A Day in the Life of a Nursing Student

The goal of “A Day in the Life of a Nursing Student” is to educate students who are not in the School of Nursing on what being a nursing student is like and the rewards of becoming a nursing professional. We aim to recruit more students and encourage the interest of the pre-nursing students by increasing the knowledge about what nursing school is like, the type of education they will receive, and the variety of career paths available to them as a result of achieving a degree in nursing. Additionally, we discuss the benefits of becoming an active member in the UAB SNA chapter and NSNA as a pre-nursing student by highlighting the SNA Mentor Program and SNA Scholarship, as well as other projects we do throughout the year. While this event is open to all students, a large part of our audience is made up of freshman and sophomore pre-nursing students, and non-traditional transfer students.

Our SNA members meet with groups of students to discuss what to expect from nursing school in an informative, practical presentation followed by a question and answer session led by current nursing students. Our volunteers talk about the unique challenges faced by nursing students, such as transitioning to application-based exam questions as seen on the NCLEX. They also give tips to the pre-nursing students about good preparation for nursing school, such as becoming acquainted with the hospital setting, volunteerism, and familiarizing themselves with NCLEX preparation books. We also have a faculty member from the School of Nursing Simulation Lab come to discuss the technology and practice settings available to nursing students. This faculty member showed a simulation video and even brought a simulation infant. At the end of the presentation, the SNA members opened the floor for the student audience to ask questions.

We believe our goal was achieved by our thorough breakdown of the UAB School of Nursing program into semesters to explain what could be expected from each set of courses. The response to this project has grown in the past year by increased attendance and students are always eager to ask questions about admittance, preparation, and SNA involvement. Students leave this event with a better understanding of the admission process, nursing program, and the SNA.

As current nursing students, we know that the idea of becoming a part of a professional school within a University is a daunting idea if you do not know what to expect. We hope to fill the gap with this project by providing straightforward information about the nursing program and its unique challenges. We feel that knowing what to expect would eliminate some anxiety and questions about our nursing program at UAB.

We have learned that this easily implemented project significantly help potential nursing students learn more about and become further interested in the UAB Nursing Program.