

“All in for AUSON”

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**Year:** 03

**Major:** Nursing

AUSON Student Ambassador

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**Year:** 03

**Major:** Nursing

Tutor

Medical Assistant

**Platform:**

“All in for AUSON” was created with the students of Auburn University’s School of Nursing as our first priority. This platform was developed to encourage students to grow confidence in their abilities as they prepare to join the workforce. With this in mind, “All in for AUSON” wants to help students manage their stress while providing opportunities for growth in both their skills and knowledge.

Stress is an unavoidable part of nursing school, yet it can be very harmful for students who don’t know how to manage this stress. One of our goals during this term would be to enact programs that will aid students in stress management, such as student activities, nutritional support, and a peer-tutoring program. AUSON students are very lucky to have cohorts to support us, and provide a sense of community through difficult times, but most often we see that separate cohorts do not interact in the same manner. As AUSON students we should strive to support one another and we can do this by being “All in for AUSON”. Students in all cohorts should be able to come together to do some fun stress relieving activities such as a relaxing movie night in the ALC or a fun yoga class on the lawn behind the nursing building (following COVID-19 precautions of course). We also want to ensure that AUSON students have the ability to fuel their brains and their bodies through proper nutrition. The easiest way to accomplish this would be to see that the War Eagle supply store is stocked with healthy brain food and remains open when classes are in session. The final goal of our platform is to give our students the opportunity to seek out assistance in their knowledge and skills. We believe this goal can be achieved by

creating a peer-tutoring program similar to “Study Partners,” that would allow students to study with another student who previously has taken the course. Another way is to work with our incredible lab staff to find a time to open the labs for a practical skills session. The goal of this would be to allow for students to sign up and practice any skills they are currently struggling with or perhaps gain more practice completing.

Overall, our main goal is to continue AUSON’s legacy of preparing excellent nurses by doing our best to see that our students are developing into confident nurses who are comfortable in their own abilities and able to manage their stress successfully.