



Welcome to the Spring 2025 UD Nursing Department Newsletter!



In this newsletter
you can expect:



It has been an incredibly busy, but rewarding academic year and we're excited to share some program updates with you in this newsletter.

As it is the Spring Newsletter, we will share information about each of our graduating seniors. We are so proud of this group of students and all they've accomplished during their time here at UD! William Butler Yeats said, "Education is not the filling of a pail, but the lighting of a fire." This group of students reminds me of why I chose to be an educator of future nurses; they have taken all we've had to share with them and turned it into fuel for their personal and professional fires! I believe you will be impressed by the students' profiles and future plans found in this edition of our newsletter.

We recognize, though, that these new graduates will be entering a profession that is both rewarding and potentially exhausting. Compassionate care is hard work!

I hope you enjoy reading Kerri Chapman's article about our collaborative and comprehensive efforts to support healthy transitions to professional nursing practice. A special thank you goes out to the McNamers for their help in providing resources for these new grads to prioritize their brain health, along with other aspects of a healthy lifestyle.

Thank you all for your continued support and investment in the UD Nursing Program. We hope you enjoy the newsletter!

Jackie Meyer,
PHD, RN, CNE

Professor and Department Head

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CONFERENCE NEWS



International Meeting on Simulation in Healthcare

Recently, I attended the International Meeting on Simulation in Healthcare (IMSH). This scientific conference explores the latest innovations and best practices in healthcare simulation. IMSH provides the tools and resources healthcare professionals need to advance their skills, impact change in delivery systems and practice. Ultimately, to improve patient safety. At the conference, I had the chance to connect with fellow global experts, share my experience and deepen my knowledge in healthcare simulation.

Additionally, I earned the Certified Healthcare Simulation Educator (CHSE) certification.

This CHSE intermediate-level credential is designed for professionals who use simulation to enhance education, testing, and research within healthcare settings. By achieving the CHSE, I've joined a distinguished group of individuals dedicated to improving healthcare delivery and patient safety through innovative simulation practices. This is another testament to my commitment to advancing my skills and contributing to the development of the healthcare simulation community, especially here within the University of Dubuque's Nursing program.

Beth Neyen, MSN, RN, CMSRN, CHSE
Assistant Professor

IN THE CLASSROOM



Collaboration

This was our first interdisciplinary simulation involving the nursing students and the Physician Assistant (PA) students on the topic of shock.

The nursing students learned a lot about the role of PAs! And the PA students learned a lot about the role of nurses!



Clinical Experience at
Stonehill Communities



Tracheotomy Care



Junior
nursing
students
during
their IV
Lab Day



Meditation

Brain Health

During Brain Health Awareness Week at UD, I had the opportunity to introduce nursing students to Tension Zen Meditation (TQM). As a professor, I'm always looking for effective tools to help students manage stress and perform their best during exams. Gary Wittman, faculty member in the Health Science Wellness Department, discussed the science behind meditation and how it can be practically implemented in the classroom setting to support overall well-being. The students, and professors, enjoyed the opportunity to learn a new skill and "unplug" for a few moments! For those interested in exploring TQM further, the app is available on Patreon (<https://www.patreon.com/TensionZen>)
Kristine Steinbeck, Associate Professor of Nursing

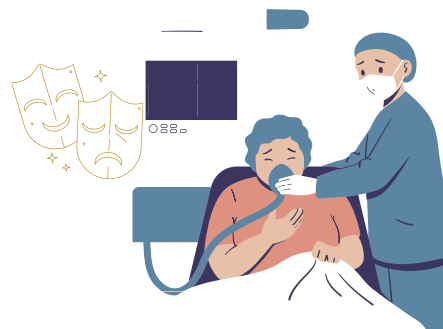


Simulation

"Calling All Actors!"

During a senior class simulation, we had the privilege to partner with the Drama Club at UD. Before the COVID pandemic, the nursing department had a partnership with the Drama Club that included drama students acting as patients or clients during some of our simulations. We especially relied on the drama students during our patient education scenarios. Don't get me wrong, our mannikins are wonderful resources. However, having an actor play the role of a noncompliant gentleman not wanting to wear their oxygen or a proud client who can't afford their medications to control an infection in their foot is priceless. We were excited to reach out across campus and collaborate with our actors. Both students and actors learned from the experience and we hope to continue the partnership!

Kristine Steinbeck, Associate Professor of Nursing



HONORS CONVOCATION

NURSING SCHOLARSHIP RECIPIENTS

We want to congratulate the nursing students who received recognition and nursing scholarships during the University of Dubuque's Honors Convocation on April 8, 2025. Nursing scholarships are available to students once they enroll in the nursing major. Students must be in good standing in all current nursing courses in order to be eligible for consideration. Leadership, compassion, and professional promise are a few of the quality the nursing faculty take into consider in when selection recipients.

William Randolph Hearst Scholarship

The William Randolph Hearst Scholarship is awarded to:

- A nursing student who maintains a 3.0 GPA and
 - Deemed by the nursing faculty to exhibit qualities to be an excellent nurse:
 - leadership
 - skills
 - compassion
-



Dr. John L. Bender Nursing Scholarship

The Dr. John L. Bender Nursing Scholarship is provided in memory of Dr. John L. Bender. The recipient of this award is:

- A junior nursing student
 - Holds a 3.0 GPA and
 - Has demonstrated service both to the nursing profession and to the community during his/her time as a student
-

2025 Recipient: Ashley Wierman



UD Student Nursing Assoc. Scholarship

The UD Student Nursing Association Scholarship goes to:

- A student entering his/her senior year
 - GPA greater than 3.0
 - Is a candidate for the office in the SNA
 - Shows caring and compassion in work, school & community
 - Has experience in CNA work, and
 - Goes above and beyond in his/her participation in the Nursing Program and his/her class
-

2025 Recipient: Emma Kempel



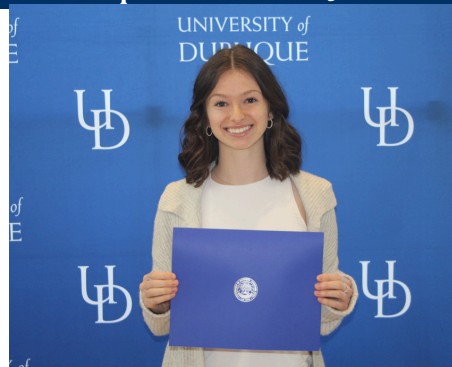
NURSING SCHOLARSHIP RECIPIENTS

UD Nursing Faculty Scholarship

The UD Nursing Faculty Scholarship is awarded to:

- A junior nursing student
 - Minimum GPA of 3.0
 - Exemplifies professionalism
 - Role model to fellow students in both clinical & classroom environments and
 - Demonstrates the care and compassion of a nurse you would want cared in for you or your loved ones
-

2025 Recipient: Ashley Wierman

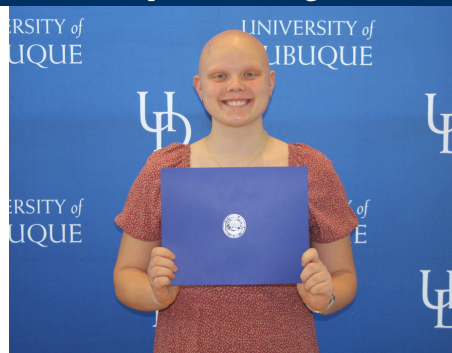


Dr. Kathy Dolter Nursing Scholarship

The Dr. Kathy Dolter Nursing Scholarship is awarded to:

- A junior nursing student with minimum 3.0 GPA
 - The student demonstrates:
 - Commitment to gaining experience in nursing care by work experience as a nursing assistant or LPN prior to admission to UD Nursing program
 - Care and compassion and
 - Exemplifies professionalism in both clinical and classroom environments
-

2025 Recipient: Logan Kleese



Holley Lynn James Memorial Nursing Scholarship

The Holley Lynn James Memorial Nursing Scholarship is awarded in memory of Holley James, daughter of Jesse James, University of Dubuque emeritus dean of admissions.

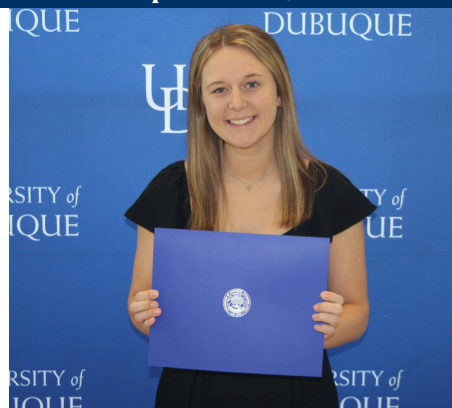
Second Lieutenant Holley James, a 2007 graduate of St. Ambrose nursing program, died in Fort Bragg, North Carolina, while servicing as an Army nurse.

The recipient of this award must be:

- A junior or senior in the nursing program and
- Preferably a member of the UD Army ROTC program

Recipient is chosen by the senior military advisor of the UD Eagle Company and the head of the UD Nursing Program.

2025 Recipient: Kyla Roberts



GRADUATING SENIORS



Abigail K. Bruce

- Hometown: East Troy, Wisconsin
- Inspiration: ***I have always had this calling to help people.*** During the covid-19 pandemic I got my CNA license and worked in a nursing home. If I could enjoy what I was doing during a time like that then I would enjoy it even more afterwards and I DO!
- Career Goals: I accepted a job at the UW-Madison Hospital on the organ transplant floor. I am excited to be involved in the processes of allowing people a second chance of life!
- Love most about being a Spartan: It allows me to pursue my passions of nursing and soccer. It is a challenge to balance them both but so worth it in the long run.
- Advice to incoming nursing students: Continue working hard and stay positive. There is a light at the end of the tunnel. This career is so rewarding and beneficial!



Kiley A. Chapman

- Hometown: Clarence, Iowa
- Inspiration: ***My mother and my grandma, who are both nurses and hearing their stories and seeing how much of an impact they can make.***
- Career goals: Become a labor and delivery/nursery nurse and eventually do nursing missions overseas.
- Love most about being a Spartan: I love how supportive the class is and how supportive the professors are, always willing to put in the extra work to help us succeed, giving me the ability to be in a sport year-round and do nursing school at the same time.
- Advice to incoming nursing students: Do not worry too much about the little things - enjoy the journey and soak up every moment because it goes by fast!



Delaney L. Dietz

- Hometown: Glendora, California
- Inspiration: When I was younger that's what I decided to do, and ***my passion to help people for a reason bigger than myself never changed.***
- Career Goals: Work in the ER at UnityPoint; maybe one day working my way up to becoming a flight nurse.
- Love most about being a Spartan: Everyone at this school is committed to preparing well rounded people physically mentally and spiritually. I was able to succeed in playing volleyball, nursing school, lead in 2 clubs, and have a great group of people by my side.
- Advice to incoming nursing students: Buy the planner! Take care of yourself, plan your weeks and you can truly do anything and everything.



Nykka Lou C. Fernandez

- Hometown: Grand Forks, North Dakota
- Inspiration: Growing up I always knew I wanted to join the medical field. ***I enjoy helping others and want to make an impact in my community.***
- Career Goals: Start med/surg and then be an ICU nurse in a few years.
- Love most about being a Spartan: I have formed lifelong connections because of UD.
- Advice to incoming nursing student: Take it day by day. It's important to manage your time wisely and have a set schedule but don't forget you need to take care of yourself.



Amber Y. Heppner

- Hometown: Bettendorf, Iowa
- Inspiration: I've wanted to be a nurse since I was 3. ***I have always been fascinated by nursing and always loved helping people.***
- Career goals: I will be working at UnityPoint Trinity in the Quad Cities as an ER nurse.
- Love most about being a Spartan: I love the nursing department. These professors truly put everything into this program, and I appreciate everything they have done for me.
- Advice for incoming nursing students: Don't be discouraged if you are struggling. Get help and don't give up. Nursing isn't easy but it is very rewarding in the end.



Claire E. Lahey

- Hometown: Sherrill, Iowa
- Inspiration: ***Knowing that I will be making a difference in people's lives every day with a career in nursing.*** It's a very rewarding career and a great feeling when you get to see your patients improve.
- Career goals: To become a labor and delivery nurse, and eventually get into travel nursing in a couple years. I hope to go back to school someday to get some sort of advanced nursing degree.
- Love most about being a Spartan: How welcoming and friendly everyone is, and that there are many opportunities to get involved in lots of different things.
- Advice for incoming nursing students: Manage your time wisely. There is a lot to do in nursing school and it can be very overwhelming. That's why I recommend using a planner to keep all of your assignments.



Grace A. Lagerhausen

- Hometown: Stillman Valley, Illinois
- Inspiration: I really ***wanted to be a person someone can turn to in a time of confusion and hurting.*** I loved the idea of taking care of someone and being able to be a shoulder or crutch when a person needs one.
- Career goals: I plan on working at Finely Hospital on the Medical Surgical floor.
- Love most about being a Spartan: I love the people it has brought into my life. They are all so extra special to me! Being a Spartan has brought me my best friends, my husband, and some mentors that I will always be grateful for.
- Advice for incoming nursing students: Take it day by day and keep pushing forward. It's okay to fail because you have a group of wonderful people there to pick you up and are rooting for you to succeed.



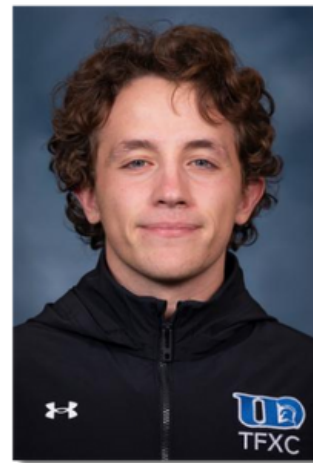
Audrey I. Morris

- Hometown: Goose Lake, Iowa
- Inspiration: I was sick a lot in my younger years and any time I'd have to spend time in the hospital/clinic, the ***nurses would always provide a loving environment and care for me. I decided I want to provide that same type of care for others, especially when they are in their most vulnerable times.***
- Career goals: I plan on working in the Emergency Department for two years, then becoming a travel nurse. Eventually, I plan on getting my DNP & owning my own clinic.
- Love most about being a Spartan: I love how close the community is. Whether its athletics or the major you're taking, the classes and professors are so personable, you meet some of the best people and lifelong friends, and coaches want you to succeed on and off your field.
- Advice for incoming nursing students: Nursing is hard, but it is WORTH it. Always remember your why. Why you want to be a nurse and where you want to go.



Skylar M. Mullen

- Hometown: Bondurant, Iowa
- Inspiration: **I always knew I wanted to go into a profession where I could help others** and nursing seemed to be the perfect fit for me.
- Career goal: I am looking to become a Hospice nurse.
- Love most about being a Spartan: I love the support from my classmates and professors and knowing that they all genuinely care about our success as future nurses. I love being able to make connections with so many people.
- Advice for incoming nursing students: Nursing is hard but it is also so rewarding. Take advantage of the opportunities presented to you and make the most of your time as a student, but make sure to make time for yourself as well.



Calvin Richey

- Hometown: Brentwood, California
- Inspiration: I have always wanted to work in a healthcare position, and in doing research, I found that **I liked and identified with the interpersonal aspect of nursing care the most.**
- Career Goals: I would love to work on a Peds Medsurg floor or in a PICU shortly after graduation
- Love most about being a Spartan: I love the tight-knit community that UD has provided, as I have made some great lifelong connections in my time as a Spartan
- Advice to incoming nursing students: The stressors you will encounter will never be as bad as they may seem. Take your time to appreciate who and what is around you, and you will have the time of your life.



Arwen M. Sims

- Hometown: Deep River Ontario, Canada
- Inspiration: **I have always cared deeply for others and their feelings, well-being, and pain.** I always thought that I would end up in healthcare, and nursing seemed to be the best fit.
- Career Goals: after graduation are to return back home and work in Ottawa.
- Love most about being a Spartan: the chance to study nursing while playing a collegiate sport. And the support that the nursing faculty and staff show their student-athletes.
- Advice for incoming nursing students: take it one week at a time. Although the days and weeks feel long, the semesters fly by.



Nitit Sirirak

- Hometown: Bangkok, Thailand
- Inspiration: **understanding that every life I touch can make a difference, no matter how big or small the moment.**
- Career goals: I will be working in the Emergency Room. My goal is to continue gaining experience in emergency medicine and eventually become a Nurse Practitioner specializing in emergency care.
- Love most about being a Spartan: the strong sense of community within the nursing program. The faculty and my classmates have been incredibly supportive, and the hands-on clinical experiences have been invaluable in preparing me for the realities of nursing.
- Advice for incoming nursing students: Nursing school will challenge you in ways you never expected, but remember—every late-night study session, every tough clinical shift, and every moment of doubt is shaping you into the nurse you're meant to be. Lean on your classmates, ask questions, and never be afraid to learn from your mistakes. Most importantly, hold onto the passion that brought you here in the first place. You are stepping into a profession that changes lives—including your own. Embrace the journey, trust yourself, and never forget the power of the care you provide.



Valerie L. Spooner

- Hometown: Clinton, Iowa
- Inspiration: **Several of my family members are nurses.**
- Career Goals: Working in the ICU.
- Love most about being a Spartan: The relationships I have built with my fellow nursing classmate.
- Advice for incoming nursing students: Take every opportunity you can get! It's okay to make mistakes.



Kaelyn C. Weigel

- Hometown: Platteville, Wisconsin
- Inspiration: The deep impact I saw in the care my grandma received when she became ill. Watching the way her caretakers not only took care of her physical needs but also provided her with compassion and comfort inspired me. It made me realize how much of a difference a kind and attentive caregiver can make in someone's life. Even though I don't have family members in nursing, **I felt a calling to be that person for others—someone who can provide both medical care and emotional support when it's needed most.**
- Career goals: I plan to start my career in either MedSurg or the ICU. I do hope to further my education and become a Nurse Practitioner.
- Love most about being a Spartan: The sense of community and the support from our professors and classmates. In our nursing program, there's a unique bond among us. We're all striving toward the same goal and find it important to work together, support one another, and stay focused on our shared vision. The professors are always available to provide guidance and feedback, allowing me to feel confident asking questions and pushing myself to be better.
- Advice for incoming nursing students: Embrace the journey. College can be challenging; it's also an incredible opportunity to grow, so don't be afraid to ask for help when you need it. Also, take care of yourself. Balancing school, clinicals, and personal life can be tough, so make sure you're setting aside time for self-care and staying organized. Finally, be patient with yourself as you adjust to this new chapter. You're here because you belong, and every step forward, no matter how small, is progress.



Riley A. Vondrasek

- Hometown: Downers Grove, Illinois
- Inspiration: I wanted a career that was bigger than myself—**a way to make a meaningful difference in the lives of those facing challenges and in the lives of their families.** Helping others through tough times feels deeply fulfilling, and nursing allows me to do that every day. It also calls for me to learn. I love learning how the body works and how the human mind can impact care.
- Career Goals: starting my career in the MICU at Dartmouth Hitchcock Medical Center. In the future, I plan to continue my education and am leaning towards pursuing my CRNA.
- Love most about being a Spartan: opportunity to compete in sports while being part of such a rigorous nursing program. The small college atmosphere has allowed me to build meaningful relationships and be part of a supportive community. It's an environment where I've been able to grow both personally and professionally.
- Advice for Incoming nursing students: It's important to remember that while nursing school is demanding, it's also about finding balance. College is a once-in-a-lifetime experience—embrace it! You'll learn so much beyond the classroom that will shape you as both a person and a nurse.



Jadyn M. Werner

- Hometown: Manchester, Iowa
- Inspiration: **COVID is what really finalized my decision to go into nursing.** All I could think about were the poor individuals stuck inside the hospital and the only people to keep them company were the medical teams taking care of them, and I knew I wanted to be one of those individuals who got to care and interact with the patients.
- Career Goals: I will be working on a Med-Surg floor in my hometown!
- Love most about being a Spartan: How involved you can be and how the faculty/staff truly care about you as a person!
- Advice to incoming nursing students: Give yourself grace & always remind yourself of your strengths! Nursing school requires literal blood, sweat, and tears but is SO rewarding! Take everything day by day, YOU GOT IT!



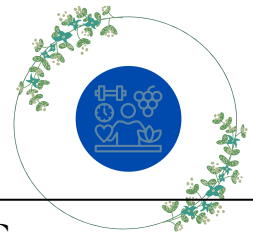
Megan I. Wolff

- Hometown: Forest Lake, MN
- **Inspiration:** *My parents were teen parents and worked endlessly to give me everything possible which inspired me to give back to people the way that they did for me.*
- Career Goals: I want to be either an OB nurse or NICU nurse.
- Love Most about being a Spartan: That the whole nursing program acts as a family and supports one another.
- Advice for incoming nursing students: Don't take this time for granted it goes by so fast, and you don't want to miss it.

“
Let us never consider
ourselves finished,
nurses. We must be
learning all of our lives.

Florence Nightingale, founder
of modern nursing

SELF-CARE



Prioritizing Self-Care in Nursing: A Foundation for Success

The transition from student to professional nurse is both exciting and demanding. Long shifts, emotional labor, and high expectations make self-care essential—not optional.

As highlighted in *Self-Care for New and Student Nurses* by Dorrie K. Fontaine, Tim Cunningham, and Natalie B. May, prioritizing well-being improves patient care, job satisfaction, and career longevity. Key strategies include:

- Mindfulness & Stress Management – Deep breathing, meditation, and reflection help prevent burnout.
- Physical Well-Being – Sleep, nutrition, and movement sustain energy for demanding shifts.
- Emotional Resilience – Seeking mentorship and setting boundaries promote balance.
- Time Management & Prioritization – Smart scheduling and saying “no” when needed prevent overload.

Thanks to the generous donation from Marty and Nancy McNamers, each nursing student now receives a copy of *Self-Care for New and Student Nurses* and its accompanying workbook. These invaluable resources will support students as they navigate nursing school and transition into professional practice, ensuring they have the tools to prioritize brain health and overall wellness.

By fostering a culture that values self-care, we empower nurses to thrive—not just survive. To all nurses: Your well-being matters. Prioritizing self-care is not selfish—it's the key to a sustainable and fulfilling career.

By Kerri Chapman, MSN, RN, RNC-OB

ALUMNI SPOTLIGHT

ERICKA BASS

2018 Graduate: University of Dubuque Nursing Program



Where has your degree taken you in your career?

When I graduated in 2018, I started my nursing career at the University of Iowa Hospital in the Adult Bone Marrow Transplant Unit. Most of the patients I cared for were being treated for different types of lymphoma or leukemia, among other cancers as well. They would be in the hospital either for certain chemotherapies they were receiving, management of side effects of chemotherapy, or stem cell/bone marrow transplant (a complex treatment/procedure that includes a patient receiving healthy bone marrow or stem cells either from themselves following chemotherapy or from another healthy person). I immediately knew that I had chosen the right specialty, and that oncology nursing was where I was meant to be. I loved my first job and learned so much in the first couple years. When COVID happened in 2020, it was truly terrifying as a nurse, especially while working with patients who are severely immunocompromised due to chemotherapy. As things slowly started to improve in 2021, I began feeling a pull towards needing a change in my career. I had gained confidence and skills as a nurse over the previous 3 years, and I felt like it was time to pursue the one job I always had my eye on: pediatric oncology. So in November of 2021, I made the jump over to the peds world and started on pediatric oncology floor at the University of Iowa Stead Family Children's Hospital. That is where I still am today!

What did you love the most about being a Spartan?

Even though I was 4 hours away from where I grew up, UD campus and the people there always made me feel at home. I loved how campus felt small enough to get to know a lot of the people you saw every day, also full of opportunities. I met some of my favorite people in my life at UD including my husband and many lifelong friends we still see often. I will forever be grateful I chose to be a Spartan!

What inspired you to become a nurse?

I lost my grandma to ovarian cancer when I was 13 years old. I saw firsthand the impact a cancer diagnosis and losing a loved one to cancer has on families. Even at that young age, I understood and was amazed by the impact the nurses made for my grandma (and our family) throughout her battle. Nurses don't just walk into a room to give medications and leave - they comfort patients and families in the most vulnerable moments of their life, and they advocate for their patients to ensure they are getting the best personalized care. There are so many things nurses do that aren't listed in the job description, that they do simply because they care. I knew that I wanted to be a nurse someday and help patients and their families feel cared for and safe. I wanted to leave positive impacts on people when they need it most. After experiencing the devastating loss of my grandma, I became intrigued in the world of oncology (cancer) care and knew that I wanted to work in that specialty of nursing someday. I also loved working with kids, so I was hopeful that someday I would be able to become a pediatric oncology nurse.

What do you like best about being a nurse?

With oncology nursing specifically, you get to know your patients and their families very well because you see them often during their treatment, which sometimes can last up to a couple years or more. You remember their siblings, their pets, their favorite football team, and when their next vacation is. It's so cool being able to have those connections with patients and families and getting to keep up with what's going on in their lives. Although the reason they are coming to the hospital is not a positive one, we do our best to make the experience positive. And despite the fact that some days being a nurse can be very sad or defeating, nothing beats being there when patients and families get GOOD news. No one is tougher than a kid fighting cancer. Their bravery and resilience is unmatched. Getting to be there on their last day of chemotherapy and seeing them ring the bell to say they are done with cancer and seeing the look of relief on family members' faces is unbeatable.

What advice would you give to current nursing students?

Nursing school is demanding, and it is hard, I remember being so overwhelmed at times. You are going to be a great nurse in the end and all the hard work and time will pay off. You don't need to get an A on every test to be a good nurse, so don't stress about being perfect - just put the time in, figure out how you study best, and find ways to make studying fun with friends. Most importantly, don't forget to take care of yourself and have fun outside of schoolwork too!

STUDENT SECTION

UDSNA Update 2025

January: An exciting and productive month, filled with both new opportunities and meaningful initiatives.

- Welcome Student Back to Campus
- Clothing Order Launch
- Delivering Tie Blankets to Camp Courageous
- Nursing Insights from Gianna Farinella, a past UD Graduate

February: A month filled with kindness, connection, and valuable learning experiences.

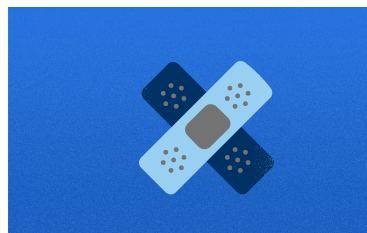
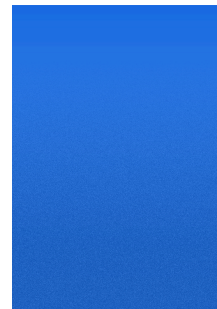
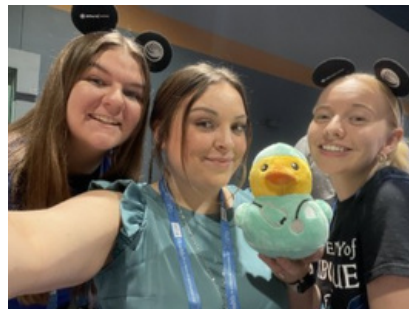
- Valentines Day's Day cards for the Elderly
- Palentine' Movie and Pizza Night
- Nursing Experience with Professor Chapman

March: A month of growth, community engagement, and continued learning.

- Chipotle Fundraiser
- Scholarship Selection
- New UDSNA Board
- DNP Program Insights

April: A month of celebration, professional development, and looking ahead to the summer.

- Senior Picnic
- NSNA Convention
- Senior Recognition with Graduation Cords
- Honoring UDSNA Executive Board Members



Meet a Student: Lizzie Borton

Hometown: LaPorte City, Iowa

What inspires you? My mom inspires me. She has had a lot thrown at her in her life. She is easily the strongest woman I know. I hope someday I get to be half the woman she is.

What are your career goals? After UD, my goal is to work in a hospital for a few years and then go into travel nursing!

What do you love most about being a Spartan? The thing I love most about being a Spartan is the community on campus. Everyone is friendly and supportive!

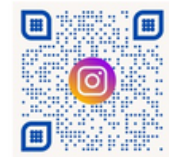
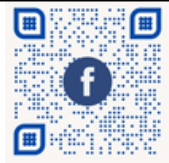
What are your interests and hobbies? I love hanging out with my friends and family. I also enjoy attending UD sporting events. Especially lacrosse! Go Spartans!



Thank you for reading!

**UNIVERSITY of
DUBUQUE**

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