FAQ's - Frequently Asked Questions

Q: How much is each clinical semester going to cost?
A: There are various costs of attending nursing school:

- **Tuition**: A little over $3000 per semester for full time residents (more for “graduate” or 2nd bachelor students). Tuition may increase each term.
- **Books/Materials**: About $400-800 for your 1st semester nursing classes, a little less each semester after that.
- **HESI**: About $100 each semester. The HESI fee covers online nursing content review as well as practice and proctored nursing content exams administered each semester. You will learn more about HESI in your class.
- **Lab fee**: About $40; added to your fees. There is a variable lab fee associated with each semester.
- **Malpractice Insurance**: About $20 annually; added to your registration.
- **Uniform**: $145-$175 depending on sizing. Includes pants, top and lab coat.
- **BLS CPR card**: $45-$70 depending on which approved organization you get it from.
- **Equipment**: Up to $200; you need to purchase a stethoscope, penlight, Kelly forceps, and bandage scissors which are available through CNSA (order form will be posted on the orientation website)
- **Name tag**: Photo ID with color coded plastic holder $15. Photo will be taken at orientation.
- **Shots/Immunizations/Drug Tests**: May be extra if you do not have health insurance or have co-pays.
- **Criminal Background Check/Fingerprints**: About $60 each semester; varies with clinical or community agency assigned and is not transferable.
- **Additional expenses**: These vary and include transportation costs (gas, parking fees), meals at clinical facilities, photocopy and printing costs (for course documents and online syllabuses), etc.
- **Apply for Scholarships or Financial Aid if you need to!** Very few students typically apply for scholarships and there are many each semester. Check [http://www.csus.edu/HHS/students/scholarships.html](http://www.csus.edu/HHS/students/scholarships.html) and watch the SacCT scholarship board for more information.

Q: What am I supposed to wear and where do I get my uniforms?
A: Sac State nursing student uniform requirements:

- **The Uniform**: Green pants, green scrub top and white lab coat must be purchased at [http://www.doveapparel.com](http://www.doveapparel.com). The school code is CSUSA.
- **You have the option to purchase a green Sacramento State Nursing polo shirt to wear for community rotations – see a CNSA representative for more information.**
- **Please refer to the Pre-Entry Checklist on the orientation website for the try-on dates for uniforms.**
- **Shoes can be purchased anywhere and must be closed-toe, solid white or black leather, with no open heel. We highly suggest COMFORTABLE shoes as you may be standing in them for 12+ hours.**

Q: Do I need a stethoscope? What other equipment do I need?
A: Yes, you do need a stethoscope!

- **There is an order form for all required equipment that will be posted in December 2014.**
- **You have two types of stethoscopes to pick from so you can decide which is best for you.**
- **CNSA receives a discount so your purchase may cost less than at other local vendors.**
- **CNSA representatives are available at orientation to answer any questions that you have – please ask us anything!**
• You will receive a receipt from CNSA so you will have a warranty on your stethoscope purchase. Please don’t forget to get your receipt from us!!
• Additional required equipment that may be ordered through CNSA: penlight, Kelly forceps, and bandage scissors.
• You will find as you progress through the program that you develop your own “goodie bag” for clinical. You will learn what items you like to have on hand and how you like to keep them (possibly a pocket, possibly a hip pack). You will develop your own style and may add to the list of basic equipment.

Q: Do I need all my shots and/or immunizations and CPR card before clinical? What about auto and health insurance?
A: The answer is YES. You need all of the above on file through CertifiedProfile.com well before each semester begins.

• Copies of any immunizations and your TB test need to be scanned and uploaded or mailed to CertifiedProfile.
• You will have to take a CPR class specifically for healthcare providers (BLS CPR).
• Photocopies of your CPR card, driver’s license, and auto/health insurance need to be on file.
• You should find out what your personal health insurance policy wants you to do in case of a needle stick in the clinical setting. This will be discussed with your clinical faculty before you begin clinical.
• Make a copy of all paperwork for your records because it does get lost once in a while.
• Students without current clearance and fee info on file with the School three weeks before the semester starts will be dropped from all nursing courses for that semester!

Q: Is it possible to work while being in the nursing program?
A: It depends…

• Every person is different. Going to school full-time and working might be easier for one person than another.
• To help with your decision, utilize your past experiences in college with the understanding that you will be attending lectures, going to clinical, doing patient write-ups and doing homework. Clinical courses require 45 hours per unit versus 15 hours per unit for a lecture course. Also note that for every hour of instruction, you are expected to study 3 additional hours outside of class!
• Previous students with young children typically found it very demanding to care for children, attend school, and work without extensive family support.
• Other students report that after the first clinical semester it was easier to budget their time to allow for working. They found how much time they needed to spend preparing for clinical on top of coursework.
• The average number of hours worked by students is 16 per week. Working more than 16 hours a week is associated with increased stress and less satisfaction with nursing school.

Q: What is SacCT? Is an e-mail account necessary?
A: SacCT is a web-based site used by many nursing courses and also contains the main communication hub, the “Sacramento State Nursing Sourcepage.” E-mail via SacCT and sometimes personal e-mail is necessary so the School may communicate with you.

• All students need access to e-mail. You can use campus or home computers, and Saclink or personal accounts. Many Professors prefer e-mail via SacCT – check to be sure.
• The Nursing Sourcepage is a SacCT site used for all communication from the School of Nursing. The Sourcepage is accessible to all nursing students and has lots of info, forms, and discussion boards. Important announcements are posted on this site.
• It cannot be stressed enough that you check SacCT OFTEN! You will certainly miss important information and updates if you do not check the site.
• Just remember that anything you post on the SacCT discussion boards is posted for all to view, so DO NOT POST ANYTHING THAT YOU DO NOT WANT OTHERS TO SEE.
• Please treat others on SacCT with the same courtesy and respect that you would expect when communicating with them in person. And please… No SPAM!!
• It is also important to check your SacLink email (through my.csus.edu) often. It is best if you set up that account on your smartphone or have emails forwarded to your main email address. If you do not do this, you may miss important notifications.
To set up your SacLink email on an Android or iPhone, you can follow the directions here:
http://www.csus.edu/irt/servicedesk/support/office365/android.html
http://www.csus.edu/irt/servicedesk/support/office365/iphone.html

To forward your SacLink emails to your main email address follow these instructions:
- Log into my.csus.edu. Click on your SacLink email inbox on the left.
- When the window pops up for your inbox, scroll down to the bottom left and select “Contacts.”
- Select “New.” When the window pops up, type in your personal email address. Click “Save and Close”.
- Click on “Mail” on the bottom left to get back to your inbox.
- On the top right, choose “Options” and select “Create an Inbox Rule.” An error message may pop up. If so, just close it. Click “New” to create a new rule.
- Under “When the message arrives, and” choose [Apply to all messages].
- Under “Do the following” choose “Redirect the message to”
- When the new window pops up, click “Contacts” under “My Contacts” and choose your personal email contact. It should highlight it.
- On the bottom of the window where it says “Message Recipients” click the “To ➔” button and then click “OK” and then “Save” on the remaining New Inbox Rule window.
- It should confirm the changes.

Q: Is the nursing program really hard?
A: Again, this depends on the person.

- Some of you may find this the hardest task you have ever taken on while some of you will be able to adjust quickly and take on the responsibility more easily.
- Do you typically need to study 10-15 hours per week to get A’s? Add at least 5 hours to how long you studied for your prerequisites and that is about how much you will need to study for nursing school.
- Do not wait until the end of a semester to ask for help! Your nursing faculty and your faculty advisor expect to see you as soon as you are having difficulty so they can better assist you. Your faculty advisor can be found on the SacCT Sacramento State Nursing Sourcepage under Grades.
- The nursing faculty, your advisor, your peers, your preceptor, and CNSA are all here to help - you have access to many resources.
- CNSA is a great resource. We are all students and have had similar experiences. We can help each other succeed!