shadowing Lesly in the nursing school. I felt like I was part of the community their and how amazing the teachers are and how close the nursing students I met were. Lesly was really honest with me of the nursing school and how I could be able to manage myself being there. She told me to not be scared to ask for help. The most helpful tip I took from her was that you want to print the slides and write the notes there. I also liked how Lesly really made me feel comfortable there and how she told me to contact her in the future if anymore questions. Overall the experience was amazing and I learned the different styles of teachers and I do feel prepared for my nursing journey at Marquette university."*



Pictured left to right: Jaquelin Molina- Upward Bound high school student and Lesly Ventura- Sophomore BSN student



**HAVE A GREAT
SUMMER!**
YOUR PB-2 TEAM

