

Scholar Practitioner

Nursing Program Newsletter

Summer 2020



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Greetings,

To all learners, faculty, and stakeholders of the SPP,

The past few months have brought forth unprecedented circumstances within our program, our environment, and world. The tragedies of the pandemic and racially rooted violence have transformed the everyday experience into one of great significance in recognizing humanity, its fragility and most importantly, our power to enact change should we, individually and collectively, choose to do so. Great sacrifice for a collective good is often spoken of, but now is the time to act. Enacting Hope and Possibility must prevail over senseless loss. For each of us also must recognize and challenge existing systems of inequity for all to survive and thrive.

How will the circumstances of today's challenges impact your future? How will these circumstances shape you in your future to be inspired and positively create impact and truly define your contribution to the world through your voice and actions?

Congratulations to our 2018 cohort who will venture forth in a very different work environment but uphold the foundational tenant of nursing—continue in your passion, efforts and hard work. You deserve the achievements ahead and I extend best of wishes in your future career journey!



Baiba Zarins, RN, PhD
SPP Program Manager

Faculty Announcements



It our pleasure to introduce **Salwa Musa** to our faculty team as a clinical instructor for the Winter semester and upcoming Spring-Summer term. Salwa worked with us in the past Spring-Summer semester and is happy to continue in her support of the program and of our learners.



On behalf of SickKids Learning Institute and Nipissing University Scholar Practitioner Program (SPP), we are pleased to announce that effective July 13, 2020, **Lisa Smith** will be the new Interprofessional Education Specialist taking on the role of SickKids faculty with Nipissing SPP. Lisa comes to this role with 18 months experience as Education Specialist with the Centre for Global Child Health at SickKids, specifically with the Oncology nursing project in the Caribbean. Previously, Lisa was a staff nurse and clinical support nurse with Haematology-Oncology since 2009. Lisa obtained her BScN from Western University in 2009 and her Master of Nursing in 2015 from U of T. Lisa is currently working on a Certificate in “Nursing Education In the Practice Setting” from the Centre for Professional Development at the Faculty of Nursing, U of T. Lisa will continue to develop and nurture positive relationships with students and faculty in the Nipissing SPP and SickKids.

Congratulations to our faculty members for successful abstract submissions to the 8th International Nurse Education Conference in Barcelona, Spain.

Primary researcher, **Katalin Pere** 's abstract “Understanding the preceptor experience in working with nursing students from an accelerated undergraduate nursing program in a one to one preceptorship model across all semesters: A descriptive qualitative study”

Dr. Louela Manankil-Rankin's abstract titled “Examining the state of practice readiness in three undergraduate nursing programs.”

Program Announcements



As of May 1st, Dr. Veronika Melhuish-Williams assumed her elected role as Director of the School of Nursing. Welcome Veronika to your role in support of all programs of the Nipissing University School of Nursing. On behalf of the NU BScN Scholar-Practitioner Program (NU SPP), we extend to you a warm welcome in your leadership role and look forward to our continued collaboration in support of the learning journey of all learners and faculty within the NU SPP.

Faculty Awards

The NU School of Nursing is very proud to acknowledge that two nursing faculty received recognition awards at the Registered Nurses Association (RNAO) virtually hosted Annual General Meeting on Friday, June 12th.



Dr. Louela Manankil Rankin received the Leadership in Nursing Education Award. The Leadership Award in Nursing Education (Academic) is awarded to the RN or NP who practices excellence as a nursing educator in a college or university setting. This individual enhances the image of nursing by encouraging critical thinking, innovation and debate about important nursing issues, and acts as a role model and mentor in their work environment.



Dr. Karey McCullough received the Research Recognition Award. The Leadership Award in Nursing Research is presented to the RN or NP who actively explores innovative ideas in nursing research. This individual enhances the image of nursing by engaging in efforts to disseminate research knowledge, and is in dialogue with RNs, NPs and nursing students to identify nursing research needs. The member has a proven ability to attract research funding and actively participates in the activities of professional organizations.

Awards and Recognitions



Congratulations to **McKenzie Maltas**, who earned the prestigious 2020 Sopman Humanitarian Award from the University Health Network.

The awards were established by the Sopman family nearly four decades ago to recognize emerging physicians, surgeons and nurses who, in addition to their academic and clinical excellence, have demonstrated profound compassion toward their patients and colleagues. Mr. Archie Sopman initiated the Sopman Awards almost forty years ago in memory of his wife Belle, and in recognition of the humanitarian care given to her by a student nurse. The Sopman Humanitarian Fund seeks to encourage characteristics of humanity, compassion, understanding, and the ability to communicate amongst nurses and doctors in training at University Health Network.

Congratulations to **Jeffrey Chow**, who's submission to the RNAO's Nursing Research Interest Group received recognition and award in the quality and originality of their submitted discussion paper. Jeffrey was one of 12 award recipients this year from the RNAO interest group.



Awards and Recognitions

Annually, 25 full-time students are recognized with a Dave Marshall Leadership Award. These students have made an outstanding extracurricular contribution to their academic program, to the campus, or to the greater community. They have demonstrated leadership, initiative, commitment, and an ability to motivate and influence others toward the betterment of Nipissing University.

This award is a prestigious, non-monetary award in recognition of the dedication and leadership Dr. Dave Marshall demonstrated during his 18 years of consecutive service as the Dean of Education and President and Vice-Chancellor of Nipissing University. Dr. Marshall's tenure at Nipissing University is a reflection of his commitment to higher education, vision for the future, and leadership in external community service. These were all characteristics reflective of Dr. Marshall's position at Nipissing University and are qualities embodied in the students chosen for this award.

Two SPP learners, **Christina Critelli** and **Connor Monk** were to be celebrated in NU's North Bay campus during the Undergraduate Conference for public recognition, however due to the pandemic this event was cancelled. We congratulate both Christina and Connor for this honourable accolade!



Undergraduate Research Conference

The Undergraduate Research Conference celebrates the contributions of undergraduate research at Nipissing University and across Ontario. It provides an opportunity for students to present a research project they are working on while engaging in scholarly debate amongst each other.

As the NU Undergraduate Research Conference was regrettably postponed due to the current pandemic, we wish to congratulate the continued interest and participation of our NU SPP learners with conference abstract submission and accepted presentations for podium or poster format as follows:

Jennifer Kelsall and Renee Gagnon A Year One Champion Project: Implementation of the Best Practice Guidelines (BPGs) into Student Nursing Practice

A Year One Champion Project: Implementation of the Best Practice Guidelines into Student Nursing Practice

Jennifer Kelsall and Renee Gagnon
Nipissing University, Scholar Practitioner Program

INTRODUCTION

The Nipissing University School of Nursing is missing program goals regarding becoming a Registered Nurse (RN) of Ontario (RNRO), Best Practice Spotlight Organization (BPSO).

This involves the integration of Best Practice Guidelines (BPGs) into the curriculum. Despite curricular requirements for BPG implementation, updates of the BPGs is lacking amongst the Scholar Practitioner Program (SPP) 2021 cohort.

In order to improve uptake of the BPGs, the year 1 BPG Leads have begun an initiative to increase education surrounding the 'Engaging Clients Who Use Substances' BPG.

The PDSA cycle will be used to improve BPG uptake and implementation, amongst the 2021 cohort.

NIPISSING SCHOOL OF NURSING BPSO PREDESIGNATE

The Canadian Association of Schools of Nursing (CASN, 2011) posits "Graduates initiate appropriate, individualized, evidence-informed nursing interventions based on information gathered through skilled assessments, and in consultation and collaboration with other professionals and clients themselves" (CASN, 2011, p. 2). The College of Nurses of Ontario (CNO) under the category of Specialized Body of Knowledge states that an entry to practice Registered Nurse needs to "respectively seek new information, knowledge and best practices for use in the provision of nursing care" (CNO, p. 8). Graduating nurses in the Nursing Program are expected to engage in evidence-informed practice.

On April 16, 2018, the Nipissing University School of Nursing received the status of a Best Practice Spotlight Organization pre-designate. This means that as a School of Nursing, we entered into a three-year agreement with the Registered Nurses of Ontario to implement five Best Practice Guidelines (BPGs) into the curriculum. We will monitor and evaluate the success of our implementation over time. These BPGs are:

1. Assessment and Management of Pain, 3rd Ed., 2013
2. Preventing Falls and Reducing Harm from Falls, 2nd Ed., 2017
3. Assessment and Management of Pressure Injuries for the Interprofessional Team, 3rd Ed., 2019
4. Person- and Family-Centered Care, 2015
5. Engaging Clients Who Use Substances, 2015

To this end, the School of Nursing Program will be employing quality improvement strategies based on the current state of BPG implementation within all our nursing programs. In order to move forward with the quality improvement initiative, a student-led group has been formed in the SPP to advocate for the uptake and application of BPGs among student peers. The student BPG Leads have applied the PDSA cycle to discover appropriate interventions for the increased uptake and application of BPGs. (Adapted from the QI Letter from BPSO Leads, October 2018)

PDSA CYCLE

The PDSA cycle is used in healthcare as a method of quality improvement in practice and education.

- Plan: Develop a plan outlining specific steps that will be taken to achieve a specific outcome.
- Do: implement the plan, carry out tests to determine outcomes of plan, make observations.
- Study: analyze data obtained after the implementation of the intervention, consider results with predictions.
- Act: evaluate the effectiveness of the plan, determine adaptations that will be applied in the next cycle.

The information gathered from the cycle is used to inform the following cycle. The continual process of plan-do-act-study-adapt brings about improvements in knowledge and education (Coghlan & Bradick, 1999; Chinowsky, 2018)

METHODS AND RESULTS

Participants 2021 cohort, 54% attendance

Pre-test: The BPSO student survey was administered as a pre-test upon program entry. Results showed an average knowledge level score of 2.58 for the 5 local BPGs. The average score for the 'Engaging Clients Who Use Substances' BPG was 1.63, making it the lowest score BPG.

Intervention: To begin the PDSA cycle, the BPG Leads hosted two lunch and learn breakfasts on education regarding the 'Engaging Clients Who Use Substances' BPG. The lunch and learn included group activities, discussion, and educational resources.

Evaluation: Comparative analysis of pre-test and post-test revealed an overall increase in knowledge of 5 local BPGs by 0.2 points among the entire cohort. Students who attended the workshops received a full-point increase in knowledge of the BPG compared to those who did not attend.

Implications: Data gathered from the PDSA cycle indicates that the BPG workshop was effective in increasing knowledge of the BPG. Future implications include providing incentive for students to attend BPG workshops to increase attendance, as well as using a more interactive and case study approach during the workshop.

REFERENCES

CANADIAN ASSOCIATION OF NURSING SCHOOLS (CASN). (2011). *Global Standards for Practice and Assessment*. Retrieved from www.casn.ca

COLLEGE OF NURSES OF ONTARIO (CNO). (2018). *Standards of Practice for Registered Nurses*. Retrieved from www.cno.org

CHINOWSKY, S. (2018). *Quality Improvement in Healthcare*. Retrieved from www.chinowsky.com

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NIPISSING UNIVERSITY. (2018). *Quality Improvement in Healthcare*. Retrieved from www.nipissing.ca

Examining the State of Practice Readiness Among Three Undergraduate Nursing Programs

Connor Monk, BHSoc, BScN Candidate, Nipissing University, Scholar Practitioner Program

ABSTRACT

Background: The purpose of this study was to assess the practice readiness of three undergraduate nursing programs. The study was conducted in three undergraduate nursing programs at Nipissing University. The study was conducted in three undergraduate nursing programs at Nipissing University. The study was conducted in three undergraduate nursing programs at Nipissing University.

BACKGROUND

The purpose of this study was to assess the practice readiness of three undergraduate nursing programs. The study was conducted in three undergraduate nursing programs at Nipissing University. The study was conducted in three undergraduate nursing programs at Nipissing University. The study was conducted in three undergraduate nursing programs at Nipissing University.

RESEARCH QUESTIONS

1. What is the state of practice readiness in each of the three undergraduate nursing programs?
2. What is the state of practice readiness in each of the three undergraduate nursing programs?
3. What is the state of practice readiness in each of the three undergraduate nursing programs?

FOCUS QUESTION

What is the state of practice readiness in each of the three undergraduate nursing programs?

MY ROLE AS A RESEARCH ASSISTANT

- Assisted in the development of the research proposal.
- Assisted in the development of the research proposal.
- Assisted in the development of the research proposal.

Connor Monk Examining the State of Practice Readiness Among Three Undergraduate Nursing Programs

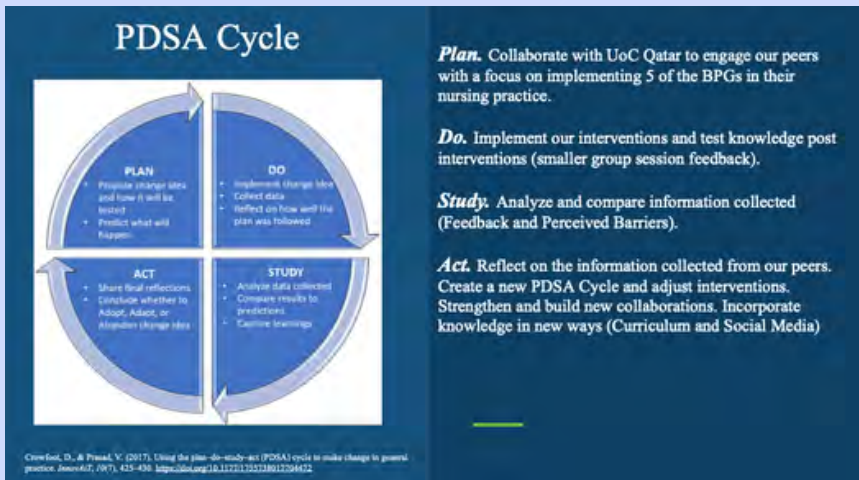
Undergraduate Research Conference

To understand how a Change Day Activity implemented in the Scholar Practitioner Program (SPP) informed the nursing students' professional identity formation

Change Day Ontario

Poster by: Christina Critelli (BKin, BScN Candidate) & Daniella DeBartolo (BASC, BScN Candidate)

Christina Critelli and Daniella De Bartolo
 Understanding how the Change Day Activity Implemented in the Scholar Practitioner Program Informed Nursing Students' Professional Identity Formation



Christina Critelli, Jennifer Dhawan, Yakira Hume, Karina MacIntyre and Natasha McCulloch

Engaging Our Peers to Integrate the RNAO Best Practice Guidelines Into Their Nursing Practice: A Collaboration with The University of Calgary in Qatar



RNAO Open House

The annual Registered Nurses' Association of Ontario (RNAO), Best Practice Spotlight Organization Open House was held on Friday, June 5th. It was well received in its virtual format by all stakeholders of RNAO and NU School of Nursing. Sincere appreciation is extended to the following NU SPP learners in their presentations at this venue in support of our continued journey to attain academic status as a Best Practice Spotlight Organization (BPSO).

Year Two learner presenters included, **Christina Critelli**, **Jennifer Dhawan**, **Yakira Hume**, **Karina MacIntyre**, and **Natasha McCulloch** who shared their international liaison work with another academic BPSO organizations.

Presentation:

"Engaging Our Peers to Integrate the RNAO Best Practice Guidelines Into Their Nursing Practice: A Collaboration with The University of Calgary in Qatar"

Year One learner presenters included, **Jennifer Kelsall** and **Renee Gagnon's** who's presentation focused on building the Champions Network elements into point of care environments.

Presentation:

"A Year One Champion Project: Implementation of the Best Practice Guidelines (BPGs) into Student Nursing Practice"



SPP Social Justice Group

The Social Justice Group was created as a safe space to come together and bring to light important social issues, participate in workshops, and share our ideas for work on social justice.

We knew it was our chance to act at the provincial stage when the RNAO invited voices to their weekly webinar titled, "Let's Talk about Racism".

We came together as a group to discuss and strategize the changes we wanted to see the RNAO implement and support. We also attended their follow-up webinar, "Impacts of COVID-19 on Indigenous Communities", where they brought awareness that Indigenous communities are responding to COVID in ways that are effective in their specific communities. We look forward to seeing and participating in RNAO's anti-racism initiatives moving forward.

If you are interested in joining the 2020-2021 Social Justice Group please contact **Jenna K** or **David E.** at
jlkelsall243@community.nipissingu.ca
drek688@community.nipissingu.ca





Human Sex Trafficking Workshop

Written by Kamal Dulku

“Human trafficking is exploiting someone through force, fraud or coercion for another person’s financial gain.”

On May 22nd, 2020, nursing students from both cohorts of the SPP program virtually attended a Human Sex Trafficking workshop. This was organized by SPP’s Social Justice Group and facilitated by Mariah Doucette, a community outreach worker from Strides Toronto.

Strides Toronto is an agency that is involved in various projects and initiatives across Toronto. These include but are not limited to; the prevention, intervention and education workshops, research, counselling, advocacy and case management to meet the mental health needs of infants, children and youth. They work with sex trafficking survivors; the youngest survivors being 12 years of age and up to 29 years of age. Some of their employees include; Trauma Therapists, who provide counselling to survivors, Community Outreach Workers who work with survivors one to one in the community to determine their needs (financial, food, shelter, etc) and provide the assistance they require and, Peer Navigators who are survivors working with other survivors who have lived the sex trafficking experience.

This workshop was insightful for the nursing students as it furthered their knowledge of human sex trafficking issues that lie within the local community. Most times we believe that these crimes do not happen close to us, when in fact, $\frac{2}{3}$ of Canadian cases occur within Ontario. This awareness is of utmost importance as it aids in identifying human sex trafficking survivors we may encounter on a day-day basis. As future Registered Nurses we may be in one of the best positions to help however, due to the lack of awareness, training and ability to recognize signs and symptoms, survivors are not immediately identifiable. They are often misunderstood and as a result, overlooked when it comes to receiving appropriate care and help.

Mariah’s facilitation of this workshop was eye-opening and a great learning opportunity for all nursing students. She spoke on recognizing the warning signs of survivors, vulnerabilities that make individuals, specifically youth, more susceptible to recruitment for sex trafficking, protective factors, and tips to avoid re-traumatizing survivors when we do interact with them.

“The eye doesn’t see what the mind doesn’t know.”

Reference:

Doucette, M. (2020, May 22). Human sex trafficking. [Virtual workshop]. Strides Toronto Workshops, Toronto, ON, Canada.

Facts

- ¾ of survivors are < 25 years of age
- \$300,000 made per year per survivor
 - 60-90% of survivors are connected in the child welfare system
 - 84% used substances during their experience of sex trafficking
- Only 10% are Reported to the police

Vulnerabilities

- Social marginalization
 - Poverty
- Isolated neighborhood/ proximity to crime
 - Racism/ discrimination
- Newcomer/ language barrier
 - Gender/ being female
 - LGBTQ2S
 - Colonization
- Indigenous Community

Resources:

Window of Tolerance:

<https://www.attachment-and-trauma-treatment-centre-for-healing.com/blogs/understanding-andworking-with-the-window-of-tolerance>

https://www.youtube.com/watch?v=GOT_2NNoC68

Safety Planning:

<https://www.canadianhumantraffickinghotline.ca/safety-planing/>

Training: <http://helpingtraffickedpersons.org/>

What is Sex trafficking Video:

https://www.youtube.com/watch?v=zu64J1T_H4k&t=1s Jades Story:

<https://www.youtube.com/watch?v=8B72n1rGG48>

How to spot human trafficking - Kanani Titchen (further resources at the end of the video): <https://youtu.be/hrxhptvEOTs>

Warning Signs

- Language (specific human sex trafficking words)
- Physical Appearance (clothes, tattoos)
 - Excessive Privacy
 - Disoriented from space


Tips to Avoid Re-traumatization:

- Don't ask for them to re-tell their story
- Soft Gentle Voice and Word Selection
 - Debriefing
- Learn about all the resources available

Protective Factors

- Positive attitudes, values, beliefs
- Safe environment, stable housing
 - Conflict resolution skills
 - Positive self esteem
 - Active parents
- Strong social support (peers/friends)
 - Community engagement
 - Problem solving skills
- Healthy prenatal/early childhood development





Trauma-Informed Care for Survivors of Sexual Violence

Submitted by Kamal Dulku

There may come a time in our practice when we come face to face with someone who has lived with experience of sexual violence. They might seem hostile or reluctant to trust you. They may be disconnected. When this time comes, us as healthcare professionals are in an influential position that may either promote healing or hinder that process. It is incredibly important to understand that sexual violence can have far reaching impacts on survivors and this is influencing the way they interact with us. In order to minimize re-traumatization and promote healing for us to embody a trauma-informed approach to care.

On June 17, 2020, nursing students from both cohorts of the SPP program virtually attended a workshop on trauma-informed care for survivors of sexual violence. This was organized by SPP's Social Justice Group and facilitated by Aadhiya Vasudeva, a support worker and Emily Colpitts a public education volunteer from the organization, Toronto Rape Crisis Centre/Multicultural Women Against Rape (TRCC/MWAR).

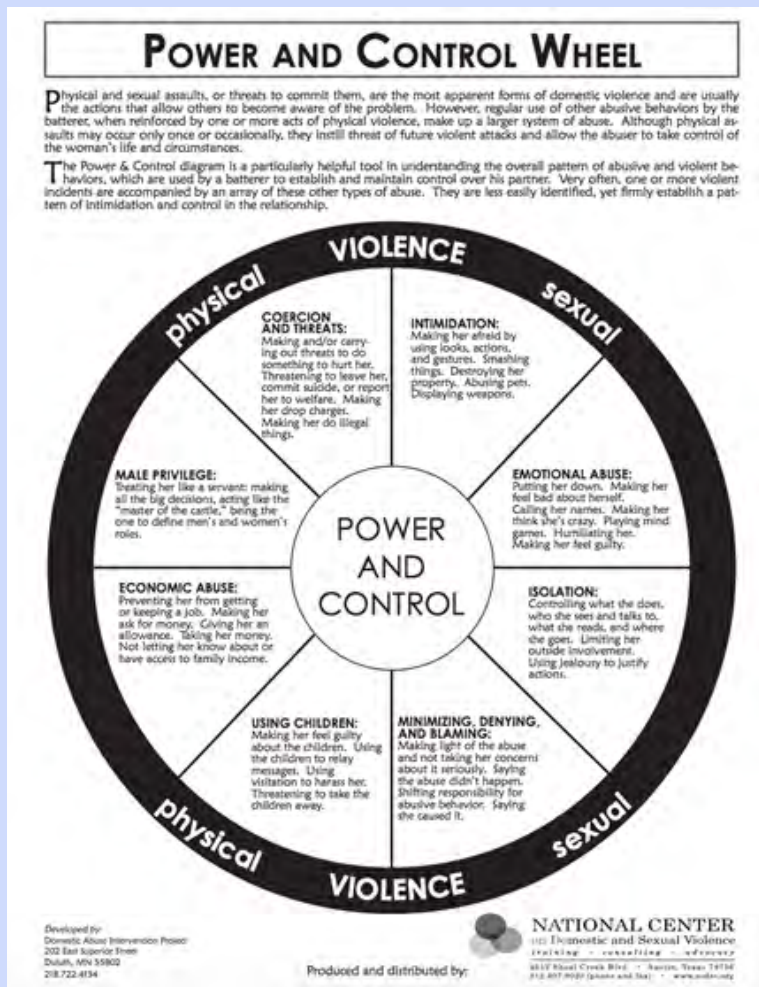
TRCC/MWAR is a non-profit community organization committed to fighting assault and violence. They provide support services for all survivors of sexual violence, sexual harassment, human trafficking and other forms of gender based violence. Some of these services include but are not limited to; 24h crisis line, face to face counselling, support groups, education and workshops, black women's group, advocacy and more.

This workshop was specifically developed as a tool for healthcare providers. It included information on the legal boundaries and definitions of sexual assault, common rape myths and misconceptions in our society and the healthcare system, and core principle of trauma-informed care and cultural competency.

The workshop provided SPP students with some tools and knowledge on how to care and interact with survivors who have lived with the experience of trauma. Through this, we can better understand the healing process and offer emotional and physical safety to someone that does not feel safe any longer or may not have experienced safety in their life. A trauma-informed approach involves providing compassionate care and being open-minded in order to understand that a survivor's history can impact the way they interact and are open to receiving care from healthcare professionals and the healthcare system.

There is further training that can be completed known as SANE (Sexual Assault Nurse Examiner) course. These specialized nurses work in emergency departments or can be called in to examine and collect evidence when survivors of sexual assault/violence come to health care facilities without SANE nurses. Aadhiya and Emily provided us with in-depth information regarding this area of nursing practice and referred us to resources where we can gain further information and training within this field. Although there is MUCH more to learn, this was a great introduction for us on how to approach survivors with this specific trauma. By using a trauma informed approach when caring for survivors we can increase patient engagement in treatment, improve their overall health outcomes.

Trauma-informed care is, "what has happened to you?" instead of "what is wrong with you?"



Resources:

Toronto Rape Crisis Centre/Multicultural Women Against Rape:
<https://trccmwar.ca/>

Women's College Hospital:
<https://www.womenscollegehospital.ca/care-programs/sexual-assault-domestic-violence-care-centre/>

Assaulted Women's Helpline
<https://www.awhl.org/>

SCAN Program at Sick Kids Hospital
<https://www.sickkids.ca/areas-of-care/clinics/scan-program-clinic.html>

Canadian forensic Nurses Association:
<https://forensicnurse.ca>

Ontario Network of Sexual Assault/Domestic Violence Treatment Centres:
<https://www.sadvtreatmentcentres.ca>

Education/Training:
<https://forensicnurse.ca/education/>
<https://www.sadvtreatmentcentres.ca/emergency-department-staff-training.html>
<https://www.mcscs.jus.gov.on.ca/english/CentreForensicScience/s/CFSCClientTrainingandConferences.html>

Colours

As a child, the first time we see a rainbow in the sky,
We are amazed by the vibrant and colourfulness it enfolds,
Colours we learn make our surroundings ecstatic,
Colours we learn make up a wide spectrum,
Colours we learn can change and aren't constant,
Colours we learn can express beauty,
Yet the colours we use to describe people are simplified to either black or white.

As a child, the first time we see the Sun and Moon in the sky,
We are amazed by how day and night unfolds,
Colours we learn gives life meaning,
Colours we learn changes by time,
Colours we learn come from blending,
Colours we learn take up an infinite range of shades,
Yet the colours we describe people are simplified to either black or white.

Why is that?

Why do we restrict ourselves to describing people by two colours?
Why does a person have to be lighter or darker than white and black?
Why do people who are lighter want to be darker?
Why do people who are dark want to be lighter?
Shouldn't we all see the beauty in our own skin colour?
Shouldn't we realize that there isn't one perfect colour?

As an adult, every time we see a rainbow in the sky,
And are amazed by the vibrant and colourfulness it enfolds,
It should act as a reminder that colours make our surrounding ecstatic,
Colours make up a wide spectrum,
Colours can change and aren't constant,
Colours express beauty,
And that's why no one colour; black or white can represent a person.

As an adult, every time we look at the sky and see the Sun and Moon,
And are amazed by how quickly day and night unfolds,
It should act as a reminder that colours give life meaning,
Colours change by time,
Colours come from blending,
Colours take up an infinite range of shades,
And it is time to nurture and accept that these colours represent all of us.



Written by Marilyn Lenus

Is 2020 Cancelled?

Submitted by Daniella DeBarolo

January 1, 2020, 12:00 am,
"Happy New Year" I cheered.

It was the beginning of a new year and it all seemed so promising.

Visual boards had been made,

Goals had been written,

Expectations were set high.

Visions of the year danced beautifully in my mind.

2020 was finally here.

Happiness. Adventure. Consolidation. Graduation.

There were too many plans to keep track of and so many things to look forward to.

But just when I thought I had it all figured out, life decided to happen.

It was now my plan vs. the universe's plan.

The universe won.

One by one, each of my hopes fell apart,

Almost as quickly as they had been pinned up on my vision board.

Vacation cancelled. Work unavailable. Consolidation cancelled. Graduation postponed.

I was continuously trying to pick up the broken pieces,

Do my best to stay positive, and continue forward.

As if the ripples of the pandemic weren't difficult enough,

The universe continued its master plan,

And the wave of racial injustice came crashing in.

Hitting us all like a ton of bricks.

Leaving me even more saddened, confused, disheartened and without faith.

2020 officially seemed cancelled.

But in moments of destruction,

There are always opportunities to rebuild.

Beams of hope began to emerge.

Videos of people joining in solidarity.

Strangers fighting for the rights of strangers.

Humans of all different races, genders, cultures, standing together and demanding for justice.

Showing to me that maybe 2020 hadn't been cancelled at all.

Maybe 2020 is the year that will change the future years to come.

2020 has not been easy,

Nor do I think it will be.

But I truly believe that when we experience moments of pain,

It is within those moments that we are given opportunities for progress.

To make something better of ourselves than we once were.

To grow. To learn. To reflect.

To give love. To make peace. To be strong.

Summer Sweet Recipe

*Submitted by Daniella DeBartolo
Adapted by Madeline Corradi (Home Baker)*

Summer is here... and nothing says summer like peaches! Here is our summer sweets recipe for a delicious and simple peach crumble.

Servings: 8

Total time: 1 hour & 10 minutes

Ingredients

For the peaches

6 peaches, sliced
1/4 cup granulated sugar
Juice of 1/2 lemon
1/2 teaspoon cinnamon
1/2 teaspoon ground ginger
Pinch of salt

For the topping

1 1/2 cup all-purpose flour
1 cup brown sugar
1/2 teaspoon salt
1/4 teaspoon cinnamon
1/2 cup (1 stick) melted butter



Directions

1. Preheat oven to 375°
2. Make peaches: In a large bowl, combine peaches, sugar, lemon juice, cinnamon, ginger, and salt.
3. Make topping: In a medium bowl, combine flour, brown sugar, salt, and cinnamon. Pour in melted butter and stir until mixture resembles coarse crumbs.
4. Pour peaches and juices into a large baking dish. Sprinkle crumb topping evenly over top of peaches.
5. Bake until topping is golden and peaches are bubbling, 45 to 50 minutes.
6. Serve warm- To make it even more delicious add your favorite scoop of vanilla ice cream on top!

Quarantine Workout

Written by Renée Gagnon

This is a workout that can be completed at home - which is important during quarantine!

Each round is approximately 45 seconds in length. Remember to work at your own pace though - and breathing is very important. During the summer months, keep hydrated!

Round 1:

- 1) Plank to downward dog (hold plank 10 seconds, push up to downward dog)
- 2) High Knees (in a standing position drive one knee at a time towards chest)
- 3) Leg lifts (lying on side, lift leg up and down) switching sides every 20 seconds.



Round 2:

- 1) Hold plank position (elbows onto mat)
- 2) Mountain Climbers (two hands on mat, alternating right leg and left leg towards chest)
- 3) Squats (perform squats up and down at your own pace for 45 seconds)

Always remember to stretch before and after!

If you are having trouble with the exercises you can follow my fitness account @fitnessbyrandm on Instagram and message for questions!



Graduates,

You were born to be so many things.

My wish to you -

no matter where your journey leads -

is for you to always ...

Be You!

Be Ready

Be Curious

Be Adventurous

Be Connected

Be Persistent

Be Different

Be Kind

Be Understanding

Be Brave

Be your own Thinker

Be OK being Alone

Be Patient

Be OK reaching for Help

Remember, no matter what

You will Always

Be Loved

You are Ready.

So ... Go Ahead ... Be YOU!

Be Very, Very, YOU!

Reynolds, P. H. (2020). Be you! Orchard Books.



Messages from Faculty

What I have learned in my life about myself is that I express my deepest thoughts and feelings better through a letter. So if I may, I wish to write you a letter, though brief, as my way of honouring you.

My dear learners,

Alas you are here! You are about to cross over a threshold that at one point may have seemed insurmountable. You have worked really hard and you have proven yourself. You gave it your all and now you have arrived.

You are here, ready to embark on new beginnings. Soon you will be present to hold a patient's hand when they need comforting, as a nurse. Soon you will be collaborating with the interprofessional team, thinking through difficult situations your patients face, as a nurse. Soon you will be innovating your way through complex issues in practice, as a nurse.

You ought to be proud of yourself as I am proud of you. You have done well. You have learned so much and you have changed and grown. The future is bright and hopeful because of you. A new horizon is amidst you if you dare to look up and out.

As I wish you farewell on a journey ahead, I wish these things of you: I trust that you'll remain curious in your life. You'll discover the joy of thinking and learning if you continue to ask questions. I trust that you'll think of others as yourself and feel the compassion for the sufferings of your patient. You'll be happier this way. I trust that you'll commit to providing your patient the best care that they deserve. It is more satisfying when you are all in. I trust that you will continue to develop your abilities and capacities to serve your patients and society. It will build your confidence. I trust that you will remember to drop me a line to tell me how you are doing. I have learned from you as you may have learned from me. After all is said and done, here you are and your new adventure awaits.



Congratulations on this achievement. It is well-deserved.

With honour and gratitude in sharing your journey,

Louela



Congratulations to the 2020 SPP graduating Nursing Students! You have shown during these unique times, that you were able to adapt to the situation, which parallels the adaptivity needed to excel in nursing. We deal with human beings, who are dynamic and have unique life experiences. It is these personal and social experiences that allows for compassion, advocacy and flexibility, to provide optimal patient outcomes. Take the lessons learned throughout your learning journey and apply them to your new careers ahead. Every great dream begins with a dreamer.

"Always remember, you have within you the strength, the patience, and the passion to reach for the stars and to change the world." - Harriet Tubman

Salwa



Congratulations SPP Class 2020

By Ping Zou

This is 2020.

We are

challenged by a small virus,

seeing lots of heroes in the frontline,

studying only online, and

simulating patient care but not at their bedside.

We are growing to be a nurse in such a difficult time.

A new world is just discovered.

We, the north and strong, are
blooming in the snow.

After a storm, it is a rainbow.

When our lawn turns green and a garden is full of colors,

July comes on time.

It is the right time for you to shine.

Be nice, be kind, and
be a kind of nurse you want to be.



"Everyone you meet along the way is just someone at a different point in their story. So be patient and kind. But don't let anyone tell you how your story should go." – Iain S. Thomas

As you near the end to the first of many chapters of your story as a Nurse, your narrative will continue to evolve with every individual that you see, listen, care, counsel and touch. By engaging in these human elements, the science of nursing is brought into practice. Never let the F word, FEAR = False Evidence Appearing Real, prevent you from making an incredible difference to the lives of those you have the privilege to collaborate with, to serve, and to care. Go forward in the next chapter of your story!

Krysia

“To the 2019 cohort –

I wish you all the best as you continue your journey in the SPP. Over the next year or so, take moments to pause and reflect on how far you’ve come and where you’re going. This is just the beginning and your future is so bright!

To the 2018 cohort –

It has been a pleasure working with each and every one of you over the past 2 years, whether it was during inquiry, a placement at SickKids, or reflection week. As you near the end of the program, I want to wish you all the best as you begin your nursing career. Keep your heads high – you’re almost there (64 days to go)!

Nicole



Your journey throughout the two years of the Scholar-Practitioner Program have guided and shaped your transformation from the Generativity and Life through to your current and future contributions to the health care profession. Given the current contexts of our environment, Challenging the System, brings forth deeper meaning and opportunity to contribute to the future as BScN graduates, as Registered Nurse licensed professionals—yes, YOU can do it and succeed! Most importantly, do continue to reflect upon how you envision your contribution to the health care landscape. It was a pleasure to share the two year learning journey with you as you look forward to your continued achievements as life long learners!

Baiba

Dear graduating learners,

I have no words to express how incredibly honoured I am to have been a part of your professional journey. It was such a pleasure to serve as one of your faculty mentors and to witness and be part of your daily discoveries and professional advancements. We had such a journey together. We progressed from learning how to place a BP cuff on someone's arm to the reflections on the integration of Global health nursing competencies and their incorporation in our daily practice. We learned how to decipher ECGs and blood gases but also developed an understanding of our roles as leaders. We did all of these with one outcome in our minds to improve the illness experience and health-related quality of life of our clients, patients, and their families.

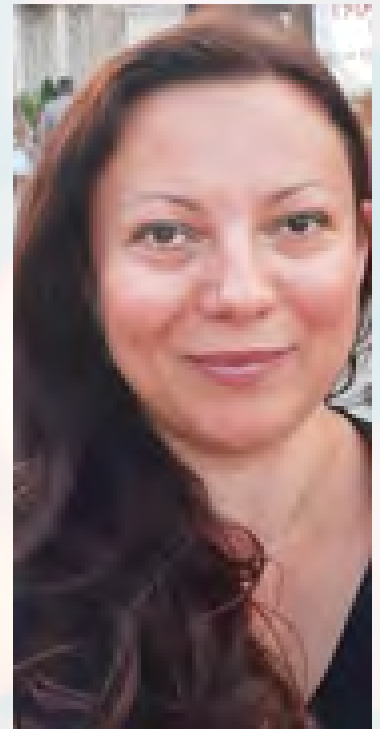
I have no doubt that you all have developed into strong advocates over the two years and established excellent core values. The many hours of conversations we had during seminars and reflections and all the great questions and challenges that you posed will stay with me forever. Looking at you and all the great triumphs and achievements you had makes me incredibly proud. I know that the lives of the people you will serve will be in competent and caring hands.

I want to thank you for your perseverance, commitment, and willingness to trust our not so conventional nursing program, but most importantly for trusting us faculty with your learning. I also have grown with you and because of you! It is always bittersweet to get to this point in the program when we say goodbye, but it is so exciting to celebrate with you. Please keep in touch! I will always be cheering you from the sidelines.

Congratulations on succeeding with the program, what an incredible achievement! I am looking forward to reading your e-mails in the fall about your successes with the NCLEX exam.

With love and care,

Katalin



Graduating Class of 2020

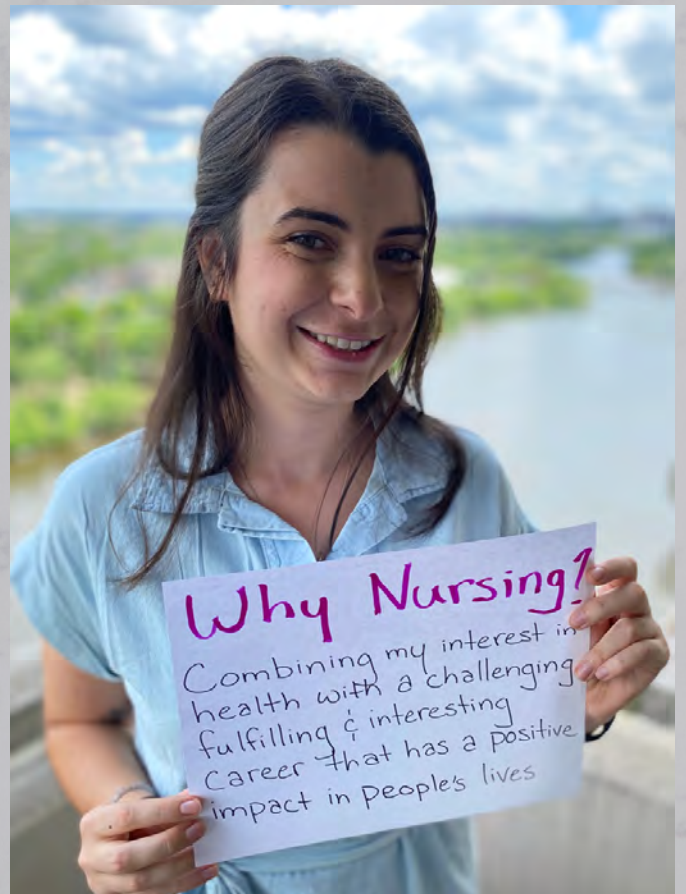
Graduating students from the SPP 2018 cohort sat down and shared their thoughts on why they chose Nursing as a profession. They also share details on what they hope the future holds for them.



Alicia W.

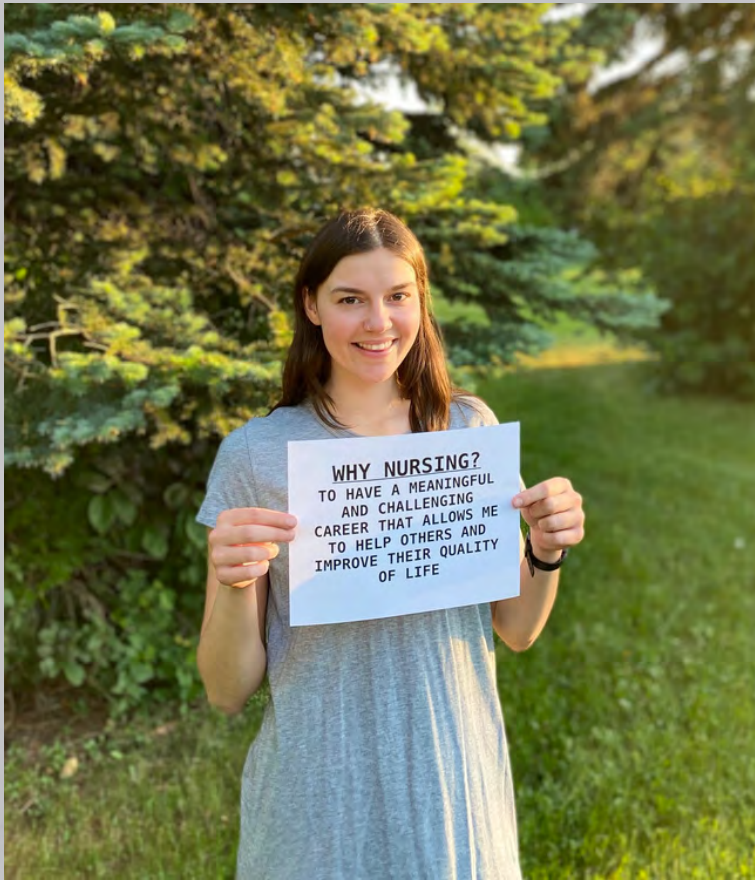
Alicia is interested in paediatric nursing and is applying to Sick Kids Hospital and McMaster Children's Hospital.

"COVID-19 and this pandemic have further developed my adaptability skills with academics and as a future nurse!"



Alyssa G.

Alyssa is interested in paediatric nursing and is applying to Sick Kids Hospital.



Anna A.

"I can't believe how fast these two years have flown by! During nursing school, I gained an interest in paediatric nursing and will be seeking out relevant job opportunities in the GTA. Despite the many challenges we have all had to face due to the COVID-19 pandemic, I feel determined and excited to start my career as an RN and see where it takes me. To my fellow nursing graduates - I am so grateful for the privilege of learning alongside such an intelligent, compassionate, and diverse group of nursing students. I wish you all the very best in your future endeavours and look forward to when we can connect again."

Annie Z.

Annie is interested in paediatric nursing and is applying to Sick Kids Hospital and the Children's Hospital in Ottawa. "I am interested in many different specialties, so I do not know where I will focus my career, however, I do know that I want to work with adolescents and youth."

I am thankful for all our frontline workers who are providing care during this pandemic. I will be looking up to these experienced nurses for guidance when I enter the nursing profession in the upcoming months."

Tips for Clinical: "Lip Balm! Somehow my lips are always dry."





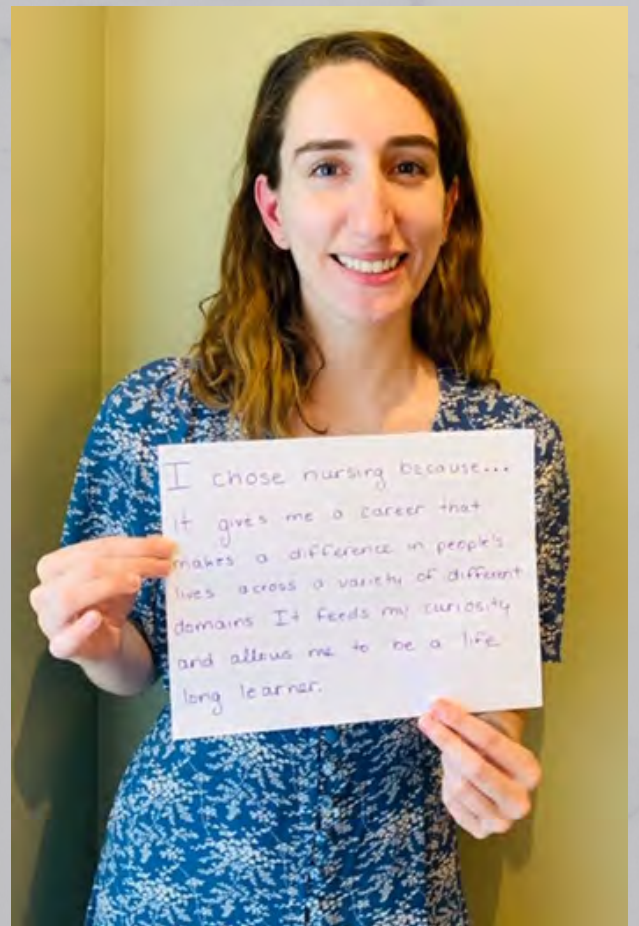
Audrey C.

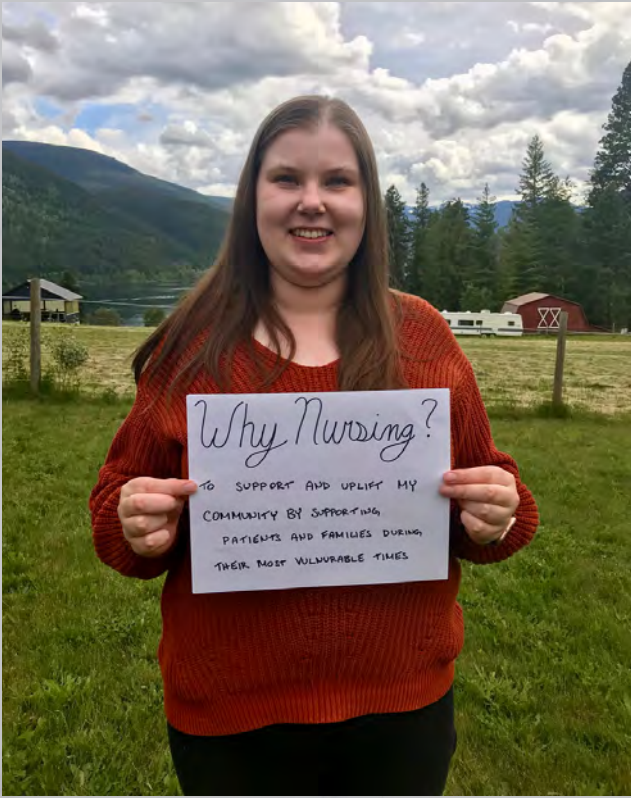
Audrey is interested in paediatric nursing and is applying to Sick Kids Hospital.

"I now have a much greater appreciation for the work that PSW's do, especially in long term care. They are amazing members of the health care team!"

Christina C.

"I entered nursing with a hope to have a career in the communicable disease sector. However, due to the variety of opportunities this program has afforded me with I am now torn between this area of nursing and a future career in oncological clinical trials. I hope to apply to both Toronto Public Health and the University Health Network, specifically Princess Margaret Hospital."



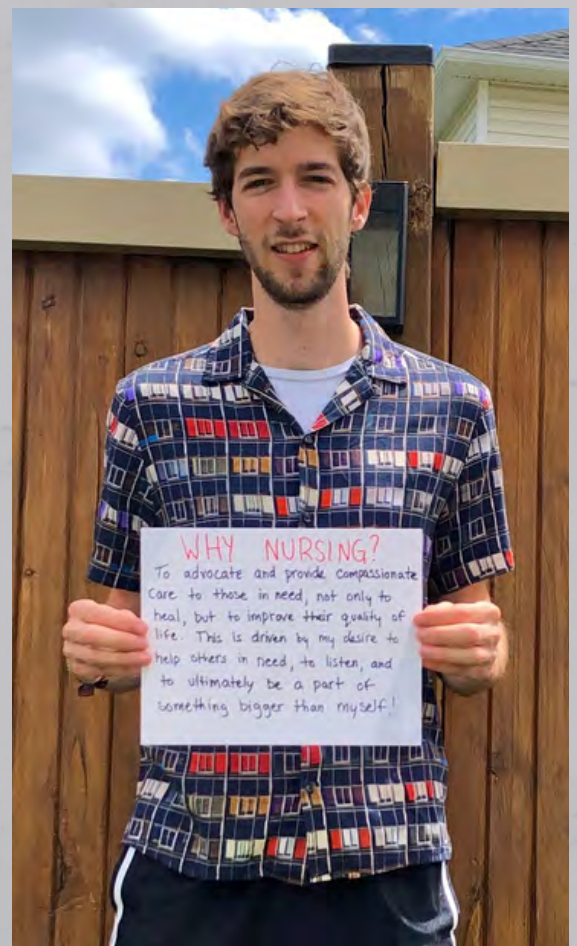


Claire M.

"I will be applying to SickKids, UHN, and Mount Sinai. I am most passionate about paediatrics, and maternity nursing. COVID-19 has been an unexpected disaster that has affected the lives of so many. I never thought that I would join the nursing community in the midst of a global pandemic, however, I hope that I, and my fellow nurses can use this as an opportunity to not only grow stronger, but also to shape the future of healthcare. I am so excited for the many opportunities that nursing offers, and I cannot wait to begin my career."

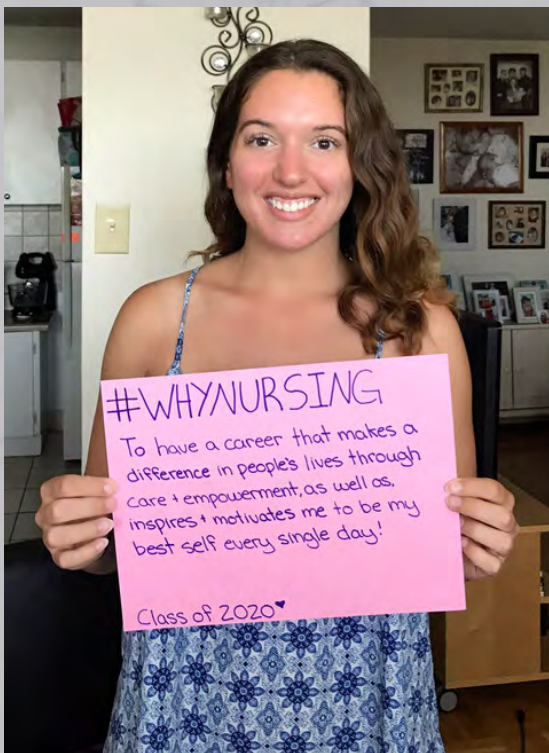
Connor M.

"I am looking to apply within SickKids, specifically a cardiology focused unit where I spent one semester as a student this past fall. I will also be applying within UHN. I am interested in pediatric cardiology and emergency medicine within adult care. However, after having a placement at PMH, I am certainly interested in oncology. The effects of COVID-19 have highlighted several gaps in our health care system and have elevated the conversation of health promotion. Even at the beginning of the pandemic, there was a conversation about handwashing-- arguably the simplest, most effective approach to limiting your exposure to germs. Now, we are seeing the devastating impact this virus has had on our neglected long term care homes. We have an opportunity to foster change, and all I can say is what a time to become a nurse!"



Daniella D.

"What a journey the past few months have been for us consolidating nursing students! No one would have imagined that our final semester of school would be during a global pandemic. My thoughts and prayers go out to all the individuals and families who have been impacted by COVID-19. Though, the past few months have been challenging, I have done my best to stay positive and motivated. Quarantine has given me the opportunity to self-reflect and think about what nursing means to me and the type of nurse I hope to become. After graduation and the NCLEX, I plan to pursue a career in maternity/perinatal nursing. Some positions of interest include L&D, NICU, fertility, as well as travel nursing. However, I am open to my professional growth and would like to learn more about oncology, pediatrics, and medical-surgical care. I look forward to seeing where each of our paths take us and the impact we will make on this world! Congratulations to the SPP class of 2020!"



Dani N.

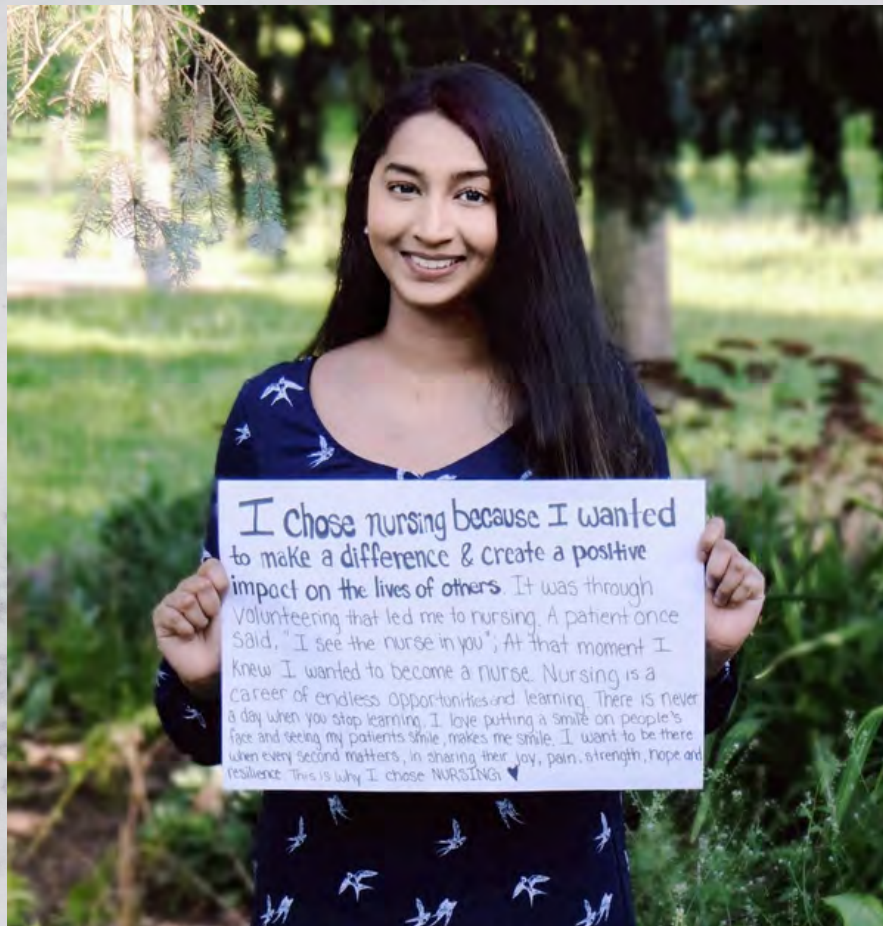
Dani is applying to North Bay Regional Health Centre. "There are many different aspects of nursing I am interested in, but I would like the opportunity to explore palliative care. COVID has been difficult for everyone - whether it has caused a change to our daily routine, or someone who has battled the virus. But I think it offers us a unique time to learn and grow in our personal and professional life.

Why nursing? "I don't think that I ever really chose nursing, I like to think it chose me. Nursing has provided me with the opportunity to care for individuals at difficult, but also exciting times in their lives. I am constantly honoured by this opportunity, and I look forward to many more years in this profession.



Hayley J.

"I will be applying for jobs in the hospitals in downtown Toronto and surrounding areas. I am still figuring out areas of interest but I did enjoy my placement in the cardiology and pre- and post- surgical units at UHN!"



Dissueya J.

"Pediatrics is an area of nursing that I am strongly interested and passionate for. I have always had a passion and am very drawn to hematology and oncology, this is a field I hope to work in as a future nurse.

I believe this is a very challenging and strange time. COVID-19 has given me the time to reflect, learn new things and prepare for the NCLEX. Despite the feelings of uncertainty and stress as a consolidating nursing student, I have shown courage, resilience and adaptability while serving as a nursing assistant at Oakville Trafalgar Memorial Hospital during this pandemic. I use my nursing knowledge and skills to help others in need and help frontline workers. This has given me insights on how the healthcare system and frontline workers respond to a pandemic. It has made me realize and value the role of nurses even more than I had before. No one was kidding when they said that 2020 is the year of nurses. I thank all the nurses and other healthcare providers working on the frontline of the pandemic.

On a positive note, the SPP graduating class of 2020 have come a long way in our nursing journey and excited to say that we will soon become the newest members of the nursing profession."

Hazel M.

Hazel is interested in community healthy and mental health nursing and is applying to both CAMH and UHN.

"COVID-19 is one challenge among the many that we will face and I wish everyone the best in the future!"



Kam D.

Kam is interested in working with women and children, specifically in the field of forensic nursing.

"COVID-19 has been a very mind-opening experience. Since this pandemic began, through my placement at Toronto Public Health, and work experience at St Joseph's Health Centre and The Rekaï Centres, I have witnessed the special and incredibly significant efforts put forth by all healthcare workers. They have consistently persisted through the widespread distress and unpredictability that has come with this pandemic. I am proud to be in this field of work and look forward to the day I can officially begin my life as a Registered Nurse."



Jennifer D.

Jennifer is applying to Sick Kids, UHN and Trillium Health Partners - she is interested in NICU, L&D, emergency, immunotherapy and nephrology.

"COVID-19 is an unfortunate, sad, horrible virus that is negatively affecting hundreds of thousands of people around the world, but one of the only positive take-away from it is the learning experience it is providing healthcare workers.

I have had the most amazing two years in the SPP program and I am forever grateful for all that I have learned, the many opportunities I have been given, and the wonderful people I have met. This experience will stay with me throughout my entire nursing career."

Karina M.

Karina is interested in working with the paediatric population in cardiology.

"My heart goes out to everyone who has lost loved ones due to this pandemic"





Kalyna M.

Kalyna is applying to both SickKids Hospital as well as UHN. "I've had great experiences at every clinical placement throughout nursing school, I want to practice nursing in an adult as well as paediatric environment.

This pandemic has shown us that during times of need people come together and work as a team to fight a world-wide issue and that to frontline workers they aren't just doing a job, they put their lives on the line daily to keep others safe and it is greatly appreciated.

Where do I see myself in 5 years?
Completing a Masters degree in nursing to become a Nurse Practitioner or practicing as a travel nurse...we'll see! "



Karina F.

Karina is applying for various nursing resource teams, specially oncology focused at Princess Margaret Hospital. Karina is interested in oncology nursing and Medical Aesthetics.

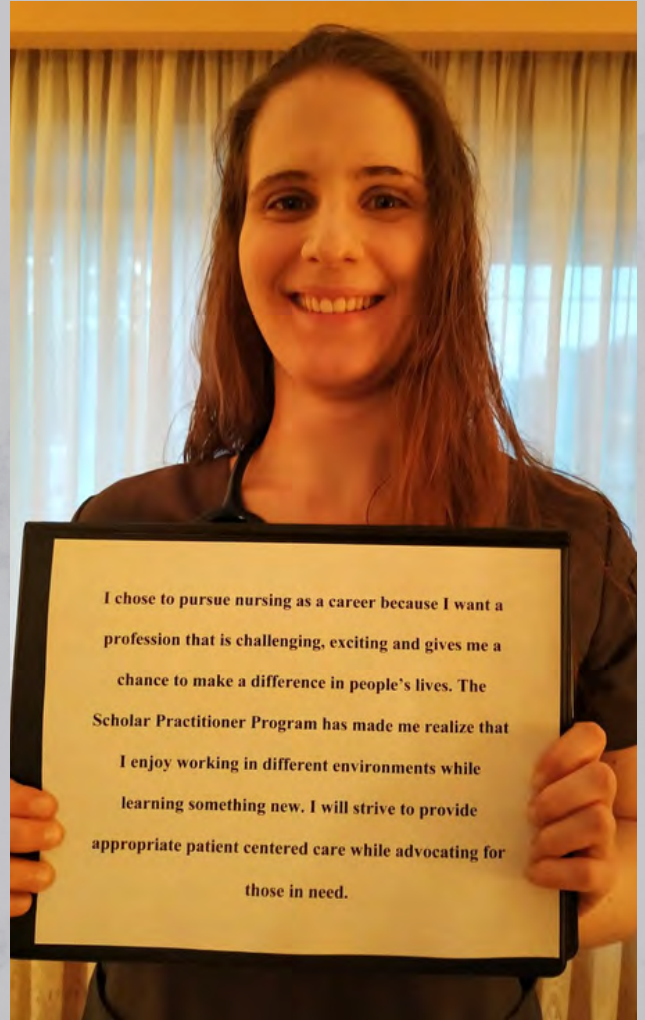
"We were so blessed to be the class of COVID-19, eh? I recognize the inherent privilege there is in being able to go back to school and change careers. Consolidation semester didn't look like how I wanted, but I still got to become a nurse and fulfill a dream I've had since I was 5 years old. It was a dream I never thought I would be able to realize and I don't think I can convey to people how incredibly lucky I feel to be given a second chance. Feeling beyond blessed and looking forward to a fulfilling and rewarding career. Let's get ready to do good work! #BlackLivesMatter"

Katerina P.

Katerina is looking to apply at St. John's rehab, Holland Bloorview and Toronto Rehab Institute (TRI).

"I was placed at the TRI my second semester and I found that I enjoyed working in a rehabilitation environment because it gave me an opportunity to develop a therapeutic relationships with my patients. My undergraduate background in Kinesiology and personal training has given me the knowledge and confidence to provide education on the importance of movement.

The current pandemic has given me time to reflect on what matters most to me. The number one priority for me was ensuring that my family members and those close to me were safe and healthy. I found myself constantly checking in with people on a daily basis and I have appreciated technology during this time. The pandemic also poses a challenge because we are required to stay away from those who are close to us. Therefore, I feel that communicating with others is so important, and I have found myself feeling grateful for those in my life."



I chose to pursue nursing as a career because I want a profession that is challenging, exciting and gives me a chance to make a difference in people's lives. The Scholar Practitioner Program has made me realize that I enjoy working in different environments while learning something new. I will strive to provide appropriate patient centered care while advocating for those in need.

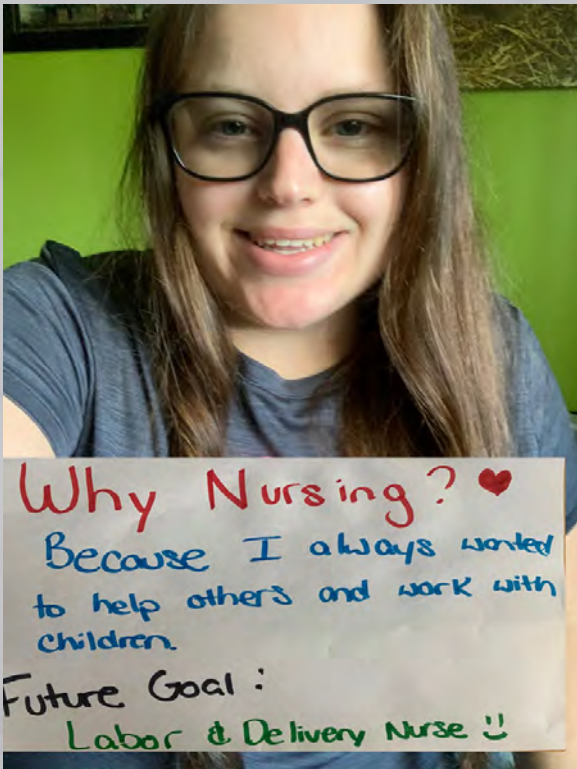
Melissa G.

Marilyn is applying to UHN and Sinai Health System. She is interested adult care - including areas such as research, education, palliative care, oncology and public health.

"We are living through history and I am proud to be part of the community that is fighting against COVID-19"



I chose nursing because I am passionate about fostering hope in others while providing holistic, patient-centered care in a variety of ways.



Kelly L.

Kelly is applying to Owen Sound and Headwaters Orangeville Hospitals. She is interested in Labor and Delivery and paediatric nursing, as well as mental health, and medical surgical nursing.

"I think COVID-19 has been isolating and overwhelming but allows for a unique and informative opportunity in nursing, creating change for nursing in the future.

A quote that has resonated with me throughout nursing school is, 'Every nurse is drawn to nursing because of a desire to care, to serve or to help' (Christina Feist-Heilmeier)"

Marilyn L.

Marilyn is applying to both UHN and Public Health nursing positions. She is interested in Education as well as research and clinical trials.

"COVID-19 has challenged and forced us to change on many levels, personally and professionally. It has broken down our defenses and made us face the disparities within our system. At the same time, it has also helped strengthened and unite us as a globe. Now more than ever, we stand together along with our differences to evoke systemic change."

"We get to the finish line at the exact time we our destined to cross it"





Michaela D.

Michaela is applying to hospitals in Downtown Toronto. She is interested in Medical Nursing and is passionate about gerontology, palliative care, and mental health. Once she pays off some of her student debt, Michaela plans to get a Masters in Nursing so that she can become an Undergraduate Nursing educator.

"We have all grown so much over the past two years and I am extremely proud to be a part of this graduating class. A huge thank you to our faculty, my friends, family, Mom, and my partner for supporting me throughout this program. I am excited to begin my career as a Nurse."



Molly H.

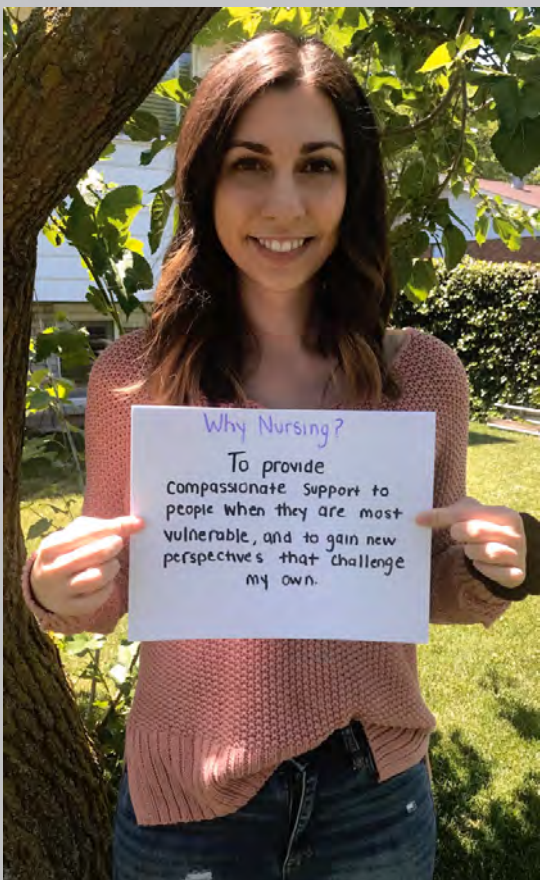
Molly is applying to Sick Kids Hospital. She is interested in Paediatrics, Emergency Medicine, and Education.

"Thank you to my family, friends, and professors who have shaped me into the nurse I am today. I am so excited to begin a career in such an incredible field!"

Natasha M.

Natasha is applying to UHN, Unity Health Toronto and Sinai Health Network. She is interested in women's health, oncology, education, and health promotion.

"Becoming a nurse has been a dream of mine for many years, and I cannot believe that this day has finally arrived for myself and my fellow colleagues. My path to nursing does not look like most, but I am proud of everything that I have accomplished along the way. I am privileged to have an education, a beautiful child and a loving family - it is my hope to instill in the world a love of learning, so that we can champion equal rights and amplify voices that are not being heard."



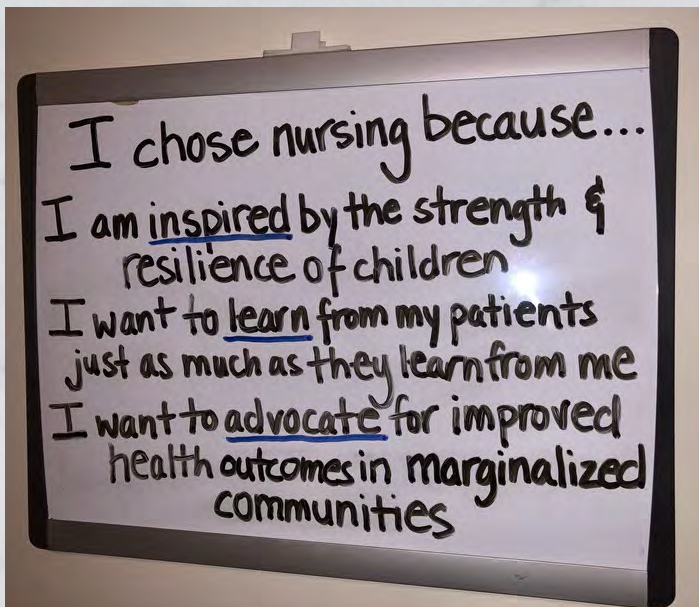
Olivia D.

Olivia is applying to hospitals in the downtown Toronto area, such as UHN, CAMH, Sunnybrook, and Mount Sinai. She is interested in mental health, palliative care, and oncology.

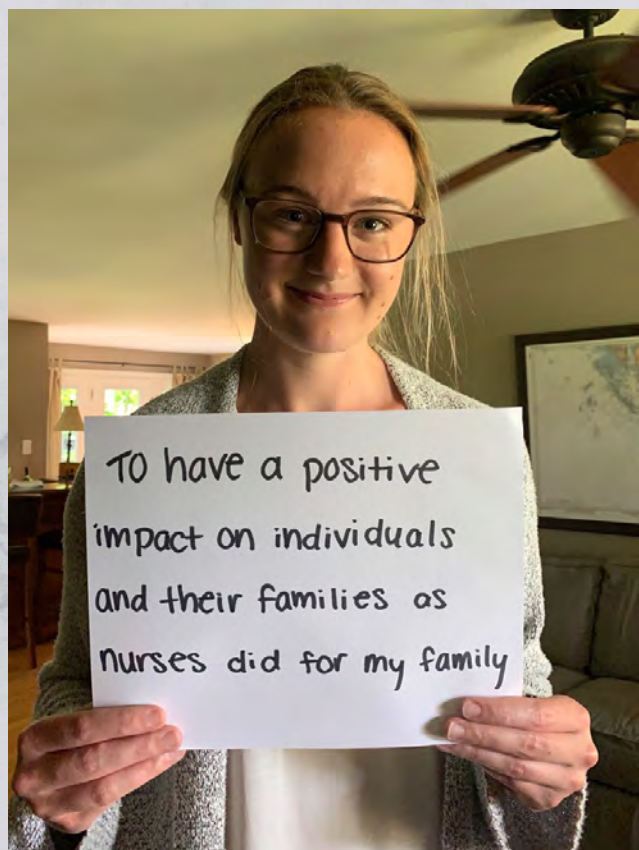
"The negative impact COVID-19 has on people's lives is upsetting and painful to see. However, it has brought communities together in a way I have never seen before and opened our eyes to many shortcomings of the healthcare system. Despite all of the tragedy, COVID also has the potential to bring us resilience, unity, and meaningful systemic change."

"And the best nursing comes from the heart, and not the head" (Christie Watson, *The Language of Kindness*)

Alliyah C.



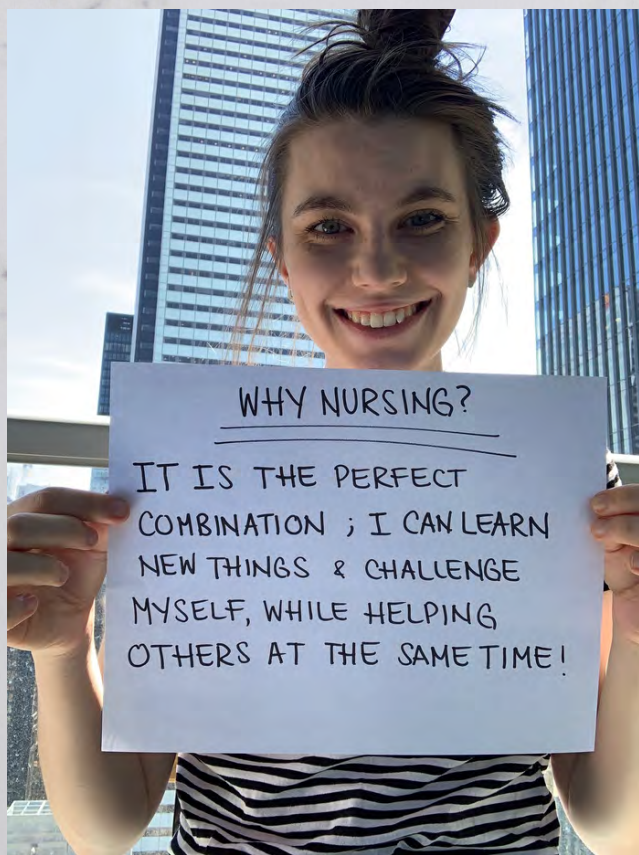
McKenzie M.



Yakira H.



Carly W.



Taylor M.

Taylor is applying to cardiology programs in Ontario. She is interested in cardiovascular health and she is passionate about empowering others to live healthy, fulfilling lives.

"COVID-19 has changed many aspects of the way we live our lives and how we view the ways in which we care for those around us. I hope through this experience we are able to recognize the need to improve the care we provide, and as a new graduate nurses, be catalysts for change"

Why Nursing? "To promote health and wellness through education and empowerment."

Tiffany J.

Tiffany is interested in many specialties within nursing - but the main area that she feels a calling is public and community health, sexual health, forensic nursing, and Northern nursing. Tiffany will be applying to Public Health units in the GTA, as well as Northern, and forensic nursing positions.

"COVID-19 is a terrible tragedy which evidently highlights the inequalities within our country and around the world. I would like to give a special shout-out to my mom! Mom, thank you for all the feet rubs after grueling 12-hour shifts, for driving me to the subway station at 5AM, and for the emotional support when I wanted to quit. I never could have done any of this without your love and support. I cannot say it enough. Thank you, mom!"

Why Nursing? Simply put, I want to build up people and communities. This world is a dark place; hopefully, I can shine a light.

Silent Graduates

Afreen K., Alexia M., Dana O., Delaney R., Erika T.,
Jugsir G., Kimia G., Lee T., Olivia P., Wardah I.



NCLEX

Submitted by Baiba Zarins & Kelly Livingston

NCLEX preparatory studies must be threaded throughout your learning journey. It is wonderful to acknowledge and recognize the high success rate of SPP graduates with NCLEX testing, however, plan ahead and optimize your learning experiences to your study plans, goals, and milestones. As mentioned previously, our graduates share that the best advice is to start your individual or group study plans early and utilize various learning strategies to achieve a well rounded approach to the exam content.

Registered Nurse RN

Free 15 question practice test. Answers with rationale.

<https://www.registerednurse.com/>

Nurse.plus

Free NCLEX-RN practice tests in which the tracking system shows how many you've missed. Answers with rationale. <https://nurse.plus/>

Study.com

Offers practice tests, study guides and videos, schedule tool, online tutors. 30 day free trial available.

<https://study.com/academy/course/nclex-rn-study-guide-practice.html>

Kaplan

Free practice quizzes covering all NCLEX categories.

<https://kaplan.com/>

UWorld

Highly recommended by new grads. Thousands of practice questions, can chat with other people to share study tips or advice, can make own flashcards.

<https://www.uworld.com/forum/default.aspx?gid=3>

NURSING

Video courses, practice NCLEX questions in each category, and sample NCLEX exam.

<https://nursing.com/>



NOW AVAILABLE EXCLUSIVELY TO
The Scholar Practitioner Program

Wellness Online

Connecting distance students with on-campus mental health professionals,
through web-based services.



Student Development and Services is pleased announce Wellness Online! It is a secure web-based portal that will allow students in the Scholar Practitioner Program to access on-campus mental health services.

What services can i access?

- Student Counselling Services: Brief Individual Therapy (1-6 sessions)
- Student Intervention Specialist: Case Management Supports, referral to specialized supports

How can I get an appointment?

- Student Counselling Services: Students should complete a registration form at <https://www.nipissingu.ca/departments/student-development-and-services/counselling-services/registration>
- Student Intervention Services: Students should email sis@nipissingu.ca to request an initial appointment.

Crisis Situations

Nipissing University does not provide crisis services. If you require emergency services or assistance with safety, please seek support from your nearest hospital or call 911.

You can also access helplines for counselling in moments of distress

- Good2Talk at 1-866-925-5454
- Kids Help Phone text line 686868 (text: HOME to begin a conversation)

Contact Information

We are happy to hear from you to discuss the Wellness Online platform

- Student Counselling Services: call 705-474-3450 x4507, or email counselling@nipissingu.ca
- Student Intervention Services: call 705-474-3450 x 4605, or email sis@nipissingu.ca

SPP Student Council

The SPP Student Council (SC) provides a platform for strategic planning and collaborative partnership within the SPP. The SC recognizes that the unique structure and pedagogy of the SPP may call for learning needs that are just as unique. The SC represents all current cohorts and its primary goal is to enhance the learner experience within the SPP. The SC is also in charge of publishing the newsletter each semester.



Natasha McCulloch

She/Her
Student Council President
Newsletter Editor & Content Writer
BPG Research Group Member



Daniella DeBartolo

She/Her
Student Council Vice-President
Newsletter Content Writer
BPG Research Group Member



Karina MacIntyre

She/Her
Newsletter Content Writer
BPG Research Group Member



Michaela Dominik

She/Her
Newsletter Graphic Designer
Newsletter Content Writer



Kelly Livingston

She/Her
Newsletter Content Writer

2020-2021 Student Council

If you are interested in joining the 2020-2021 SC, please email Teagan Holliday at taholliday925@community.nipissingu.ca