

**Students Obtaining**

**Supplemental Skills for Success**

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Mentoring and support assistance will be provided for School of Nursing Students. Sessions will consist of individualized interventions and interactive confidential meetings (in-person or virtual) designed to help you handle the demands of nursing school. Sessions with Dr. Rapps hopefully will help you work-on, strengthen, and improve any of the following:

1. Employing Time-Management techniques
2. Improving Test Preparation and Test-Taking skills
3. Utilizing Critical Thinking concepts with particular application to your nursing career
4. Promoting and developing Coping Skill Strategies
5. Incorporating techniques to strengthen Resilience Skills and Attitudes
6. Developing skills to better manage Stress, Anxiety, and Depression (referral to university counseling as needed)
7. Creating a comfortable and productive learning environment
8. Conducting open-ended discussions of interested to students in zoom group settings to facilitate nursing school success

Contact Dr. Rapps at [jrapps@sdsu.edu](mailto:jrapps@sdsu.edu) or (858) 229-6405

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