



JACKSONVILLE STATE UNIVERSITY

COLLEGE OF NURSING

COLLEGE OF NURSING

VOLUME I

FALL 2012



JSU faculty and students enjoy Halloween fun in the 2012 Fall-In event. This annual event provides fall mid-term fun for faculty and students alike.

JSU NURSING ALUMNI ASSOCIATION SEEKS TO STAY CONNECTED

Welcome to the new JSU Nursing Alumni Newsletter. As graduates of The Lurleen B. Wallace College of Nursing, you are part of a proud tradition. The JSU Nursing Alumni Association seeks to begin a new tradition of keeping our students and alumni connected through our Nursing Alumni Newsletter. Within the newsletter, you can stay connected and informed of the exciting changes at The College of Nursing. As students and alumni, we would like your input on a new name for the

newsletter. While “JSU Nursing Alumni Newsletter” seems an appropriate name, it just does not capture the innovative nature of our school. Therefore, we ask for your ideas on a creative name that best represents our school and our unique mission of keeping you informed and connected. Click on the link below to submit your idea:

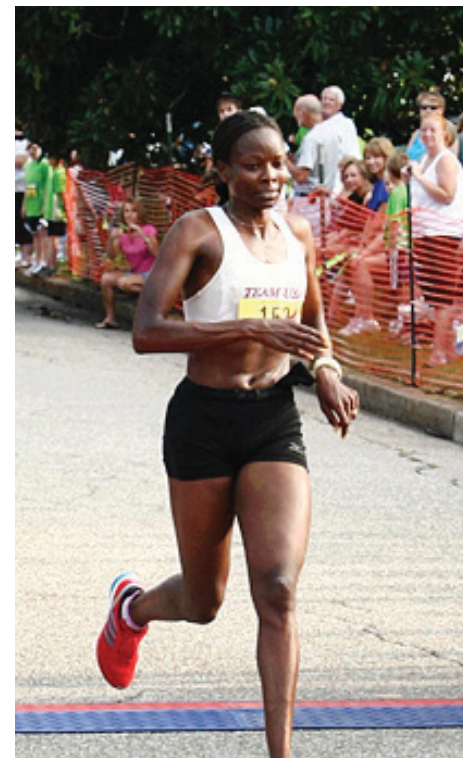
[Name Our Newsletter](#)

JSU NURSING STUDENT JANET CHEROBON-BAWCOM COMPETES IN LONDON OLYMPICS

JSU nursing students and alumni are known for being leaders in healthcare. In fact, they often excel in many other endeavors as well. This is certainly true of Janet Cherobon-Bawcom, a student in JSU's College of Nursing STEP program. This summer, Janet competed in the 10,000 meter run at the London Olympics, finishing the competition with a time of 31:12:68. As a devoted athlete and student, Janet finished several of her STEP online assignments while in the Olympic Village. She represents the dedication found so often among

JSU nursing students. Janet, the JSU College of Nursing is proud of your accomplishments in the classroom and on the track. Congratulations!

For information on JSU's Nursing STEP (RN-BSN) program, contact Ms. Tammy Johnson BS, MPA, Director of Student Services, STEP and Masters Programs at [\(256\) 782-8489](tel:2567828489) or via email at tjohnson@jsu.edu



Janet Cherobon-Bawcom

NEW FACES AND NEW INNOVATION JSU SCHOOL OF NURSING WELCOMES NEW FACULTY

Katie Robinson, MSN, RN



Katie Robinson is a registered nurse who currently teaches Community Health Across the Lifespan to undergraduate nursing students and Population-Based Health Care to STEP students seeking

their Bachelor's degree. Prior to joining Jacksonville State University, Katie served as the Clinic Nursing Supervisor for Etowah County Health Department. She holds a bachelor's and master's degree in nursing from JSU. During her career as a professional nurse, Katie has worked in medical/ surgical, cardiac, labor and delivery, OB/GYN, pediatric, and public health nursing.

Her expansive knowledge in numerous areas of nursing will provide our students with a wealth of knowledge. Welcome to JSU!

Vicki Hill, MSN, RN



Vicki Hill brings vast experience in pediatric and obstetric nursing to the College of Nursing. Prior to teaching for JSU, Vicki served as the State Chapter Director for Kohl's ThinkFirst Alabama at Children's of

Alabama for eleven years. She holds bachelor's degrees in health promotion and nursing and a master's degree in nursing education. In her career, she has worked in the fields of neonatal intensive care, pediatric and obstetrical medicine as a registered nurse. She is a certified Child Passenger Safety Technician Instructor, and has been involved in child passenger safety for

ten years. Vicki is a coalition member of Safe Kids Alabama and has partnered with the Injury Free Coalition for Kids for preventing injuries in the Birmingham area. Jacksonville State University's College of Nursing welcomes Vicki's expertise in these important fields.

FACULTY ALUMNI *"I am excited to share my love and knowledge of nursing with a new generation of student nurses who will soon join our healthcare system".*

Laura Barrow, MSN, RN



Laura Barrow is a proud graduate of Jacksonville State University. She has been married to her husband for almost eight years and they are blessed to have two wonderful children. Her beautiful daughter Bella, is four years old and her son, Jake,

is a wonderful new addition to their family. Laura received her Bachelor of Science degree in nursing in 2004 and later returned to JSU for her master's degree. She formerly worked in the Critical Care Unit at Gadsden Regional Hospital specializing in the post-operative care of neurosurgical patients and later transferring to the open heart unit. Laura is extremely proud to be back at her alma mater as an instructor

in the same program that in her words "taught me so much." She is excited to share her love and knowledge with a new generation of student nurses who will soon join our healthcare system. Her plans are to instill the same values in students that she learned when she was a student in the College of Nursing. Laura, we are proud to have you in the College of Nursing and look forward to working with you.

Dr. Leigh Ann Keith, DNP, RN



Dr. Leigh Ann Keith is a welcomed addition to the JSU nursing faculty. She completed her Doctor of Nursing Practice in 2011 and was awarded the Excellence in Writing award, Peer Mentor Award and the Sigma Theta Tau Outstanding Master's Student

Award from the University of Alabama. Dr. Keith is a published author as her article entitled "Improving Influenza Immunization Rates through a Specialized Clinic Review" recently appeared in the Journal of Community Health Nursing. Dr. Keith is married to Colonel Charles D. Keith, Jr. and they have one daughter, Kristen Elizabeth. Congratulations on your recent accomplishments Dr. Keith and welcome to JSU!

The nursing alumni committee will continue to feature our new faculty members in coming newsletters. We are excited for the opportunity to be a leader in nursing education. These opportunities are created by the innovation that our new faculty brings to JSU. These are exciting times at our school!

STEP PROGRAM COORDINATOR FLIES HIGH!



Dr. Phyllis Waits

Dr. Phyllis Waits, assistant professor of nursing and the JSU College of Nursing's RN to BSN "STEP" program coordinator, checked off one of her "bucket list" items this fall with a free-fall skydive from 14,500 feet in the air over Rockmart, Georgia! On Saturday, October 6th, Phyllis and her son Justin visited Skydive The Farm parachuting school where, after about an hour of pre-jump safety training, they boarded

the twin engine Cessna Caravan jump plane for the ride to altitude. After a twenty minute climb to nearly three miles high, Justin and his tandem instructor jumped first followed a few seconds later by Phyllis and her tandem instructor. The jump consisted of approximately 60 seconds of free-fall where they reached a speed of over 125 miles per hour hurtling through the air towards the ground. Their parachutes were opened at 4,500 above the ground and gently glided them to the grassy landing area for a smooth touchdown. Following the jump Phyllis exclaimed "Wow! That was so exciting! I imagined what it would be like but it was way better and more fun than I expected!" Asked if she would do it again she said with a smile "Well, maybe."

Dr. Waits is a JSU alumna, earning her BSN degree from JSU's College of Nursing in 1983. She earned her MSN degree from UAB in 1992 and her Ed.D. from the University of Alabama in 1997. As the STEP program coordinator since 2005 her leadership has been a major factor in increasing the program's enrollment from about 25 in 2005, to over 350 today. Phyllis brings the same energy and enthusiasm exemplified by her thrilling skydive to her leadership of the program and her assistance and advisement to her students. She's a high flyer in every way!

COMMUNITY HEALTH NURSING IN THE 21ST CENTURY: MASTER OF SCIENCE IN NURSING AT JSU

Looking to expand your horizons? Consider a Master of Science in Nursing degree at JSU. Students are invited to experience the distinctiveness of Community Health Nursing in the 21st century. Highlights of our program are as follows:

- Represents the present and future direction of health care
- Prepares you within your selected functional role for community health practice, education, management, consultation, or research
- Graduates may be eligible to pursue national certification as a Public Health Nurse-Advanced

- Master's education prepares students to pursue a variety of terminal degrees in nursing community/public health, and education

Community Health Nursing...
RIGHT FOR YOU!

For information contact Ms. Tammy Johnson BS, MPA, Director of Student Services, STEP and Masters Programs at [\(256\) 782-8489](tel:2567828489) or via email at tjohnson@jsu.edu

NURSING ALUMNI SCHOLARSHIP FUND

The future of nursing depends upon educating and preparing nurses for the challenges of an ever-changing healthcare environment. As an alumnus of JSU's College of Nursing, you have an opportunity to invest in nursing's future.

The College of Nursing continues to invest in educational innovations to best prepare our students to make a difference. At the College of Nursing,

we strive to provide our students with all the resources needed to be successful. However, in these economic times, deserving students often need financial support to reach their goals.

Friends and Alumni have an opportunity to support these students by giving to the Nursing Alumni Scholarship Fund. Please consider giving and help a deserving student today. It's quick, easy, and convenient!

Click on link below. (Find the Nursing Alumni Scholarship in the designation drop box).

[Nursing Alumni Scholarship Fund](#)

PALLIATIVE CARE CONFERENCE: MAY 10, 2013

Jacksonville State University College of Nursing, in association with Alacare Home Health and Hospice®, will be hosting a Palliative Care Conference on May 10th 2013. Lunch and CEU's

will be provided at a nominal cost. Registered Nurse and Social Work CEU's will be available. Additional details will be provided in the spring edition of our newsletter.

However, go ahead and mark your calendars today. We look forward to seeing you there!

BEGINNING NURSING SCHOOL: A STUDENT'S PERSPECTIVE

There are always those moments that a person looks back upon years later and smiles. For sixty-three individuals, strangers for the most part, one of those moments was shared. The anticipation was finally over as we sat patiently for our first day of nursing school to begin. Some were excited; some in shock, some terrified, and others experienced every emotion humanly possible. I personally was in the latter category. I remember thinking that the next two years were to be consumed by the JSU School of Nursing. As I sat there mourning the loss of my social life, our instructors began introducing themselves. I was slightly intimidated. They all seemed so knowledgeable and I felt clueless. While every instructor was friendly, they made it very clear what was expected of us.

Before I could blink, it was our first day of lecture. Notes piled up as we got ready for our first tests and validations. Once we had our first week of clinicals, I started to feel more at ease. Before I knew it, those same instructors, of which I was slightly afraid, became the ladies whose opinions I sought and whose advice has guided me in nursing school and in everyday life. On the first day of class, we were told that our nursing class "is now your family." I did not quite understand what Mrs. Daughtery meant by that statement, but I do now. Through the stress of nursing school, those "strangers" we met at orientation have become my support system as well as my dearest friends in record time.

As my friends and I pass the halfway mark of our first semester, I reflect upon the experience so far. We were told how hard nursing school would be before classes began. Yes, nursing school is stressful. It's tiring and challenging, but you get back the effort you give. It is hard to beat the feeling that you get when you see a smile as you walk into your patient's room. My experience in nursing school has been one of the most rewarding of my life.
Scarlett Goss, JSU Nursing Student (1st semester)
