College of the Sequoias
Nursing and Allied Health Division

Nursing Program Information Tutorial

Registered Nursing Program Office
Hospital Rock 101
915 South Mooney Boulevard
Visalia, CA 93277

559-730-3728 • 559-730-3732
www.cos.edu/nursing
What Will You Learn From This Tutorial?

- Information about nursing as a career
- Requirements before entering the program and ongoing requirements
- Application and selection process
- Estimated costs associated before and during the nursing program
Registered Nursing (RN) as a Career

• An RN is a key member of the health care team
• An RN uses critical thinking, assessment skills and organizational skills to care for patients of all ages in a variety of health care settings, including the home.
Characteristics Needed to be a Successful RN

• Motivated
• Caring and compassionate
• Honest
• Ability to focus and be detail oriented
• Like working with people of varied backgrounds, ages, and health conditions
• Flexibility
• Has good math skills at the algebra level
• Communicates clearly in both verbal and written formats
• Likes learning new things
• Ability to process information
RN Scope of Practice – CA Board of Registered Nursing (BRN)

www.rn.ca.gov/practice/npa
Nursing is Challenging & Very Rewarding

- Nursing is mentally, emotionally and physically challenging
- Nurses must always be thinking, problem solving, and assessing clients in their care and in a variety of situations
- Nurses must be able to lift patients, help them move, and perform other physical tasks
- Nurses must be able to stand and be functional for 10 – 12 hours shifts
- Nurses have to work very closely with a variety of other people
- Nurses have mobility in their career
- Nurses have high salary growth
- Most important – Nursing is a very fulfilling and rewarding career
Program Description

• The College of the Sequoias RN Program is a four-semester program offered to those applicants who have completed the required prerequisite course work
• There are three entry options to the RN Program
  • The two-year generic RN Program (no previous nursing experience required)
  • The LVN to RN Bridge Advanced Placement Option (for those applicants with an LVN license)
  • LVN 30-Unit Option (for those applicants with an LVN license; must meet with Director of Nursing before choosing this option)
• Upon completion of the RN Program, the graduate (except LVN 30-Unit Option) earns an Associate of Science Degree in Nursing and is then eligible to apply for the CA NCLEX-RN licensure examination
COS Nursing Program Requirements

- Counseling
- Prerequisites/GPA
- Co-requisites
- Other degree requirements
COS Nursing Program Requirements: Counseling

- Lisa Brandis
  - Counselor, Nursing & Allied Health
    - Email: lisab@cos.edu
    - Telephone: 559-730-3715
COS Nursing Program Requirements: Prerequisites/GPA

• 15 Units
  • Biology 30 Human Anatomy   (4 Semester Units with Lab)
  • Biology 31 Human Physiology (4 Semester Units with Lab)
  • Biology 40 Microbiology    (4 Semester Units with Lab)
  • English 1                 (3-4 Semester Units)

• Overall GPA of 2.5
• GPA of at least 2.5 in Biology Classes
  • No More Than 1 Repeat In Each Biology Course
• All prerequisite course work must be passed with at least a grade of “C” and be completed prior to the application deadline. Minimum 2.5 GPA required. In progress course work is not accepted.
COS Nursing Program
Additional Graduation Requirements:

It is recommended these courses be completed prior to admission to the RN Program:

- Communications 1, 4, or 8
- Psychology 1, or General Psychology
- Sociology 1, or Anthropology 10, or N106 Cultural Competency in Healthcare
- History 17, 18, or Pols 5
- Humanities (General Education Area C)
- Math 230 or a more advanced Math course or eligibility for a higher Math course based on COS Placement Procedures (Based On Catalog Rights)

Note: There are no recency requirements on courses offered at COS
Bachelor’s or Higher Degree

• Students who have earned a Baccalaureate or higher degree from a regionally accredited college are only required to complete the coursework required for the Registered Nursing program, including prerequisites and nursing coursework.
• These students are not required to complete any other courses to meet graduation requirements for the Associate of Science Degree.
• Note: per BRN CCR 1426(c), to apply for licensure through the CA BRN, COS nursing graduates are required to complete the following course content (if not part of the Bachelor’s or higher degree):
  • GE Area 1: English Language Communication skills (oral, written, & group)
  • Related Natural Sciences - GE Area 4: Behavioral and Social Sciences
Foreign Transcript Evaluation

• The Nursing Program does not accept foreign coursework for prerequisite courses

• Foreign coursework must first be evaluated by an accredited and approved evaluation service and then reviewed by the COS Evaluations Office.

• To have foreign coursework evaluated, students need to contact one of the approved evaluation agencies listed below and request a detailed equivalency report:

  • AERC (American Education Research Corporation)  
    (626) 339-4404  www.aerc-eval.com
  • APIE (Academic & Professional International Evaluations, Inc.)  
    (562) 594-6498  www.apie.org
  • IERF (International Education Research Foundation)  
    (310) 258-9451  www.ierf.org
  • NACES (The National Association of Credential Evaluation Services)  
    Email: info@naces.org  http://www.naces.org
  • WES (World Education Service)  
    www.wes.org
How to Apply for the COS Nursing Program

- All requirements listed on the COS Nursing Website:
  - www.cos.edu/nursing
- Complete Application for Program
  - RN Program
  - LVN-RN Bridge (Space Available) Program
COS Nursing Program Application Process

- All applications must be submitted directly to the COS Nursing Office (HR 101). No applications will be accepted by mail, email or fax. Applications will only be accepted on regular business days, between the hours of 8:00 am and 4:00 pm. Summer hours are Monday through Thursday 7:30 am to 5:00 pm and Friday 7:30 a.m. to 11:30 am.
- Two official transcripts from ALL colleges/universities attended, even if on file with COS (official transcripts are used to calculate overall 2.5 GPA regardless of recency or non-degree applicable courses)
- One unofficial transcript from COS
- Multi-criteria documentation attached
- Nursing Program Information Tutorial Test attached
- All prerequisites completed
- If LVN, copy of LVN license and IV Certification
COS Nursing Program Application Process Continued

- TEAS Report
  - If TEAS was taken at COS, submit a copy of the Individual Performance Profile Report.
  - If TEAS was taken at a location other than COS, submit a printed copy of the Individual Performance Profile Report and a copy of the transfer receipt or an email verification showing payment for electronic transfer of scores to C.O.S. from www.atitesting.com.
  - If an applicant is not admitted to the program for the semester they are applying for, they must re-apply for any subsequent semester; there is no waitlist.
Application Period

- Applications are accepted twice a year:
  - January 15 Deadline
  - July 15 Deadline
- Applications are available at [www.cos.edu/nursing](http://www.cos.edu/nursing)
  - November 1 – January 15
  - May 1 – July 15
- 40 seats are available for each generic RN cohort
Test of Essential Academic Skills (TEAS)

• An achievement test designed for nursing program admissions
• A percentile cutoff score is used for selection
• Score is known immediately after testing. ATI TEAS adjusted composite score accepted = 62%
• There are four major content domains on ATI TEAS
  • Reading – 53 items
  • Math – 36 items
  • Science – 53 items
  • English and Language Usage – 28 items
Test of Essential Academic Skills (TEAS) Continued

- Preparation
  - [www.atitesting.com](http://www.atitesting.com)
- Cost - $89.00
- Testing Location – COS
- Information and Schedule Posted on:
  - [www.cos.edu/nursing](http://www.cos.edu/nursing)
- ATI TEAS must be taken and passed with a score of 62% or higher
  - *You must achieve this score in your first two attempts at the TEAS. If you do not achieve a score of at least 62% in your first two attempts, you will not be considered for the COS Nursing Program. A minimum of 45 days between test taking is required.*
LVN to RN Bridge/Advanced Placement

- The LVN to RN Bridge Program is a three semester sequence of courses designed to allow those who are licensed as an LVN to pursue their RN licensure
- Admitted on a space available basis and/or as a cohort of ten
- The LVN application is the same as the generic RN application
- Same application cycle as the RN Program (select LVN-RN Bridge Program on the application)
- Same prerequisites for the LVN to RN Bridge Program as the generic RN Program
LVN 30-Unit Option

- Non-degree option – must meet with the Director of Nursing before choosing this option
- Established by the CA Board of Registered Nursing (BRN-CCR 1429)
- Admitted on a space available basis only
- GE not required, only BIO 30, BIO 31 and BIO 40
- Cannot change option status once the first class is attended
- Upon successful completion of the 30-Unit Option, the graduate will receive a certificate of completion from COS and will be eligible to take the CA RN-NCLEX exam. The graduate will NOT receive an Associate of Science Degree in Nursing and will not be considered a graduate of the college
- After successfully passing the CA RN-NCLEX, the graduate will be designated as a “non-graduate” by the CA BRN. This designation is permanent and may have implications for out of state licensure
- The LVN 30-Unit Option application is the same as the generic RN application
- Same application cycle as the RN Program (select LVN 30-Unit Option)
Registered Nursing Program

- Lecture/Theory – 43 Units
  - 1st Semester – 11 Units
  - 2nd Semester – 11 Units
  - 3rd Semester – 10 Units
  - 4th Semester – 11 Units
- Clinical/Lab Experience
  - Types of Settings: Hospitals, School Nursing, Clinics, Home Health, Health Fairs, Assisted Living Facilities
Registered Nursing Courses

First Year:
• Semester 1
  • NURS 161 Fundamentals of Nursing
• Semester 2
  • NURS 151 Introduction to Promoting and Maintaining Wellness
  • NURS 152 Promoting Perinatal Wellness
  • NURS 154 Promoting Mental Wellness

Second Year:
• Semester 1
  • NURS 163 Promoting Wellness 1 (Intermediate Medical-Surgical)
  • NURS 153 Promoting Pediatric Wellness
• Semester 2
  • NURS 164 Promoting Wellness 2 (Advanced Medical-Surgical)
  • NURS 166 Nursing Leadership
Initial & Ongoing Requirements

- Immunizations (no waivers allowed)
  - MMR, Hepatitis B, Varicella, Td/Tdap, Flu Vaccine
- Background Check & Urine Drug Screen
  - Valid Social Security Number Required
  - Drug Testing (No Medical Marijuana Waiver)
- American Heart Association (AHA) Healthcare Provider
  - No Exceptions, No Substitutions
- TB Skin Test
  - 2 Step Process Required
  - Chest X-ray May Be Required (Applicant Cost)
- CA Driver’s License and Automobile Insurance
- Student Health Form & Physical Health Form
- Essential Technical & Cognitive Standards

*Student is responsible for all costs associated with initial and ongoing requirements*
Background Check and Urine Drug Screen

• COS is part of the San Joaquin Valley Nursing Education Consortium (SJVNEC) Clinical Placement System. As part of the system, COS complies with the standardized process for clinical placement in the SJVNEC affiliate clinical facilities. To comply with the SJVNEC, as well as other state, local and federal regulations, all incoming students will complete a urine drug screen and criminal background check upon acceptance to the program.

• In addition: The Joint Commission (hospital accreditation agency) requires any health care facility that requires employees to have personal criminal background checks must also require the same background screening for students and volunteers involved in patient care.
Students must have a negative urine drug screen and clear criminal background check to participate in placement(s) in clinical facilities which the college affiliates with for student learning experiences.

Students are responsible for all costs associated with the urine drug screen and criminal background check and for any repeat urine testing/background check needed.

Participation in clinical rotations is a mandatory part of the nursing program; therefore the student who is refused admittance to any healthcare facility will not be able to meet clinical objectives and will be ineligible to continue in the program.

If the urine drug screen and/or background check are “flagged”, the student must contact the Director of Nursing immediately for further direction.
Any applicant with a background check that indicates any of the following felony and/or misdemeanor convictions may be denied clinical placement in healthcare facilities that are part of the SJVNEC:

- Murder
- Felony Assault
- Sex offenses/sexual assault
- Abuse
- Felony possession and furnishing (without certificate of rehabilitation)
- Other felonies involving weapons and/or violent crimes
- Class B and Class A misdemeanor theft
- Felony theft
- Fraud
Background Check and Urine Drug Screen Continued

• Being cleared on the background check for participation in clinical by the clinical facility is a separate process than that of the CA Board of Registered Nursing. These same issues, including DUI’s, may impact the ability for the graduate of the program to take the CA RN-NCLEX examination.

• Upon graduation, a new fingerprint Live Scan process for RN-NCLEX Licensure is required by the BRN. Permission to take the CA RN-NCLEX examination based on the Live Scan results is determined by the Board of Registered Nursing.
Essential Technical & Cognitive Standards

- Nursing students must meet the Essential Technical & Cognitive Standards to ensure the safety and welfare of the patients, the health care team and themselves.

- Any restrictions in carrying out the Essential Technical & Cognitive Standards may prevent continued acceptance in the COS RN Program.

- Contact the Director of Nursing for further direction if there are any restrictions.

- Correct prn to kg: $212 \times \frac{2}{1} = 424$ kg
- Solution concentration needs to be $\text{mg} / \text{ml}$
  - $400 \text{mg} \times 1000 \text{mg} = 400,000 \text{mg}$
  - $1600 \text{mg} / 250 \text{ml} = 6.4 \text{mg/ml}$
- Plug in your numbers
  - $5 \times 16x.4 \times 60 \div 1600 = 10.075 \text{ml/hr}$
- Round to the whole number: $10 \text{ml/hr}$
Essential Technical Standards Criteria (brief listing; not all inclusive)

- Standing and/or walking continuous during all phases of patient care
- Bending, crouching, stooping several times per hour
- Lifting and carrying a minimum of 30 pounds several times per hour
- Lifting frequently with weight lifted ranging from 100-300 pounds (lifting always done with help)
- Pushing patients, objects, and equipment, frequently up to 45 pounds
- Hearing to communicate with the patient and health care team
- Utilizing sufficient verbal and written skills to effectively and promptly communicate with the patient and health care team
The Nursing Program Rigor and Time Commitments

- The program consists of classroom (lecture, discussion, simulation) activities as well as clinical (hospital, clinics, school nurse, etc.) hours.
- Nursing courses must be passed with a minimum of a “C” grade (75%).
- There is an average of 20 hours of nursing class time per week.
- The student needs to plan several hours per day to study on top of their class hours.
- There are many hours of reading and written assignments to be completed as part of the program.
- The student needs to be familiar with computer usage, have Internet access and be able to do word processing for assignments.
Clinical Lab Rotations in the Hospital

- Clinical hours vary per course and semester. Can be 6-16 hours per week
- Shifts hours depend on type of clinical facility and specific clinical rotation
- Clinical facility shifts may start as early as 5:45 am and some may last until 7:00 pm
- Shifts are arranged by the course instructor and availability at clinical facilities
- In the final semester there are clinical hours (Leadership rotation) that must be arranged with an RN mentor/preceptor which may not fit the schedule described above
- Since clinical hours are mandatory for success as a student, it is imperative that you have dependable transportation and child care (if applicable)
# Nursing Student Calendar

**Monday Lecture**  
**Tuesday-Wednesday Clinical**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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</thead>
<tbody>
<tr>
<td>NURS161 Lecture</td>
<td>NURS161 Lab</td>
<td>NURS161 Lab</td>
<td>Personal Life</td>
<td>Personal Life</td>
<td>Personal Life</td>
<td>Rest</td>
</tr>
<tr>
<td>0730-1220</td>
<td>0600-1330</td>
<td>0600-1330</td>
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<tr>
<td>Patient Research at Hospital</td>
<td>Patient Research at Hospital</td>
<td>Patient Research at Hospital</td>
<td>Personal Life</td>
<td>Personal Life</td>
<td>Personal Life</td>
<td>Rest</td>
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<tr>
<td>MON</td>
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<tr>
<td>Wake, Shower, Food</td>
<td>Wake/Shower/ Food</td>
<td>Wake/Shower/ Food</td>
<td>READING</td>
<td>Wake Shower</td>
<td>Wake Shower</td>
<td>Wake Shower</td>
</tr>
<tr>
<td>0600-0700</td>
<td>0430-0530</td>
<td>0430-0530</td>
<td>ATI Assignments</td>
<td>Food</td>
<td>Food</td>
<td>Food</td>
</tr>
<tr>
<td>Driving/Parking</td>
<td>Drive/Park/ Check In</td>
<td>Drive/Park/ Check In</td>
<td>Care Plan Writing/ Revision</td>
<td>Laundry</td>
<td>Laundry</td>
<td>Laundry</td>
</tr>
<tr>
<td>700-0730</td>
<td>0530-0600</td>
<td>0530-0600</td>
<td>Personal Life</td>
<td>Clean house</td>
<td>Clean house</td>
<td>Clean house</td>
</tr>
<tr>
<td>NURS161 Lecture</td>
<td>NURS161 Lab</td>
<td>NURS161 Lab</td>
<td>Feed Family</td>
<td>Sports/Activities</td>
<td>Sports/Activities</td>
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<tr>
<td>0730-1220</td>
<td>0600-1330</td>
<td>0600-1330</td>
<td>1730-1830</td>
<td>-Or-</td>
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<tr>
<td>Patient Research</td>
<td>Drive/Shop for Groceries/</td>
<td>Drive/Shop for Groceries/Put Away</td>
<td>Work Start at: ???</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td>Feed Family</td>
<td>Laundry 1600-1800</td>
<td>Laundry 1600-1800</td>
<td>Sports Practice 1830-2000</td>
<td>-Or-</td>
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<tr>
<td>1630-1730</td>
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<td></td>
<td>Children's Homework 2000-2100</td>
<td>Study Group</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td>Sports Practice</td>
<td>Pay Bills /Check Children's Homework</td>
<td>Pay Bills /Check Children's Homework</td>
<td>TV 2100-2300</td>
<td>-Or-</td>
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<td>-Or-</td>
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<td>1800-2000</td>
<td>1800-1900</td>
<td>1800-1900</td>
<td>2000-2100</td>
<td>Work on Care Plan</td>
<td>Work on Care Plan</td>
<td>Work on Care Plan</td>
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<tr>
<td>Children's Homework</td>
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<td>-Or-</td>
<td>Work on Clinical</td>
<td>-Or-</td>
<td>-Or-</td>
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<tr>
<td>2000-2100</td>
<td></td>
<td></td>
<td>Assignment Paperwork</td>
<td>Assignment Paperwork</td>
<td>Work on Clinical</td>
<td>Work on Clinical</td>
</tr>
<tr>
<td>Paperwork Preparation on Client Care</td>
<td>Readings/Writing</td>
<td>Readings/Writing/Revision</td>
<td>TV 2100-2300</td>
<td>TV 2100-2300</td>
<td>TV 2100-2300</td>
<td>TV 2100-2300</td>
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How to be Successful in the COS Nursing Program

• Develop good study habits and support systems to help you through the program
• Be prepared to use information learned from the prerequisite courses in the nursing program courses
• Be prepared to change study habits
• The nursing student must be able to integrate and apply new knowledge in new situations. When learning new material, the student must review by recall and make many connections to stored knowledge
• Learning by repetition and “regurgitating” facts will not work in the nursing program courses
• High grades don’t predict clinical success
• Clinical is pass/fail; the nursing student will go from theory content to implementation of theory content in clinical the same week
Financial Estimate
(prices are estimates & subject to change)

- **Tuition and Related Fees**
  - Tuition For All Semesters: $1,978.00
  - Miscellaneous Fees: 212.00
    - (Materials, ASB, Parking, Health, Student Center, etc)

- **Books and Online Resources**
  (Includes ATI material)
  - Total for All Semesters: $2,483.00

- **Supplies/Other Expenses**
  - Total for All Semesters: $755.00

- **NCLEX and Graduation Fees**
  - Total: $1,014.00

**Grand Total (Estimated)**
- $6,442.00
Financial Planning per Semester

(*Prices are estimates & subject to change)

First
- Tuition & fees $569
- ATI $779
- Books $908
- Materials Fee $14
- Skills Tote $113
- Stethoscope $32
- Uniform $255
- Watch $25
- Background/Drug Screen $70
- Physical & Immunizations $200
- Immunization Tracker $60
Total: $3,025

Second
- Tuition & fees $550
- Books $393
Total: $943

Third
- Tuition & fees $515
- Books $228
Total: $743

Fourth
- Tuition & fees $542
- Books $175
- Nursing Pin $39-$480
- LiveScan $75-$125
- NCLEX Review $400
- NCLEX Application $500
Total: $1,731
To do what nobody else will do,  
a way that nobody else can do,  
in spite of all we go through;  
is to be a nurse

Rawsi Williams

Nurses: one of the few blessings of being ill.

Sara Moss-Wolfe

Nurses may not be angels but they are the next best thing.

Anonymous
Thank you for completing the Nursing Program Information Tutorial

Nursing Program Information Tutorial TEST:

- PRINT the test found at the end of the RN application
- COMPLETE the test
- SIGN the test once you have completed it
- ATTACH the test to your application for submission

PLEASE NOTE: IF YOUR APPLICATION IS SUBMITTED WITHOUT THE TEST IT WILL NOT BE ACCEPTED