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# Successful Transitions for Nurses

Studying for Science-based subjects (SNUG 103)

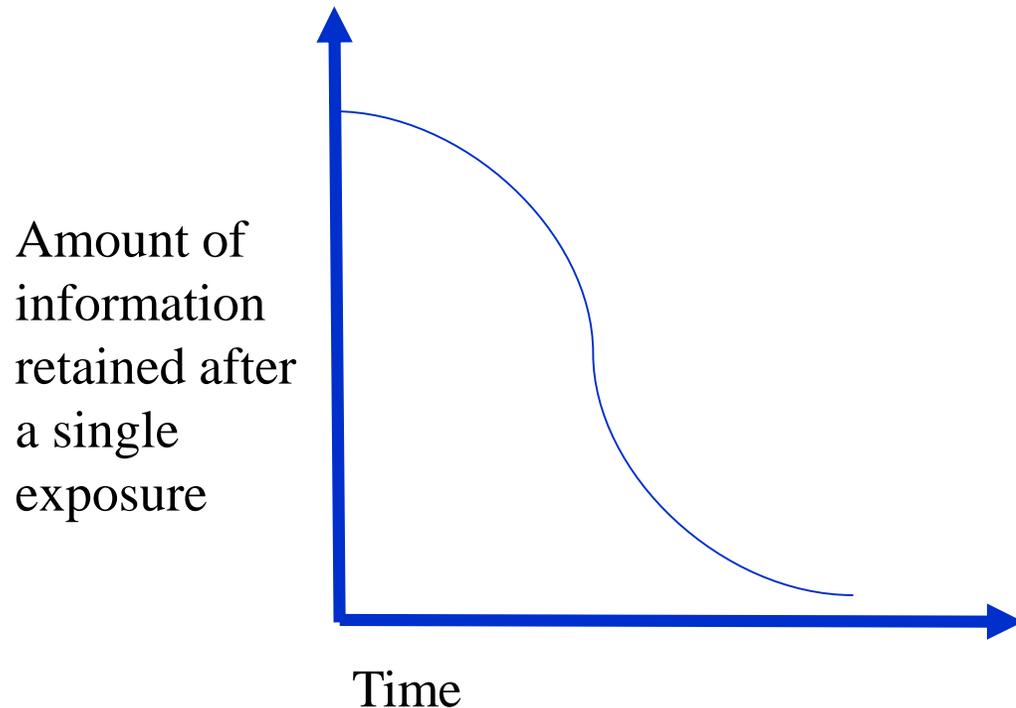
Commencing assessment 1 (SNUG101)



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

Subject 2019	Assessment	Assessment	Assessment	Assessment	Assessment
<b><u>SNUG101</u></b>	<b>Week 3 (21/3/19)</b> Creative representation of values & beliefs + 500 wds <b>30%</b>	<b>Week 7</b> OSCA Communication & Pt. Assessment <b>Satisfactory/Unsatisfactory</b>	<b>Weeks 9 (9/5/19)</b>  Reflection  <b>30%</b>	<b>Week 10 (13-17/5/19)</b>  Calculation <b>Pass/Fail</b>	<b>EXAM PERIOD</b>    <b>40%</b>
<b><u>SNUG102</u></b>	<b>Week 5 (4/4/19)</b> Essay 1000wds <b>30%</b>	<b>Week 8</b> Debate Group Assessment <b>30%</b>			<b>EXAM PERIOD</b>    <b>40%</b>
<b><u>SNUG103</u></b>	<b>Week 2, 4, 6, &amp; 8</b>  Quizzes  <b>20%</b>	<b>Week 7</b> Educational resources & report Resources+1000wds. <b>40%</b>			<b>EXAM PERIOD</b>    <b>40%</b>
<b><u>SNUG104</u></b>	<b>Week 12 (30/5/19)</b> Pre-placement requirements <b>Satisfactory/Unsatisfactory</b>	<b>Week 7 (18/4/19)</b> Individual learning goals <b>40%</b>	<b>Week ?</b> Workplace experience assessment tool <b>Satisfactory/Unsatisfactory</b>	<b>PATTERN A (13/6/19)</b> <b>PATTERN B (25/7/19)</b> <b>PATTERN C (8/8/19)</b> Reflective portfolio 60%	

# Studying for Tests in Science Subjects



Repeated exposures help you to

- **remember** more for longer
- reduce the amount of information that is forgotten.

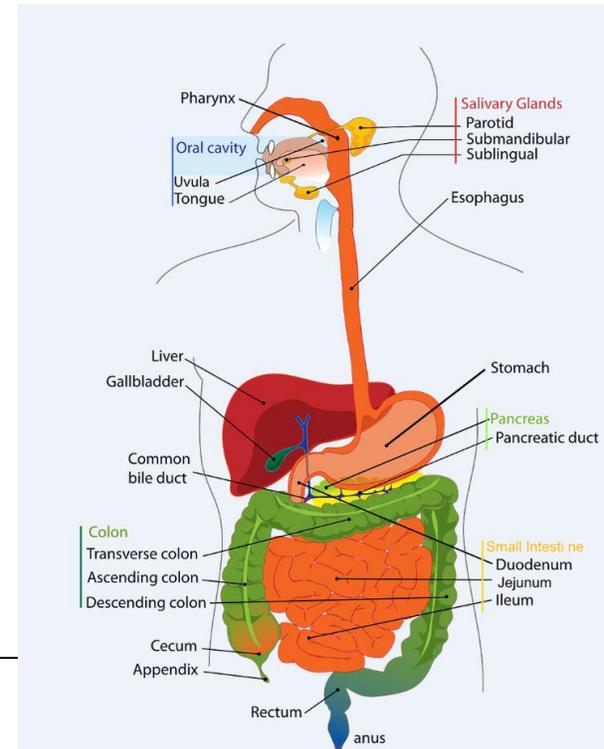
Action required: **Continual revision**



# Memorisation techniques

In SNUG103 there are many anatomical terms to know and systems to understand. In order to help memorise, consider:

- **Mnemonics**, such as acronyms. For example, the 12 cranial nerves.
- **Chunking** information. This is useful for understanding terminology used within a specific system
- **Repetition**. This helps if you have a study buddy to repeat to.
- **Flashcards**. Write the term on one side and definition on the other
- **Mind maps**. These help to make connections
- **Flow maps**. Useful for systems such as digestive and vascular systems.



# Biology: Focus on both the Structure & Function

<b>Strategies</b>	<b>Goal</b>
<ul style="list-style-type: none"><li>• Questions in the margin</li><li>• Keywords in the margin</li><li>• Summaries of summaries</li><li>• Diagrams (labelling)</li></ul>	Recall vs recognition



# To be successful

Consider and plan for:

Timing?	<ul style="list-style-type: none"><li>• How long did it take you to learn to the point of recall?</li><li>• How long will it take you to learn for each quiz?</li></ul>
What should I learn?	<ul style="list-style-type: none"><li>• What must you learn?</li><li>• Where do you find this information?</li><li>• How do you decide priorities?</li></ul>
How do I learn best?	<ul style="list-style-type: none"><li>• Alone or with peers?</li><li>• How long at one sitting?</li><li>• Diagrams or words?</li><li>• Morning or night?</li></ul>
Ready? Test yourself	<ul style="list-style-type: none"><li>• E.g., Quizlet (provided by students, not experts, so check your answer carefully)</li></ul>



# Additional Sources of Practice and Understanding

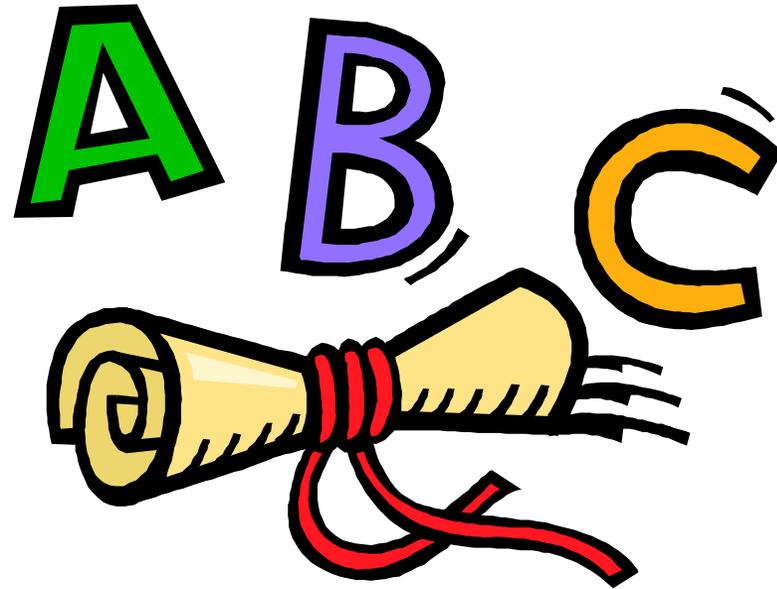
- Crash course
  - <https://www.youtube.com/user/crashcourse>
  - [https://www.youtube.com/watch?v=C4e\\_qi5ZTaE](https://www.youtube.com/watch?v=C4e_qi5ZTaE) (How to use Quizlet)
- Khan academy (Maths)
  - <https://www.khanacademy.org>
  - <https://study.com/academy/exam/topic/cell-biology.html>

Do you know of anymore you can share?



# Understanding assessment questions & planning a response

***ANALYSE THE TASK. BRIEFLY MAP YOUR PLAN. CONSIDER KEY TERMS.***



***All will be well. Be focused. Keep calm.***

# In academic discussion, always plot your navigational points ...

Analyse  
the task:

- **WHAT** are the:
  - **instruction** words?
  - **key content** words?
  - **scoping** words?
  - **evaluation** words?

Brainstorm  
& plan

- **WHAT** will be the organising focus for your discussion?
- **HOW** do you need to order your response?
- **PLAN** each stage so that you aim to address all aspects of the topic.

Consider  
meaning:

- **DO YOU UNDERSTAND** the terms / ideas relevant to the task?
- What can aid your understanding?



# Let's do this with → SNUG101: Assessment 1 details

## Creative representation of values and beliefs

It is essential for nurses to develop knowledge of their own beliefs and values and to realise how these impact on the care they provide to others. Clarity of beliefs and values is also a pre-requisite of person-centredness.

“Before we can help others we need to have insight into how we function as a person” (McCormack & McCance, 2017).

The purpose of this assessment is for students to consider how their values and beliefs may impact on the care of individuals. This will be a creative piece which is in keeping with the person-centred framework.

**Instructions** Part 1 - Create a visual representation of your own values and beliefs. You will undertake a values clarification activity in module 1 that will assist you with this. The visual representation can be presented in a variety of ways and you may choose any presentation format (with the exception of PowerPoint).

**Instructions** Part 2 - Write 500 words describing your visual representation and how it is linked to your personal values and beliefs. This part should identify how your values and beliefs affect your clinical reasoning (consider the patient situation). You should use the person-centred nursing framework and at least two sources of literature to support your discussion.

# Part A: visual representation

- Consider your beliefs and values?
- What are they based on?
- How might you display them?
- Have you used a mind map to develop your ideas?
- Have you used a storyboard to develop your ideas
- What visual representations could you choose? For example; cartoons, posters, video clip, collage... any others?
- Do you need special skills/programs?
- Do you have time to develop these?
- Have you looked at the rubrics to guide you? They are a useful resource.



# Part B: the report

Is your report deep & critical?

Is your academic writing, highly coherent & logical?

Are your ideas well developed and supported by current literature?

Have you extensively linked the creative piece to person-centred nursing framework?

Have you offered insightful reflection on how values and beliefs may impact on your clinical reasoning when you consider the patient situation?



# Things to consider before submission

- Don't forget to edit and spellcheck your report
- Have you used the correct citation system? (APA referencing, 6<sup>th</sup> edn)
- Have you asked someone to check that your grammar is correct and to an academic standard?
- Is your report logical, coherent and cohesive?
- Have you used the required minimum of academic articles to support your report?

