**The Listening Post –For Nursing Students Only**

* Dr. Jan Heineken mentors students who want to review a clinical or classroom situation that wasn’t satisfying. She invites you to make an appointment and come talk about it.
* If you’re uncertain about approaching an anticipated future clinical situation. Come in and let’s problem solve possible approaches.
* Do you hesitate speaking up in class or lab? Come work with me to make this easier.
* Do you want to strengthen your communication with peers, patients and faculty? Let’s work together on new strategies.
* Come to a neutral place to discuss your communication challenges, and communication practices/skills.

**The Hook Up**: Make an appointment with Dr. Heineken, a retired SDSU Nursing professor with a background in communication, leadership and psychiatric nursing. Sessions are confidential and designed to improve your communication skills. There is no cost.

Room AH 3181.   Email or call in advance (up to 8 pm): [1janheineken@gmail.com](mailto:1janheineken@gmail.com) or 858-999-6982

Refer yourself for individualized coaching