

University of Mary Division of Nursing

Servant Leader (Professional & Volunteer) Student Experience

The vision of the University of Mary Division of Nursing states: In the spirit of St. Gianna, we envision a thriving center of excellence that prepares servant leaders who will transform healthcare for everyone at all stages of life. As part of this vision, students admitted to the Division of Nursing will assist with leadership activities implemented by the University of Mary Nursing Student Association, engage in meaningful volunteer activities to enrich the health and well-being of others, and participate in professional activities related to nursing.

ASD Volunteer/ Leadership requirements:

- ASD cohorts have different service and professional requirements. These groups are not required to attend NSA meetings or join NSNA; however, they may do so if they wish.
- ASD will engage in volunteer activities and a leadership project as a cohort with professors/ program coordinator:
 - Ex. Thrivent fill the backpack + Standing Rock education, later- Ministry on the Margins.

Nursing Academy Volunteer/ Leadership requirements:

- Leadership: Requirements the same as all traditional nursing programs of study.
 - Participation in pilgrimage/ TR fellows will not count as a leadership activity; however, additional leadership activities may surround these experiences.
- Required to do 20 volunteer hours- at least 10 completed during semester 3,4,5,6. The remaining 10 hours must be finished by the end of the program.

Volunteer activities- 20 hours

- A total of 20 volunteer hours are required throughout the program and may be accrued at any time after students have been accepted to the Nursing Division.
- Volunteer hours may be done on campus, or in the community. Activities should promote health and wellness or prevent injury in some way. If in doubt whether the activity fulfills this requirement, see an NSA advisor.
Activities for which the student receives payment **WILL NOT** count toward the volunteer or leadership requirements.
- Any nursing practice activity used for clinical hours cannot be used as volunteer hours, however, if a student volunteers above and beyond nursing practice hours for activities such as flu clinics, these hours qualify as volunteer hours.
- Evidence of at least 10 hours must be included in the first portfolio submission. Evidence of 20 hours must be documented in the portfolio submitted at the end of the program.
- Evidence of volunteer hours can be uploaded to an assignment in the NSA CANVAS course and transferred to the portfolio when needed, or they can be directly uploaded to the portfolio. Evidence can include a signed tracking form, pictures, descriptions, and/or other artifacts that show evidence of participating in the volunteer activity. Students are responsible for tabulating volunteer hours and may wish to use the volunteer tracking form located in the CANVAS course for this purpose.

Examples of appropriate Volunteer activities

- Participating in the University of Mary Day of Service.
- Campus health-related activities sponsored by UMary, UMary service organizations, University of Mary Nursing Student Association (UMNSA) and/or The Nursing Student Association of North Dakota (NSAND).
- Participation in a research project as a subject, or data gatherer.
- Blood pressure screenings, flu clinics, health fairs, blood drives. (Giving blood = 1 volunteer hour)
- Participating in and/or fundraising for creating awareness walks/activities such as: Out of the Darkness Community Walk (fall semester), Take Back the Night Community Event (fall semester), CROP Walk (fall semester), ACS Relay for Life, Alzheimer's Association Walk, Footing It For Fun Charles Hall Youth Services Walk, Freezin' for a Reason, GABR bike race, etc.
- Volunteering at a soup kitchen, food pantry, the Dream Center, etc.
- Volunteer Caregiver Exchange (visiting the elderly)
- Teen Challenge Mentoring
- God's Child (help with sponsored activities, answer phones in the office)
- Ministry on the Margins (assist at food pantry, serve or make meal, other)
- Youth Correctional Center Mentoring through Bridges of Hope
- Helping with Special Olympics
- Participation in the National or local March for Life.
- Participation in the annual Peru Mission Trip.
- Children's Church at Tipi Wakan Cannonball, ND. (Facilitator- Dr. Mary Beth Johnson)

Professional experiences/activities-

- Professional experiences/activities. As a member of a profession, it is important to participate in professional organizations that promote the profession. The professional organizations for nursing students are the UMary Nursing Student Association (UMNSA), the Nursing Student Association of North Dakota (NSAND), and the National Student Nurses Association (NSNA)
- Students will attend at least 2 UMary NSA meetings per semester (unless excused for UMary athletics activities) while in the program. NSA meetings are held monthly during the fall and spring semesters.
- Evidence of attendance at NSA meetings (picture with date slide) will be uploaded as an assignment on the NSA CANVAS course or documented on the NSA log form with an NSA advisor signature. This will be placed in the portfolio.
- Students accepted into the nursing division and taking Nur 326 Intro to Nursing Practice will join the National Student Nurses Association for 2 years as a professional experience/activity. This will be an assignment in NUR 326 of the courses. <https://www.nсна.org/>
- Students will be required to attend the NSAND convention that takes place in January each year at least once during their nursing program. See Volunteer Hours Log and NSA Meeting Attendance form at the end of this document.

Leadership Activities

Students will be required to participate in a ***minimum of one leadership project prior to the first portfolio submission***. The NSA board will work with the members of the association to design and facilitate these leadership projects for the year which may include the University of Mary campus and/or the larger Bismarck-Mandan community and/or surrounding area. Evidence of these activities will also need to be placed in the portfolio.

Examples of Leadership Activities (that have been or could be done)

- *Serve as a student representative on a Nursing Division Committee.
- ~Become an officer of the Local University of Mary Nursing Student Association (UMNSA) and attend NSA board and general meetings.
- ^Become a state NSA (NSAND) officer and attend at least two NSAND meetings per semester.
- Organize and carry out an activity with another health care group on campus such as the Collegians for Life, or Catholic Medical Association.
- Organize BP screenings on campus or in the community.
- Organize a sewing session for making menstrual pads for young girls of the Mary Mission, God's Child Project or other mission.
- Organize and deliver a fleece blanket-tying activity to donate to a local homeless shelter, pediatric unit of a hospital, nursing home, etc.
- Organize and deliver a food-drive, sock-drive, clothing drive.
- Organize and deliver an educational session on a topic of interest to the campus population (poster presentation or talk).

*Students who choose to serve on a Nursing Division Committee commit to doing so until graduation unless they formally withdraw from the committee by notifying the committee chair and the NSA faculty advisors.

~Officers serve for their elected term and can use this as fulfillment of their leadership activity while in office.

^Officers serve for their elected term of one year and can use this as fulfillment of their leadership activity while in office.

Volunteer Hours Log

Student Name _____

Students must complete 20 volunteer hours during the nursing program.
(10 hours must be completed by the time the portfolio is submitted as a second semester junior)

DATE	Total number of hours	Description of the activity and how it impacted health of participants.	Evidence of participation (picture, artifact, picture of coordinator signature)

NSA meeting attendance Log

Student Name _____

- Attendance at 2 NSA meetings each Fall and Spring Semester after admission to the Division of Nursing (unless excused) are required

DATE Please add date of meeting	Briefly describe what was discussed at the meeting	NSA Advisor Signature
Fall 1		
Fall 2		
Spring 1		
Spring 2		
Fall 1		
Fall 2		
Spring 1		
Spring 2		