All about nurse externships!
An externship is a great way to grow your skills and confidence. Read below to find out more.

What is an externship? A nursing externship is an opportunity for you to work in a health care facility during the summer between your junior and senior year. While every facility differs, nurse externs are typically paired up with a ‘preceptor’ (a nurse trainer) and you follow their schedule for 7-10 weeks. Externs are typically excluded from administering medications and blood products and doing phlebotomy. An externship is a chance for you to hone your assessment and time management skills, learn about a particular organization, and gain experience in a clinical environment. Nurse externs are typically not included in the staffing head count for the floor so your main role is to work with your nurse and learn. Nursing externships are typically also paid opportunities. Externships are opportunities that are independent of your school curriculum and are managed by each individual facility.

Where do I find out about externships? The SNA will be hosting an Externship and Employment Fair on 11/20 from 11:45-2 pm. You can also search the Human resources pages of any hospital or facility you might be interested in.

What are the requirements? They can vary per facility, but generally you need to be in the process of completing your junior year and your med/surg course. Most require completion of 1-2 clinicals and most have a minimum GPA requirement. You will likely be asked to show proof of BLS certification and insurance as well.

What do I need to apply? Typically you will need a current resume and cover letter, 2 letters of reference (1 clinical instructor, 1 classroom instructor), any college transcripts, and a minimum GPA that varies per program. Be sure to give your instructors plenty of time to write your letter of recommendation.

Who do I ask for a recommendation? Was there a nursing class in which you particularly excelled? Is there a teacher who is familiar with your clinical skills, coursework, and personality? Your best recommendations will come from instructors that are familiar with your body of work. Be gracious in your request and respectful of their time. If they are willing to write you a recommendation, ask if they need any additional information like your transcript or any extracurricular or volunteer activities in which you are involved.

How do I dress for the interview? Dress for the job you want, not the job you have! Appropriate clothing would include suit, collared shirt and tie for men, women should wear a suit with a blouse (jacket/pants or jacket/skirt or dress/jacket). Be mindful of your footwear and keep it professional. Think formal and conservative. Scrubs are not appropriate for an interview.

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Where can I go to get resume help? The Rutgers Camden Career Center is a great resource for creating and refining resumes. The SNA is also holding a Resume Writing workshop on Monday, 11/11 during free period in West AB/Campus Center. Come to get some assistance!

Is it hard to get an externship? Nurse Externships are highly sought after and competitive. The few facilities that have them receive hundreds of applications and may end up picking less than a dozen externs. If you are able to score an externship and successfully complete it, it is a great addition to your experience and resume.

What do I do if I don’t get an externship? Will I ever get a job?! If you don’t get chosen for an externship after your interviews, be sure to inquire if there are other open positions such as tech or companion positions. You will gain valuable experience and will get your foot in the door by taking one of these jobs. A nurse externship is not necessary to get a job after graduation!

What is the interview like? Interview types vary. If you are granted an interview, you may start with a phone interview then proceed to an in person interview. You could have a panel interview consisting of multiple interviewers or an interview with just one person. Do some research on behavioral interviews and come prepared with examples.

To learn more about nurse externships, come to the SNA Externship and Career Fair for Junior and Senior nursing students, Weds. 11/20 from 11:45-2 pm in WEST ABC in the Campus Center. Bring your resume!
Faculty Contribution by Dr. Kevin Emmons
Nursing Skill #57.1: Building Stoves

Rutgers-Camden nursing students stretch their nursing skills to the limit. It is imperative that nurses have a firm understanding of the global society in which they live and practice. One method of putting theory into practice is by international service learning. Going on its 4th year, Dr. Emmons has partnered with an NGO (non-government organization) to lead a group of students into the Highlands of Guatemala. This trip along with the concurrent course, explores the culture, history and health of the native Maya. The Maya have struggled with marginalization, poverty and violence for many years. As a result, the public health needs are immense.

Many people have heard of medical missions but this trip is very different. The mission of the NGO is aimed at changed through empowerment of women. In this context, the traditional model of help through a medical mission is ineffective. Rather, the approach is to empower the women and community to make change that makes sense within their own cultural context.

Students will participate in long standing programs to break the vicious cycle of poverty. Women participate in “women’s circles”, gaining valuable knowledge in entrepreneurship, weaving, cooking, health and well-being. After the women participate the women’s circle, they then “earn” a stove. Why a stove? Women still cook over open flames exposing the family to smoke and respiratory infection. Skin problems such as burns are often an issue and open fires utilize an enormous amount of wood increasing landsides in the communities. Time is also an issue.

Open fires require a woman to tend it through most of the day. When we build stoves with the families, the women have free time to use skills learned in the women’s circle such as weaving to sell cloth and make money. They learn about nutrition and general health. These stoves use significantly less wood, reducing deforestation, as well. They also plant new trees with the NGO.

The students participate in health education and screening with the community health nurses that the NGO funds. The 8-day long trip is packed with learning about health, the effects of mining, cosmology, midwifery, traditional healers, etc.

Not only do the students work hard on this trip, but there is also time to relax and have fun. If you are interested in joining us this year, please visit studyabroad.rutgers.edu. After filling out an application, you will be emailed a permission number for registration.

Dr. Kevin Emmons

Dr. Emmons is a Clinical Assistant Professor and Wound Faculty, WOCNEP at School of Nursing-Camden. If you have questions about the trip you can contact him through email at kremmons@camden.rutgers.edu. His office is Armitage Hall 465.
SNA Fall schedule of events


Bake Sale to Benefit Ronald McDonald House – Wednesday 11/13/2013. Free period. Campus Center. We need bakers and sellers! Sign up on ecollege.

SNA Externship and Career fair – Open to SNC Juniors and Seniors – Wednesday, 11/20/13, 11:45-2, West ABC Campus Center.

Ronald McDonald House Event. Come make food for families of sick children. Sunday, 11/30/13. 10 am. RMDH @ Cooper Hospital. 8-10 students. Sign up on ecollege.

BMI measurements @ LEAP Academy. Wednesday, 11/6, 11/13, Friday 11/22, Wednesday 12/4 1:30-4:30.

PB&J. Friday, 12/6/13 9a-11p. Come make sandwiches for the less fortunate in Camden. Cathedral of Immaculate Conception. Contact Mara Jefferies at mara.jefferies@rutgers.edu.

SNA Clothing Drive – ongoing. Please drop off clothes to be donated to Cathedral of Immaculate Conception. New socks and underwear are especially appreciated. Box is on 4th floor Armitage now through Thanksgiving.

Visit the SNA E-College Page!

It’s where to go to be in the know.

The SNA has our own E-college page. If you are registered for a nursing course you’re already enrolled and will see the page in your main E-college dashboard.

We will be using this page to communicate with the School of Nursing (SNC) students so please check it often.

You can view all of our events and sign up to volunteer!

SPRING REGISTRATION!

Don’t forget to register for Spring 2014. See your advisor to make sure you’re up to date on all of your requirements!

Why yes, my friends and I will ruin a perfectly good conversation with gross stories from work.

You should be used to it now.

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