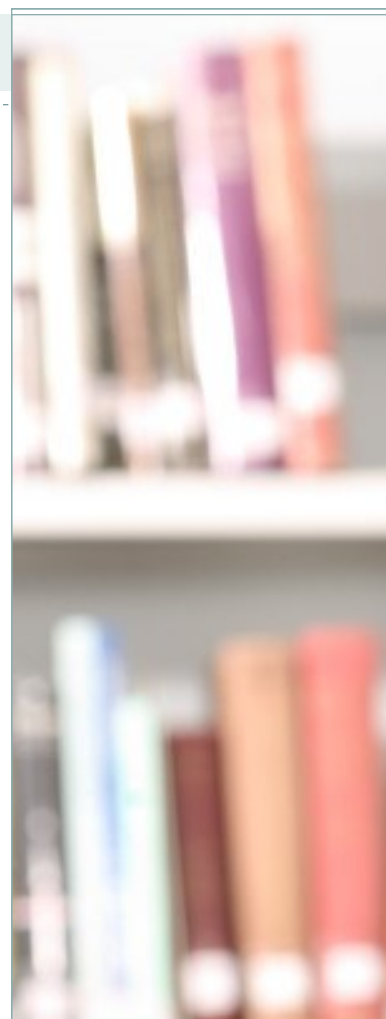




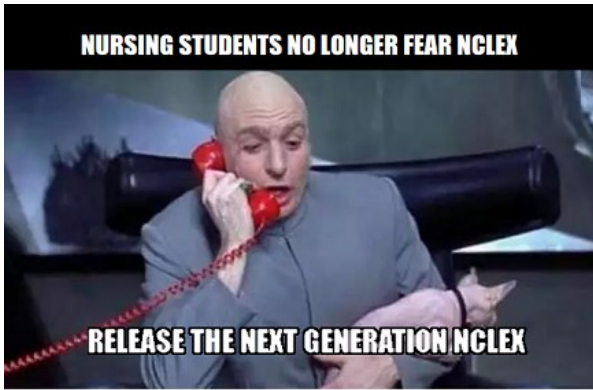
Folks, once again the holidays are upon us. The semester will end soon and a much needed break from nursing school will do everyone some good. To help you get through to the end, the ERC Library is hosting its annual Hot Chocolate (and Tea) Extravaganza! Come grab yourself a cup and maybe a cookie or treat. It helps you to study, this is a fact! We've said it before, that a hot cup of cocoa is like a hug from the inside!

As you prepare to transition into 2024 we would like to share with you the accomplishments of 2023. On March 20, 2023 CONAH received continued approval from the BRN, on 10/13/23 CONAH received its formal letter of National certification from the Accreditation Commission for Education in Nursing (ACEN) with the effective date of 7/12/2021. and December 14th CONAH will be graduating its 155th class of nurses. As always the entire ERC crew wishes each of you a happy break and we look forward to seeing you in the Spring!



IMPORTANT DATES

- Wednesday, December 13, Awards and Pinning Ceremonies
- Thursday, December 14, Graduation Ceremony
- Friday, December 15, Fall Semester Ends
- Monday, December 18, Winter Recess Begins
- Monday, January 1, New Year's Day (Holiday)
- January 2-4, Registration for continuing students
- Monday, January 15, Martin Luther King, Jr. Day (Holiday)
- Tuesday, January 16, Spring Semester Begins



NEXT GEN RESOURCES

The National Council of State Boards of Nursing (NCSBN) decided to update the current NCLEX to adapt to the evolving demands of the healthcare system and to better assess students' clinical judgment skills. Experience the item types which include 3 RN case studies and how the item types fit

into the overall exam (Ctrl+click) [here](#).

Other sites that have free practice questions:

[Lecturi Nursing](#)

[Study.com](#)

[Uworld](#)

[Nurselabs](#)

[Nurse Plus Academy](#)

[Nurse Meg](#)



CONGRATULATIONS MS. CABALLERO!



We celebrate the illustrious career of Ms. Caballero who's various appointments with LA County spanned 45 years. At the start of her career she worked in Med-Surge at the Resthaven Psychiatric Hospital and Mental Health center, located on College Street in downtown Los Angeles. Followed by teaching in the Psychiatry Building at LA General for 2-3 years. Later while stationed in Muir Hall, she visited high schools including Bravo Magnet where she recruited many future nurses. She worked in Muir Hall before coming



to our current campus where she worked in the Registrar/Admissions department. Finally for about the last 6 years, Ms. Caballero has been part of the Advisement Center, aiding our students with time management and selfcare. So many of us wish her a happy retirement with time for all the things she loves, her husband and family, travel and music! We will miss you Ms. Caballero!

REMINDER



December 14, 2023 Second Session Laptops are due back to the library.

Please remember to sign in to the computer labs and denote your reason for use.



[Female Nurse Key Light](#)

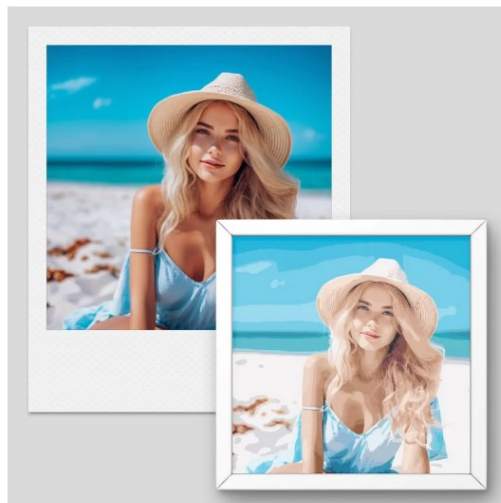
During your Winter Break you may not want to do anything but sit on the couch and binge watch Netflix. No one blames you for that! However, maybe doing something you've never done will get your body, mind and soul revitalized and refreshed for the new semester? When was the last time you've played with Legos? There are so many different kits to choose from. Although they are a bit pricey, building something and then displaying it is truly worth the price. To inspire you, check out the following *NURSING* stop motion Lego videos by Brickfilms. CTRL+Click on the thumbnail to open the YouTube page.

Titles include: Every New Grad Nurse Has Done This; Something NO Nurse Wants To See; 97.3% of Nurses Suffer From This and many more! Enjoy!



PAINT BY NUMBER

Another meditative craft that is easy and fun to do when you need to zone out and unplug are Paint By Number. You might remember doing it as a child. Nowadays, there are many kits available at retailers like Michaels and of course online through Amazon. There are a variety of themes. Everything you need comes in the kit with detailed instructions. You don't have to have painting experience to try this. You can even get a custom kit from a picture of your choosing. Make one for yourself or paint one as a gift. It would make for a great wedding gift, or baby shower! The amount of detail is astounding. Some sites encourage you to share your finished product. Check out the links below for some inspiration and retailers you can shop from.



[Canvas By Numbers](#)

[Just Paint by Number](#)



PAY

Median wage is described by the wage at which half the workers in an occupation earns more than a set amount and half earns less than the amount. The median annual wage for registered nurses was \$81,220 in May 2022. The lowest 10 percent earned less than \$61,250, and the highest 10 percent earned more than \$129,400.

JOB OUTLOOK

Employment of registered nurses is projected to grow 6 percent from 2022 to 2032, faster than the average for all occupations.

About 193,100 openings for registered nurses are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

EMPLOYMENT

Demand for healthcare services will increase due to the increased numbers of aging people. Registered nurses will be needed to educate and care for patients with chronic conditions, such as diabetes and obesity.

Job growth is expected across most types of healthcare settings, including hospitals and outpatient care centers that provide same-day services, such as chemotherapy, rehabilitation, and surgery. In addition, because many older people prefer to be treated at home or in residential care facilities, registered nurses will be in demand in those settings. For more stats ctrl+click [here](#)

In the Fall of 2022 98.5% of the graduating class & 98.3% of the Spring 2023 class remained with the Department of Health Service after graduating from the College of Nursing and Allied Health.



The new 2024-25 FAFSA Form are now available -If you plan to attend CONAH between July 1, 2023 and June 30, 2025 the *Free Application for Federal Student Aid* process and system will be getting big updates. This includes a new and improved FAFSA experience for students and families. Changes include expanded eligibility for federal student aid and a more streamlined application process and a better user experience for the FAFSA form. This redesigned and streamlined FAFSA form will be available by Dec. 31, 2023.

610,000 new students from low-income backgrounds will be eligible to receive Federal Pell Grants due to updates to student aid calculations.

Use the (ctrl+click) [Federal Student Aid Estimator](#) to get an early estimate of what your federal student aid could be after submitting the new form.

Applicants will be able to skip as many as 26 FAFSA questions, depending on their individual circumstances. Some applicants will need to complete as few as 18 questions, taking less than 10 minutes.

Watch the (ctrl+click) [“2024–25 FAFSA FAQs”](#) playlist to better understand what’s changed on the new form.



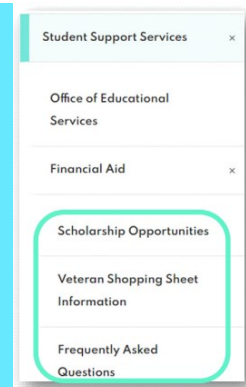
The Office of Financial Aid has added additional webpages. Please note the change in office hours.

- Check out the additional FA webpages:
 - + [Scholarship Opportunities](#)
 - + [Veteran Shopping Sheet Information](#)
 - + [Frequently Asked Questions](#)

FROM 10/2/23 TO 11/27/23

Monday	7am - 3:30 pm Closed: 11am - 1pm
Tuesday & Wednesday	7am - 3:30 pm Closed: 11:30am - 12:30pm
Thursday	7am - 3:30 pm Closed: 11am - 1pm
Friday	7am - 3:30 pm Closed: 11:30am - 12:30pm

Hours may be subject to change.



NURSING STOCKING STUFFERS



Have you visited the California Board of Registered Nursing site (ctrl+click) rn.ca.gov ?

Interesting and timely stories are highlighted red. Notably, alerts include important information for Consumers, Applicants and Licensees.

Currently the site has three writeups regarding investigations dealing in corruption and fraud. One story is in regards to fake BRN representatives/DEA agents extorting RNs by telephone to demand money. The scammers identify themselves as DEA agents or Board investigators, calling about ongoing investigations regarding their license issued by the BRN. The scammers tell victims their license may be suspended for illegal drug trafficking. The scammers may provide a "Notice of Suspension"

letter with BRN's letterhead and/or logo which includes statements that licensees must follow instructions given by the Board investigator. The scammers are also asking for licensee bank account information. The scammers' phone number may show up as the BRN's office number (916) 322-3350.

The Department of Consumer Affairs and the US Drug Enforcement Administration are two other agencies who have scammers impersonating their agents. You can link to these stories and explore the other sections of the site (ctrl+click) [here](#). Please be aware of these threats and protect yourself by following this sound advice, "NEVER disclose any personal information, i.e. social security numbers, date of births, or credit/debit card numbers, without first taking steps to verify that the person requesting the information has a legitimate need for it."



First Lifesaver 4-in-1 Nurse Fanny Pack with Medical Gear Pockets, Tape Holder, and Utility Storage for Stethoscopes, Bandage Scissors, and Emergency Supplies, Student and Nurse Use (Black)

\$24.99 AMAZON



CAVN Pen Light with Pupil Gauge LED Penlight for Nurses Doctors, 2 Pcs Reusable Medical Penlight for Nursing Students (Rose Gold/White)

\$7.99 AMAZON



HLTPRO 4 Pairs Compression Socks for Women & Men - Best Support for Medical, Circulation, Nurses, Running, Travel

\$15-19 AMAZON