



PennState  
College of Nursing

## Message From the Dean

Dean's Update for Students March 27, 2020

Dear Students,

You continue to amaze us with your resilience and your good work!

Associate Deans, Advisors, Faculty, and Staff in UG and Grad programs are all sharing the good work you are doing in this changed world. You are meeting the challenges and making the most of a difficult situation. Keep in touch with us and with one another.

I am sure you are seeing stories about nurses and the wonderful work they are doing as they care for patients in response to the coronavirus. You are likely feeling both a sense of pride in the profession you have chosen as well as anxiety related to the responsibility you feel as nurses and future nurses. I want to assure you that upon the completion of your Penn State Nursing education, you will be among the best prepared nurses in the field. Each of you is part of the "we" and whether you are a continuing student, a soon to be graduate nurse, a registered nurse, or a practicing registered nurse working on your graduate degree, you take an entire incredible learning experience with you wherever you might be. You have the whole College supporting you and your efforts.

This weekend I ask you to do 5 things:

1. Take care of yourself. You need to be well to care for others. Try to disconnect for a short time from school, news media, and technology.
2. Take care of your families/loved ones none of us can be well if our families are not well.
3. Remember you are amazing, and we are so proud of you. You have what it takes to move through the upcoming weeks.
4. Breathe—take time for extra sleep, exercise, to eat a healthy meal, to laugh, to relax!
5. Decrease your stress! Get out those crayons or colored pencils and enjoy or share our coloring book [https://issuu.com/psucon/docs/coloring\\_book\\_issue](https://issuu.com/psucon/docs/coloring_book_issue) we are...collecting your pictures!

I will message you again next week.

We Are...in this Together.

We Are...Penn State Nursing!

Be well,  
Dean Laurie

Laurie Badzek, LLM JD RN FAAN