

Department of Nursing Retention Counseling Resources

The purpose of the Retention Counseling Program in the Department of Nursing (DON) is to assist students in the Associate Degree Nursing (ADN), Vocational Nursing (VN), and Emergency Medical Technology (EMSP) Programs in being successful. To achieve this outcome, the DON has two Retention Counselors who provide the resources, Jeanette.Jost@ctcd.edu and Robin.Beauregard@ctcd.edu . They are both located in the Nursing Building #155.

Retention Counseling and Referral Services

Any student may self-refer to Ms. Jost or Dr. Beauregard, or you may be referred by one of your professors. Individual and group sessions are available.

- Learning Style Assessment
- Study skills
- Test taking skills
- Exam review for the purpose of identifying study and test taking skill needs
- Test Anxiety Inventory to measure your anxiety level around testing, so that interventions can be identified
- One-on-one guidance to improve course grades and program success
- Referral for assistance with financial aid, child care, transportation or textbook loan
- Referral for personal or social issues
- Strategies for reducing anxiety and fears
- Methods for establishing effective boundaries
- Coping skills for dealing with difficult people
- Balancing pressure of home, school and work
- Identifying a study method that matches your learning style
- Providing a sounding board about all those other roles you play in your life, and how they may affect you as you take courses in the DON
- Identifying which time management strategies could help you the most as you set personal and academic goals
- Assistance with identifying study groups, review sessions or tutoring

Contact information: Nursing Building, #155

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