

S.O.S

BACKGROUND

Baccalaureate nursing programs have reported student dropout rates as high as 50%, with 85% of underrepresented minority (URM) students dropping out before graduation

Overall university findings have shown that there is a direct effect of race and ethnicity on student success and persistence

Students from ethnic minority groups continue to be at high risk of withdrawing from educational programs and lag behind the majority population in terms of educational attainment



BENEFITS

Coaching Sessions

- Individualized or Small Group Coaching Sessions
- Real-time Feedback
- Teaching Method based on Individual VARK Questionnaire: How do you learn best? results

Group Review Zoom Sessions

In-person Review Sessions

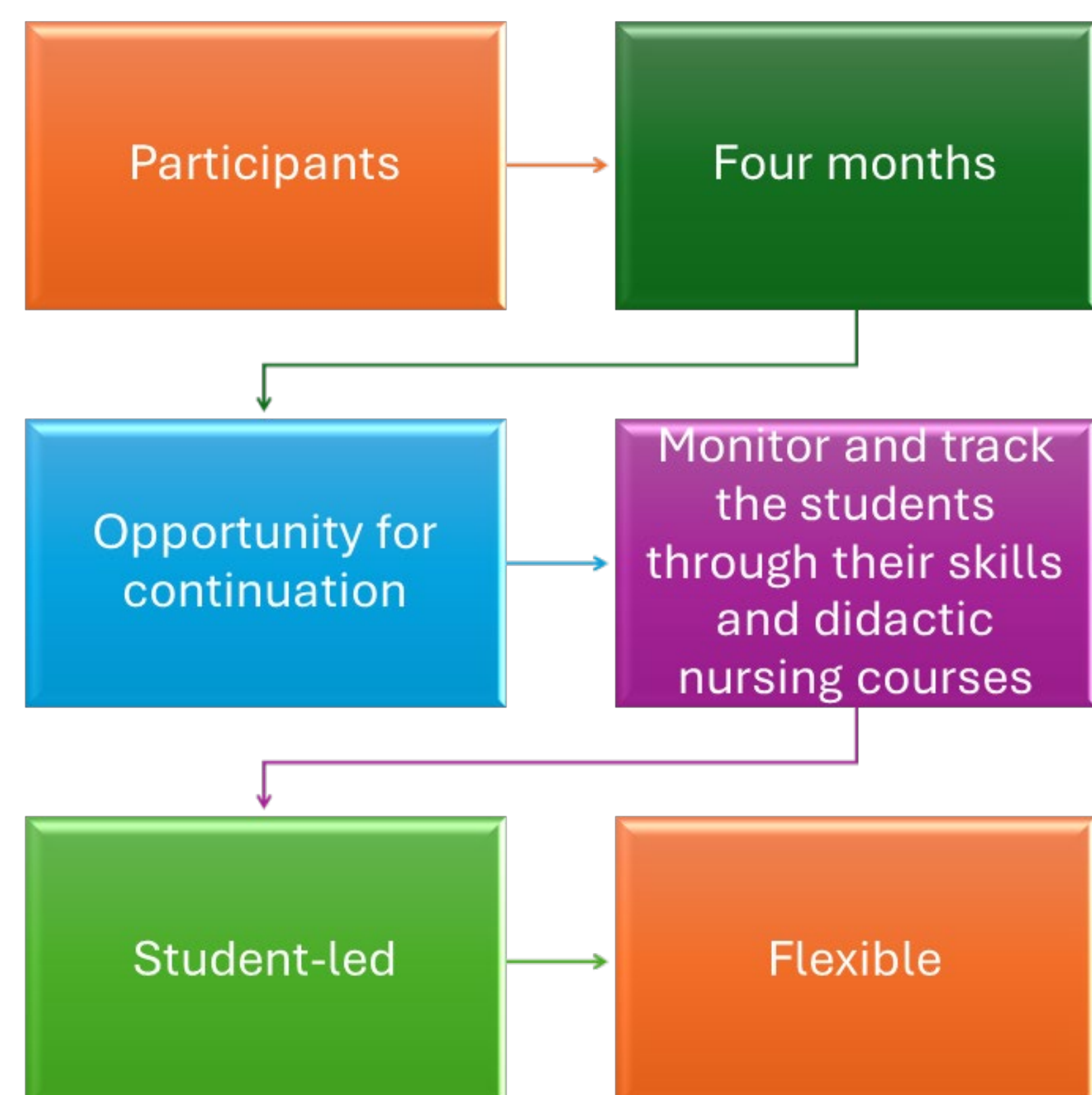
Mentorship

Academic Resources

Weekly check-ins and motivational messages



PROGRAM



FRAMEWORK

Sir John Whitmore's G.R.O.W Coaching Model

Work with each student to choose SMART goal(s) to strive for in the semester.



Identify and review each student's "reality" of what may be challenging or a barrier to their success.

Encourage each student to have the WILL to accomplish their goal(s) and do the action(s) we developed throughout the program.

Explore options we could do or are available to overcome those challenges or barriers.

RESULTS

How did you feel (less or more anxious, or experienced your normal level of anxiety) leading up to your nursing skills validation Why?

- "I was still anxious at a lower level and also more confident in my ability to perform"
- "I felt less anxious and more confident. The instructor's patience and guidance helped me develop a strong sense of self-assurance. By taking the time to provide me with the necessary support and feedback"

During this validation, have you found this program helpful in improving your academic and mental health in any way? If so, how?

- "Yes, because a lot of times I found myself second-guessing naturally, and this helped ease my anxiety"
- "Yes. Having the presence of someone who can provide feedback prior to validation enhanced my chances of success and decreased my anxiety and increased my confidence"

Contact Me!

Samantha Rose Berrien, MSN, RN
Skills Lab Educator
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Samantha Rose Berrien, MSN, RN

Biography

Samantha Rose Berrien is a Skills Lab Educator at the UAB School of Nursing, where she teaches fundamental skills and assessment to prelicensure nursing students. She holds a biology degree from Tuskegee University, a BSN from Samford University, and a master's in nursing Case Management from the University of Alabama. She is enrolled in the doctoral program at Samford University in Nursing Administration with a concentration in Education. Before joining the UAB School of Nursing, she was a registered nurse at the Birmingham VA Medical Center and the Kirklin Clinic of UAB. Her nursing experience includes med-surg and ambulatory care. She is deeply committed to mentoring and preparing future and current nurse leaders, particularly focusing on increasing the retention rates for minority nursing students throughout nursing programs.

Contact Information



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