



PPCCANS

September 2021

Welcome Back, Students

PPCCANS wishes everyone a warm welcome back to campus.



Announcements

Colorado Palliative and Hospice Care is seeking volunteers. If you are interested in getting some volunteer hours, please contact Regina Reed rreed@coloradophc.com for more information.

University of Colorado is hosting a virtual Pre-Health Day. Pre-Health Day is “an exciting University of Colorado Anschutz Medical Campus tradition where high school students, college students, recent graduates, and advisors are invited to learn more about health and research careers and the process to apply to those programs.” This virtual visit to CU Anschutz will have live interactive sessions featuring program representatives from multiple different areas. The areas being discussed include Graduate Programs and Medical Scientist Training Program (MS, PhD, MD/PhD), Nursing (Bachelor's, Master's, Doctor of Nursing Practice), Medicine (MD), and more! Check out their [website](#) for more information.

Are you in need of a mentor? Or, do you think you could mentor someone in need? Please consider signing up for our mentorship program as a mentor or mentee. The deadline for signing up is 9/24/21. PPCCANS will be hosting a “Brownies and Buddies” event to orient mentors and mentees to one another.

Mentor Application: <https://forms.gle/6xBLwrpLXpqqW8vs9>

Mentee Application: <https://forms.gle/QZX2u6sS1Rew9wNv9>

Do you need to get rid of old scrubs or are you in need of new scrubs? PPPCCANS is always accepting scrub donations. Scrubs are first come first serve. Please contact Phil Mehl for more information pmehl@student.cccs.edu

Messages from PPCCANS

PPCCANS has brand new members this year! Please do not hesitate to reach out to us. We wish you all a very happy and successful semester!

President- Emily Wolfe
Vice President- Chad Cirillo
Secretary- Eileen Smith
Treasurer- Heather Caplette
Communications Director- Aurora Berggren
Event Coordinator- Evangeline Wright
Student Support- Phil Mehl

Please check out the next page to read a message about resilience from our PPCCANS Vice President, Chad Cirillo.

A message about **resilience** from the PPCCANS Vice President, Chad Cirillo.



Nursing school can be a stressful and overwhelming experience for many students. There is euphoria in knowing that every success is one step closer to reaching a goal. With the elation associated with achievements so too comes the anguish behind setbacks. When one faces the unpleasant experience of not meeting the expectations of oneself in school it can instill doubt, depression, and hurt self-esteem. How one deals with adversity is a critical part of improvement and opportunities for redemption. Building resiliency takes effort and analysis of personal thought processes.

Whether it be a lower-than-expected exam score, being late for lab, or forgetting a critical step in a hands-on evaluation, it's important to deal with the emotion and feelings of disappointment, but also start a beneficial recovery. When the mind is clear of distress, critically analyze your thoughts and performance, write your thoughts out and objectively explore each one. List things that could be done better and things that went well. Every self-deprecating thought should be turned into a positive affirmation to build upon. Destructive thoughts such as, I can't believe I failed the second exam, I can't handle this, I'm in over my head, I am a failure! Are going to affect self-esteem and mood. If a friend told you these things and you believed in them, would you not try to build them up? Replace negative thoughts with constructive ideas you would tell someone you love. With continual practice, you may find greater self-esteem, a more optimistic outlook, and the resiliency to rebound quickly from difficult situations.

Strengthening resilience is the continual process to develop constructive, healthy coping mechanisms through positivity and believing in yourself. It is taking ownership and control of who you are and how you adapt. Effective practices to build resolve can be used to help yourself, and others. Every student in the PPCCs nursing program is intelligent, capable, and driven. I believe in you, but do you believe in yourself? If not, what are you doing to build yourself up?

Need some support outside of your usual avenues?

Request a student mentor ewolfe21@student.cccs.edu PPCCANS President

Contact the nursing program retention coordinator heidi.likins@ppcc.edu

The PPCC School Counseling Center offers free telehealth mental health appointments at (719) 502-4782.

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