

THE FRESHMEN ULTIMATE GUIDEBOOK 2021



NUS NURSING EDITION



NUS Nursing Sub-Club

updated 25 July 2021

Dear Freshies ,

We are from the Nursing Freshmen Orientation Camp organising committee 2021. Even though we cannot have a chance to interact face-to-face, we still hope that you freshies enjoyed our 2 day online camp and from there, made new nursing friends! We hope that we have helped you eased into the nursing academic life in some way through our camp

Almost a year ago, we remembered ourselves as lost students who were consistently trying to grasp the dynamics and the information from various outlets to stay afloat. What we needed at that point in time was a consolidated source of information and someone we can approach for questions.

Our seniors last year provided us with a guidebook similar to this to help answer our questions. Hence, we decided to revise and further improve last year's booklet (to the current one you are reading) to (hopefully) answer your queries about school life and curriculum before you step into NUS for official lessons. We have organised some details that we think are important for you to know. Please feel free to refer to the content page and click on the links to direct yourself throughout this e-booklet.

Despite us touching on various topics and details about our school, it is most definite that we will not be able to articulate each and every experience we had throughout the past year. We hope that through our hindsight, you can free up more time to craft your own nursing life experience in the years to come. It would be our greatest joy for you to eventually be able to call this nursing community your second home.
All the best!

cheers,

FOC ORGANISING COMMITTEE 2021

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words that are underlined in the book are hyperlinked to different sources to supplement you with more information. Don't hesitate to click on them to read more about the topics!

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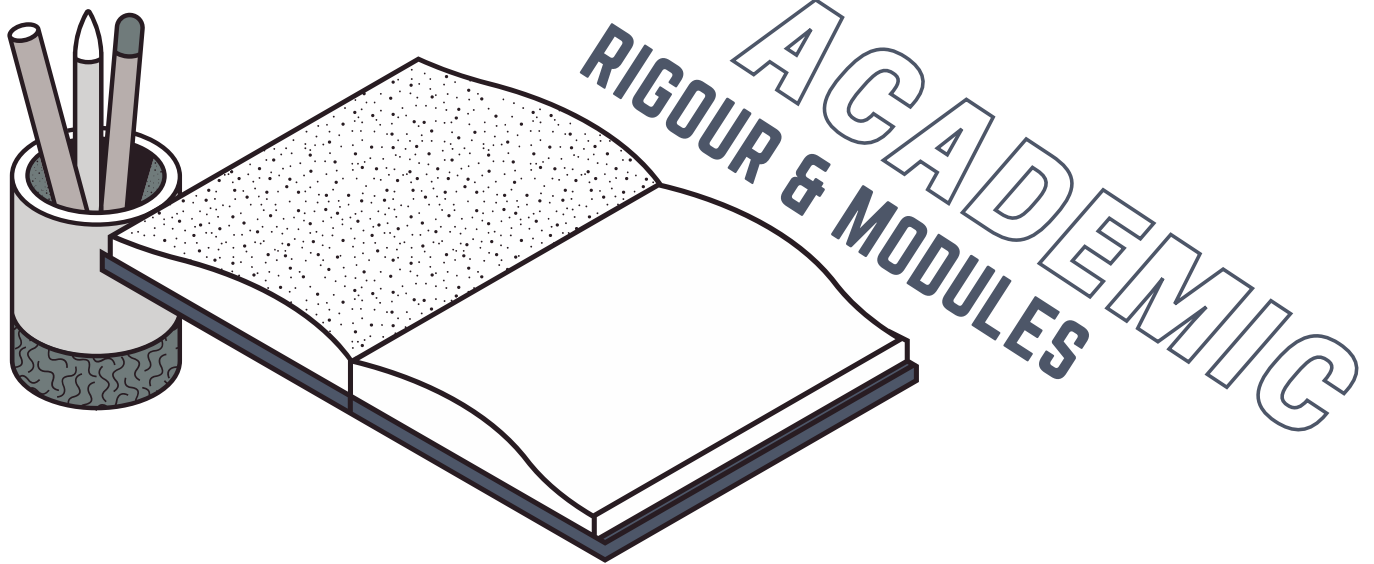
WELCOME TO NUS NURSING!

Welcome to NUS Nursing! Let us start off by sharing some academic information for your cohort.

There are several types of degrees that can be attained in NUS Nursing. We shall mention the main degrees offered for nursing undergraduates.

- **Bachelor of Science (BSc) (Nursing) degree** is a 3 year undergraduate programme. If you have performed well throughout the programme and achieved a minimum cumulative average point of 3.2, you are eligible to apply for Honours year leading to BSc (Nursing)(Honours).
- **PCP-RN (Deg) @ NUS** is a 2-year full-time course designed to meet the Standards of Nursing Education and accreditation requirements of the Singapore Nursing Board (SNB). It is a professional conversion programme for applicants who already hold a bachelor degree from a recognized university in a discipline other than nursing and would like to take a nursing degree. You will be eligible to apply for registration as a Registered Nurse with the SNB with this degree.
- **BSc (Nursing Practice) degree** programme builds on the foundation that polytechnic nursing graduates have established through their three years of diploma studies at Nanyang Polytechnic (NYP) or Ngee Ann Polytechnic (NP). The course spans between three to four years.

For more information, please visit the [NUS Nursing website](#).



You can look for your curriculum structure under academic information in the Alice Lee Centre of Nursing Studies website since different degree programmes have different schedules. The table below shows the one for **B.Sc Nursing Degree** as a reference for your search.

Bachelor of Science (Nursing)(Honours)

Curriculum Structure effective Cohort AY2021/2022

Year	Semester	Modules	MC
1	1 (15 MC)	NUR1110A Communication and Cultural Diversity	3
		NUR1113A Healthy Ageing and Well-being *#	4
		NUR1114A Fundamentals of Care	4
		NUR1123 Anatomy, Physiology and Physical Assessment I	4
1	Dec Vac (2 MC)	PL1101E Introduction to Psychology #	4
		NUR1107B Clinical Practice: Community Care I	2
		NUR1113A Healthy Ageing and Well-being *#	4
1	2 (14 MC)	NUR1124 Anatomy, Physiology and Physical Assessment II	4
		NUR1125 Pathophysiology, Pharmacology and Nursing Practice I	6
		PL1101E Introduction to Psychology #	4
1	Special Term (4 MC)	NUR1108C Clinical Practice: Medical/Surgical I	4
2	1 (12 MC)	NUR2113 Mental Health Nursing	4
		NUR2120 Professional Nursing Practice, Ethics and Law	4
		NUR2204C Women and Children Health	4
		NUR2106B Clinical Practice: Medical/Surgical II (year-long)	3
		NUR2107B Clinical Practice: Specialty Care (year-long)	6
2	Dec Vac/ST (9 MC)	MIC2000A Infection and Immunology	4
		SC2211 Medical Sociology	4
		NUR2125 Pathophysiology, Pharmacology and Nursing Practice II	6
		NUR2124 Healthy Community Living *	2
3	1 (18 MC)	NUR3114 Leadership and Management	3
		NUR3117A Public and Community Health	3
		NUR3119 Palliative and End-of-Life Care	2
		NUR3120 Pathophysiology, Pharmacology and Nursing Practice III	6
		NUR3202C Research and Evidence-based Healthcare	4
		NUR3105C Clinical Practice: Community Care II (year-long)	2
3	Dec Vac/ST (7 MC)	NUR3106B Clinical Practice: Medical/Surgical III (year-long)	5
3	2 (11 MC)	NUR3116B Transition to Professional Practice Experience (including 1 week of simulation in campus)	11
Hons	1 & 2	NUR4101B Evidence-based Health Care Practice (Sem 1)	6
		NUR4102B Consolidated Clinical Practice (Sem 2)	10
		NUR4103B Applied Research Methods (Sem 1)	6
		NUR4104B Honours Project in Nursing (year-long)	14
Three UEMs for BSc (Nursing) + Four UEMs for BSc (Nursing)(Honours) BSc (Nursing): 120MC + BSc (Nursing)(Honours): 160MC			



hospital attachments during vacations are also graded as they contribute to the total requirements of MCs

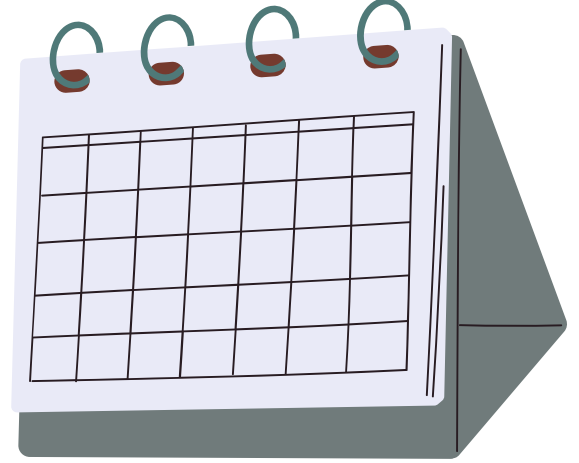


frequency of clinical posting can be observed from the highlighted modules + NUR3116B which takes up the entire Y3S2

* Modules offered to non-Nursing students as UE

Half of the cohort reading PL1101E/NUR1113A in Semester 1 and the other half in Semester 2

ACADEMIC CALENDAR



The standard academic calendar consists of two semesters and a special term.

- Each regular semester includes 13 weeks of instruction and 2 weeks of end-of-semester examinations
- Special term takes place during the Semester 2 vacation period.
- Year 1 nursing students have a 2 week long hospital attachment during Semester 1 vacation and a 6 week long attachment during Semester 2 vacation. (dates arranged by the clinical team)
- *Due to current health situation, most lessons in Nursing will be hybrid (mixture of online and physical classes)*

You can refer to this NUS academic calendar below for a better understanding. Click on the calendar for more information from the NUS Registrar's Office.

Semester 1				Semester 2				
Regular Semester (18 Weeks)	Orientation (1 week) ¹				-		-	
	Instructional Period ² (6 weeks)	Mini-semester A	Instructional Period ² (6 weeks)	Regular Semester (17 Weeks)	Instructional Period ² (6 weeks)	Mini-semester A	Instructional Period ² (6 weeks)	
			Recess ³ (1 week)				Recess ³ (1 week)	Reading Week ³ (1 week)
			Examination ⁵ (1 week)				Examination ⁵ (1 week)	Examination ⁵ (1 week)
	Instructional Period (7 weeks)	Mini-semester B	Instructional Period ² (6 weeks)		Instructional Period (7 weeks)	Mini-semester B	Instructional Period ² (6 weeks)	
	Reading ⁴ (1 week)		Reading ⁴ (1 week)				Reading ⁴ (1 week)	
	Examination ⁵ (2 weeks)		Examination ⁵ (2 weeks)				Examination ⁵ (2 weeks)	
Vacation ⁶ (5 weeks)					Vacation ⁶ (12-13 weeks)			

Picture from: [NUS Registrar's Office](#)

ABOUT A MODULE

Significance of module code



E.g. NUR1123

discipline  level of the module 

Workload of the module



In NUSMods, module workload given as numbers in A-B-C-D-E order as a guide; e.g. NUR1123 is 2-1-1-0-6

- A: Lecture hours
- B: Tutorial hours
- C: Lab Hours
- D: Assignment/project hours
- E: Preparatory work hours

Computation of modular credits



1 MC = 2.5 hours of workload
MC can then be considered as **weightage** of the module! Click [here](#) to read more :)

Grade points



Letter grade is given to a completed module and it translates to a grade point for calculation of CAP. **See more [here](#)**

A+ & A: 5
A-: 4.5
B+: 4
B: 3.5
...

Cumulative Average Point (CAP)



$$\frac{\text{sum (module grade points X MC assigned)}}{\text{sum (MCs assigned to all modules)}}$$

Some modules may not have a grade point and hence not calculated into CAP. There are several situations when this happens and is reflected in the result slip:

When modules don't carry a grade point



Completed satisfactorily/unsatisfactorily: CS/CU

- designated as CS/CU without a choice
- e.g. hospital attachments

Exempted: EXE

- given under the Advanced Placement process

Incomplete: IC

- did not complete the module due to reasons like illness etc.
- work will not be carried forward if you redo the module

Withdrawn: W

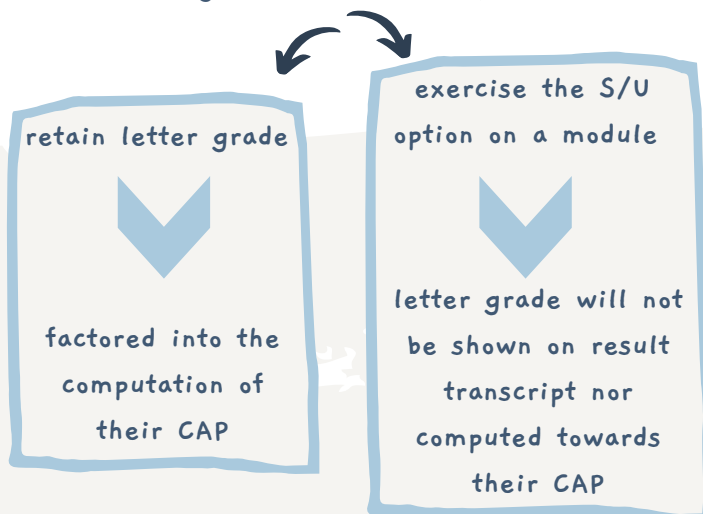
- withdraws from a module between the first day of Week 3 and the last day of the Recess Week

Satisfactory/Unsatisfactory: S/U

- can choose the modules that you do not want to be included in CAP to be graded as S or U.
- elaborated below but read more here!

After receiving results on a module, can choose to:

S/U mechanism



◆ S/U declaration period is stated here ◆

UNRESTRICTED ELECTIVES (UES)

Unrestricted Electives (UEs) are modules that Nursing students take to widen their exposure to other faculties apart from core Nursing modules. Refer to the table below for a summary of the number of UEs you're required to take within the years of study.

Refer to this for a summary of the number of UEs required to take within the years of study

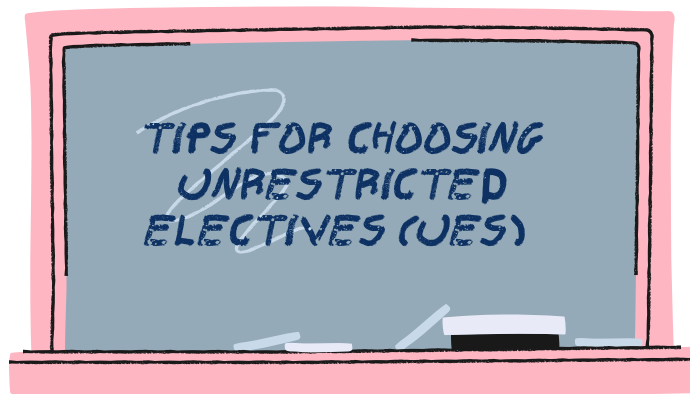
Bachelor of Science (Nursing)	3 UEs
Bachelor of Science (Nursing) (Honours)	4 UEs
Professional Conversion Programme for Registered Nurse (Degree)	4 UEs

General Education Modules

You might have heard that students from other faculties are required to take the five pillars of General Education Modules (GEMs). GEMs are excluded for nursing students! Therefore, your university years mainly consist of core Nursing modules and at least 3 UEs. Popular UEs taken by Nursing students include language mods, Forensic Science and Public Health. However, as long as it fits your timetable go ahead and take any other UE that interests you!

Module Registration

As core modules are pre-allocated for all nursing students, there is no need to ballot for core modules via ModReg and no need to submit a study plan. Your tutorial and lab classes are pre-allocated as well, which also indicates that every Nursing student will have a fixed timetable. The only thing that you would need to ballot for is your UEs in round 2 of ModReg :)



Not advisable to schedule UEs directly before or after a Nursing mod.

Nursing mods tend to start early and may run overtime. You should take into consideration travelling time between classes (venue distances, bus arrival timings etc). Even if classes are held online, it will be good to take a short break in between lessons to prevent getting too saturated with content.



Find out more about the variety of modules available on NUSMods and LumiNUS Module Search.

You may be able to find reviews by past students who have taken the mods previously on NUSMods. Do take them with a pinch of salt though as different people have differing capabilities and expectations.



Certain UEs have prerequisites.

You can check if there are any prerequisites needed in order to take the modules at NUSMods. Under each module detail, the websites lists a prerequisite tree for your consideration. In short, you cannot take some modules without completing another first, hence it will be good to check before proceeding to ballot for it!



Clear at least one UE in your first year

It's a personal popular opinion; since Y1 has more S/U credits, this means that you can take an UE of interest with less pressure since you have the credits to S/U the module in the case where you did not perform as well as expected. Nevertheless, it is your preference to choose the time periods where you want to take the UEs! There is no fixed rule that you must clear UEs in the first year; you just have to make sure you clear them in time according to the guidelines for your degree.

Visit here to learn more about the ModReg system and how you can ballot for your UE!

CLINICALS & PRACTICAL CLASSES

ATTIRE

Scrubs & Uniform

Nursing scrubs are for all practical classes (except anatomy hall) and assessments while the uniform is worn during clinical attachments. Refer to the table below for a summary of the attires for different lessons.

Lab sessions/ Self Directed Learning/ Practical sessions	<ul style="list-style-type: none">- Nursing scrubs- Covered shoes- Bunned hair & clipped fringe (Females)
Clinical Attachments	<ul style="list-style-type: none">- Nursing uniform (Unless otherwise stated)- Covered black shoes- Name Tag- Bunned hair & clipped fringe (Females)



Nursing Scrubs



Nursing Uniform

LAB SESSIONS



Photo from: [Yong Loo Lin School of Medicine](#)

Silent Mentor Programme

The Silent Mentor Programme in NUS is held in conjunction with our Anatomy and Physiology module, usually done within the first 2 years of your studies to build your foundation. Students are brought to the Anatomy Hall to look at the cadavers that were donated and to learn more about the locations of the different body systems and their respective organs. It is really important to go to class prepared for this as the lecturers may not go through the slides that they've uploaded in much detail as they will focus more on the practical component - which is learning from the silent mentors.



Nursing Practice sessions

When our lab technician opens the wards for self-directed learning, feel free to book a slot if you have some free time in between your lessons! You can always get your friends to help you and assess one another on the skills and techniques required. This is really useful nearing Practical Assessment.

Tip: Remember to keep all the prerequisites that you receive from during lab lessons as extras are hard to come by..

CLASSES



Physical Assessment lessons

Physical Assessments are part of our Anatomy and Physiology modules. In these classes, physical examinations will be taught concurrently with the theory lessons on the body systems. During your clinical attachments, you might even have a chance to carry out these physical assessments on your patients! Just like the mannequin in the picture above, we have similar mannequins in our labs to practise the different physical examinations, in order to simulate real life scenarios!

Tip: Do relate the various clinical manifestations and conditions and the way it is presented during the physical assessments.

Clinical Attachments

There will also be 6 hospital attachments, each occupying half of your semester breaks. Within the semester (what we call intra-sem attachments), you can be posted to polyclinics/ community hospitals or nursing homes to learn more about what goes on in the different clinical environments.

You will be brought to different specialities, such as Emergency Department, Mental Health Nursing, Obstetrics and Gynaecology and Pediatrics, alongside with Medical and Surgical ward postings.



**Y1 summer
posting
~6 weeks
May-June**

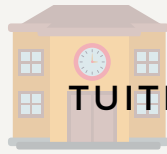


**Y1 Winter
posting
~2 weeks
December**



**Shifts:
AM 0700-1500
PM 1300-2100
Overnight in Y3**

Tip: You can try to remember your patients' conditions and treatment plans as this will come in handy while studying for PPNP (Pathophysiology, Pharmacology and Nursing Practice) Module!

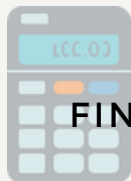


TUITION FEES

Differ based on whether you are a Singapore Citizen, Permanent Resident or an International Student. Check [this site](#) for more information.

Miscellaneous Student Fees are payable per semester and the amount is the same for everyone. Check [this site](#) for more information.

Payment Due Dates for AY 2020/2021 have yet to be released as of 17 July 2020. It will be available on [this site](#) once finalised by the school.



FINANCIAL AID

There are many different types of financial aids and loans offered to NUS Students. Information on eligibility, application and overviews are available at [this site](#).

For more information on undergraduate financial matters, check [this site](#). If you have any further questions, you can email the office at [this site](#).

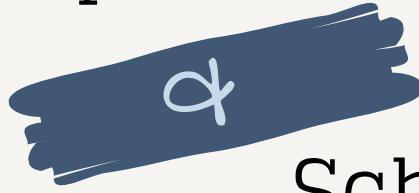


PURCHASE OF IT DEVICES

While there are no grants for purchase of IT devices in NUS Nursing, all NUS undergraduates are eligible to buy a notebook under the [NUS notebook tender](#) where devices may be sold at a lower price. (Note: the website has not updated the latest dates for NUS IT Fair so you can check back again for updates)

In addition, you may also look at the [NUS Student Assistance Loan](#) which includes loan top up for notebook purchases.

Sponsorship



Scholarships

Sponsorships

are offered by every public hospital in Singapore. After successful application of sponsorships, students have to inform NUS and all future attachments will mostly be allocated to the sponsored hospital for the student. Upon graduation, the student will have to work at the sponsored hospital for as long as the sponsorship was held while studying in NUS i.e. if a student was sponsored by Hospital "A" for Year 2 and 3, they will have to work at Hospital "A" for 2 years upon graduation to complete the bond. After 2 years, they can work at another hospital if preferred.

Do take note that most sponsored students are required to maintain a CAP of 3.5 and above.

Scholarships

are offered by NUS as well as other organisations like MOHH and private medical institutes. Students can receive various amounts based on the scholarships. School fees as well as hostel fees may be provided by some scholarships, should you choose to live on campus. Scholarship students will have to abide by the terms of the scholarship board including the years of study. Scholarships may come with a bond where students have to work at selected hospitals for several years after graduation.

Depending on the scholarship, students are required to maintain a CAP of 4.0 and above (may differ for different scholarships).

These terms differ for various sponsorships and scholarships. Hence, it is the onus is on respective students to find out more about each of these offers. Do consider each offer seriously as it might affect your future choices as well (e.g. having to be bonded to a specific hospital for a certain period). For more information on scholarships offered by schools, [visit this site](#). For more information on scholarships and sponsorships offered by 3rd parties, [visit this site](#) (list is non-exhaustive).



NURSING ITEMS

There are several nursing items (some mentioned previously) that may be required through the course of study. You may be prompted to purchase the items below. Do note that the price are not indicated as they might not be fixed. In addition, not all items are compulsory to purchase as you may use the existing one/ may not be needed as frequently.

**Items with a star are compulsory*



Blue scrubs

NUS nursing uniform

Uniform name tag



(Pictures are for illustrations only and not true to standards)

- made by a specific vendor, will receive recommended number of sets to buy which you can choose to follow
- they will measure your size and alter your clothes accordingly
- uniform subsidies will be given later in the year



Black shoes



- needed during clinical attachments. More information will be shared by lecturers when school starts.
- It is recommended to get shoes that are waterproof as your shoes might get wet while bathing patients :)



Lab coat



- Refer to the chapter on 'Clinical and Practical Lessons'
- compulsory for Anatomy hall

Nursing watch

4-colour pen

Pen torch



- needed during your clinical attachments or lab (e.g. nursing watch for counting of HR since you cannot wear accessories on your wrist)

Stethoscope



- may be used during Practical Assessments.
- can also borrow the (limited no. of) lab stethoscopes for use if you do not wish to own one

Recommended textbooks



- may buy them from seniors or NUS COOP. Alternatively, you can access the e-book versions for free using [NUS Library Proxy](#). (will be elaborated when school starts).

10 HOUSES 1 NURSING

Did you know that NUS Nursing has a house system? Before you start school, you will be sorted into your houses. While you are here studying in NUS Nursing, you will be in the same house for the next 3-4 years.

The house system aims to provide pastoral support and guidance, thereby encouraging students with different abilities and life experiences to reach full potential in their academic pursuit and clinical practice. Each house will have a mix of students from Year 1, Year 2, Year 3 and Year 4 cohorts.

Each house will have a House captain elected from the Year 2 cohort and one Vice-Captain from the Year 1 cohorts. All houses will have a minimum of one faculty member serving as the house mentor.

The houses are colour-coded and are also named after ten nursing theorists, as seen in the table in the next page.

The whole committee comprises of; 1 House Master, 3 Subcommittee Heads, 10 Captains and 10 Vice-Captains. The committee will take on responsibilities for house programme, welfare of the students and publicity.



House Directorate

HOUSEMASTER



TAN RUO XING

PROGRAMMES HEAD



DOMINGO RAVEN VIEL CALANGIAN

HOUSE CAPTAINS

NIGHTINGALE

JASMINE HOR

KINGS

SITI UMAIRAH BTE FATHUL RAHMAN

OREN

CHIN XIAO HAN

PEPLAU

Y A RAHMAN RABIYATHUL FARHA

BENNER

TAN RUO XING

LEININGER

DOMINGO RAVEN VIEL CALANGIAN

ROY

DANIEL OON ZHI YU RAMOS

NEUMAN

CHARMAINE TAN XINGYI

JOHNSON





CHOW JIN YIN, ALICIA

WATSON





ELYN TOH HUI SHI
SHERNET CHIAM WEN QI

Responsibilities





House Captain

-  To be responsible for the overall coordination of their house matters
-  To plan meetings, organize intra-house and inter-house events with the main house committee
-  To offer guidance on learning styles/study practices for their junior cohorts To provide peer support and practical advice
-  To identify issues that might adversely affect student learning

Vice House Captain

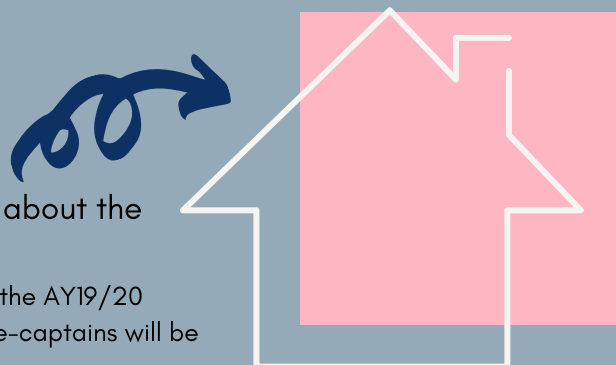
-  To assist the house captain in the overall coordination of their house activities
-  To help in planning meetings, organize intra-house and inter-house events with the main house committee
-  To offer guidance on learning styles/study practices for their junior cohorts
-  To provide peer support and offer practical advice

All house members

-  Attend house meetings and to participate in all events organized by their respective houses
-  Offer honest opinions and / or concerns regarding academic life in general
-  Arrange one-on-one session with the house captain if their concerns are more personal in nature
-  Formally provide feedback on the house programme to identify benefits and areas for improvement

Click to find out more details about the ALCNS House system.

*Disclaimer: The linked guidebook is the AY19/20 version. New house captains and vice-captains will be elected once AY20/21 starts.



FACULTY MAP

Worried you'll be lost on the first day of school?

Refer to the map below for common **Lecture Theatres, Tutorial Classrooms, Laboratories, Wards, Libraries and Food Establishments** Nursing students use or hang out at!



LECTURE THEATRES

- LT36 (Alice & Peter Tan Lecture Theatre): MD6
- LT35 (Peter and Mary Fu Lecture Theatre): MD6
- LT37: MD1

TUTORIAL CLASSES

- Auditorium: MD11
- Classrooms in MD1, MD6, MD11

LAB SESSIONS

- Anatomy Hall: MD10
- Wards: MD6

LIBRARIES

- Medical Library: MD6
- Science Library (Has more seats for studying!): S6

FOOD ESTABLISHMENTS

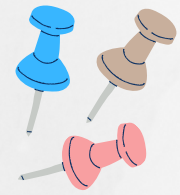
- Starbucks: S9, NUH Medical Centre
- Jewel Coffee: MD11
- Eureka: MD6
- NUH Kopitiam: NUH Main Building
- Frontier (Science Canteen): S16

How do I get to MD6?

Take Exit A of Kent Ridge MRT station and turn left. Walk past the taxi stand and Coffee Bean & Tea Leaf. Walk around the circumference of NUH Main Building using the covered walkway.



CAMPUS TIPS



1. MAKAN GO WHERE?



Med/Sci area:

- Frontier canteen (indoor & outdoor)
- Gong Cha
- Nine Fresh
- Starbucks
- Eureka
- Jewel Coffee
- NUH Kopitiam
- One@Kent Ridge (Next to KR MRT gantry)

FASS/ Biz

- The Deck
- The Spread Café

Yusof Ishak House

- Central Square
- Koi
- Subway
- Old Chang Kee

Engineering

- Technoedge (Indoor & Outdoor)
- Arise & Shine (Engin block E4)
- Subway
- LiHo

PGPR

- Foodclique
- Supersnacks

Utown:

- FineFood
- Flavours @ Utown
- 2359 Li Ji Coffeehouse (For Hong Kong food/ Supper)
- Hwang's (Korean food)
- Supersnacks (For quick bites/ Supper)
- Udon Don Bar
- Waa Cow
- Starbucks



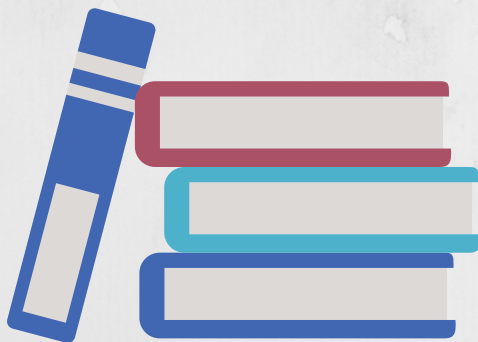
Supper Stretch (Not on campus)

- Near Kent Ridge Terminal

University Sports Centre (USC):

- The Tea Party (For Western food)

2. STUDY GO WHERE?



- **U-Town** : Stephen Riady Centre (SRC) with tables, Education Resource Centre (ERC) , Starbucks and study cubicles with power points.
- **Med/Sci Faculty:** Medical/ Science Library, Benches outside LT27 , Benches on MD3 level 2/3, Jewel Coffee, Tables outside Eureka café
- **FASS/Biz Area:** : Central Library, Business Library, MAXX Coffee, Benches around Central Library

Just note that certain spots have weak wifi connection and you may need a matric card to enter.



Stephen Riady Centre (SRC)



Education Resource Centre (ERC)

3. USEFUL MOBILE APPS



uNivUS app

For temperature declaration and Green Pass
To check exam results



NUS NextBus app

For information on Bus routes and bus arrival times



NUS Maps app

Campus maps



Telegram

NUS Nursing and many other events in NUS are being broadcasted through telegram.

NUS bots

https://t.me/nusacadplan_bot (to calculate CAP)

Some Telegram groups

NUS: https://t.me/nus_sg

NUSSU: <https://t.me/nushappenings>

To calculate CAP

https://gradecalc.info/sg/nus/cumulative_gpa_calc.pl

NUSMODS

NUSmods website

To view different modules



LumiNUS

All module content will be posted here

Edurec

Mainly for financial stuff

To check exam results

S/U declaration

Module registration

OCMS (Online Clinical Management System)

For Nursing students

Everything clinical attachment related

4. BOOKSHOPS & PRINTING SERVICES



1. **Library** - Most (if not all) libraries on campus have self-service printing rooms. Some of the printing computers have internet access. You may access your E-mails and LumiNUS to print documents directly. However, the easiest and quickest way is to transfer documents into a hard drive or thumb drive and connecting them to the computer to print. Payment is made through Ez-Link card.

2. **NUS Coop** - Bookshops, there are a few scattered across campus. Some have printing services too

3. **Hall/ Residential College** - Only for residents. Some may require you to purchase a printing card. Do check with the respective halls and residential colleges for more information.

5. WHAT TO WEAR?



Don't have to be in formal attire or dress up for a fashion show. Just be comfortable and presentable! Do note that scrubs are not to be worn out of the medical and science compound. Covered shoes and long pants is also required for all practical lessons.

6. HOW TO PAY?

NUS is a cashless campus; you can pay for all items at the canteen/NUS-Coop using your mobile apps or card. Some payment methods accepted by hawkers include:

1. Credit Cards
2. Grabpay
3. NETS, PayLah! (via the SGQR code)
4. Samsung and Apple Pay
5. Singtel Dash
6. Cash

However, do take note that not all payment options are offered by every stall! Some may only offer a selective number of options. :)



SCHOOL LIFE

Apart from House activities, what are the other events that you participate in?

We all know how important it is to have an enriching school life here in NUS; having avenues to de-stress and learn in a new environment definitely contributes to your well-being. Hence, we compiled a non-exhaustive list of programmes that you can engage in.

Below are some examples of **campus wide events** where all students are invited to take part in to enrich their student life.

- IFG (Inter-faculty games)
- RUNNUS
- SUNNUS
- Student Life Fair (SLF) : A fair held at the beginning of each AY to introduce freshmen to the various activities they can participate in
- Various CCAs offered to students : There are over 100 CCAs in NUS for you to choose from!
- Volunteering events (NUS CSC, NUS Rotaract club)

Additionally, we have also compiled some **Nursing related** school events and activities you can take part in. Continue reading to find out more!

- Nursing Sub-Club (@nusnursing.subclub)
- NUS Nursing Freshmen Orientation
- Conventus
- MedNurse Club
- MedRag
- SNASC NUS
- Project Caring Hearts (PCH)
- SIGNapse
- Neighbourhood Health Service (NHS)
- Public Health Service (PHS)
- Project EDEN
- Rotaract Club Singapore (RACSG)
- Project Sapulot
- Kura
- Project Barrios
- Varsity Christian Fellowship (VCF)

About Conventus

Conventus is a student-led nursing event that celebrates Nurses' Day and welcomes our freshmen! Through Conventus, we hope that nursing students will be empowered by inspiring speeches from outstanding nurses in Singapore and carry forth what they have learnt to positively impact our society in the future!

CONVENTUS

Follow Us

Instagram | Facebook | Telegram
@nusconventus



NUS Students' Medical Club (Mednurse Club)



The **NUS Students' Medical Club** (or **MedNurse Club**) is the sole **NUS Students' Union (NUSSU)** sanctioned faculty club that represents the interests of students from the Alice Lee Centre for Nursing Studies, and the Yong Loo Lin School of Medicine. We bridge the students of nursing and medicine, and foster room for shared inter-professional experiences. The events that fall under the purview of our club fall into three main groups, namely, sports, orientation, and welfare.

Our sporting activities include events such as **MedLaw**, a friendly tournament between the Medical and Law faculties, **University Healthcare Games**, a series of friendly games amongst the various allied health faculties, and **Inter-Faculty Games**, the largest annual sporting tournament amongst NUS students.



We oversee orientation events to ensure that freshmen get the best orientation experience possible. The **MedNurse camp** serves to foster greater inter-professional understanding and to form an atmosphere of mutual respect between the two schools. Additionally, we oversee the annual **NUS Rag Day**, where students prepare a dance performance for the university. Our faculty has won the Gold Award for our performances for four years and counting! Finally, our **Autism Experiential Camp** is organized for freshmen to understand more about Autism Spectrum Disorders through experiencing everyday challenges faced by individuals with autism. This is a prelude to the **NUS Flag Day**, where our students raise funds for the Autism Resource Centre.

Yong Loo Lin School of Medicine
A member of the NUHS



Our club welcomes all welfare concerns from students, and advocate for our student bodies to NUSSU, to ensure that all students in the Faculty of Medicine have a voice in the greater NUS community. Follow us on Instagram ([@mednurseclub](https://www.instagram.com/mednurseclub)) to find out more!



@snasc_nus



NUS STUDENT CHAPTER



Have Fun with our SNA family!



Network via Inter-institutional collaboration with the wider SNA!



Start Nursing initiatives you are passionate about!



SNASC NUS

SINGAPORE NURSE ASSOCIATION STUDENT CHAPTER NUS

SNASC NUS serves as the bridge between the student and professional nurses by aiding the facilitation of professional and academic development. It also serves to promote a community of support for nurses! SNASC NUS provides opportunities for Nursing students to launch & materialise activities and initiatives they are passionate about, attend in-house nursing talks and network with nursing professionals! Beyond that, it is also a platform to make new friends & memories! So JOIN US NOW! 🌈

BY NURSES, FOR NURSES.



www.snascnus.wixsite.com/snascnus



snasc.nus@gmail.com

Project Caring Hearts (PCH)



Ad-Hoc



Home Visits

Project Caring Hearts Home Visits

serves HCA Hospice patients through making regular visits to our palliative patients. Through this befriending experience, our volunteers are able to learn more about the patient's experience on the process of dying, living with meaning from the patients themselves, and also grief and supporting these patients from their family members.

We have many volunteers from NUS Nursing who will work together as a team to provide a supportive and welcoming learning environment for everyone. ☒ We are privileged to be invited into the private lives of our palliative patients and aim to enable them and their family members to add meaning to the time that they have left. ☒ Our teams work on legacy projects with our patients to fulfil dying wishes or create something meaningful with them to gift to their family members.

This project is student-run, so timing and commitments are all up to you and your team members! ☒☒ If you are curious to find out more about palliative care, want to make friends across cohorts (teams are mixed across levels!), and are driven to make a difference in somebody else's life, we look forward to welcoming our new batch of volunteers!! See you in school! ☒ If you have any queries, feel free to dm us on our ig page [@projectcaringhearts](https://www.instagram.com/projectcaringhearts)

Project Caring Hearts Ad-Hoc

is mainly split into two events: Sunflower Remembrance Day (**SRD**) and Family Foto Fair (**FFF**). Each event happens biannually.





SRD is a memorial service where families of those who have passed on come together to remember their loved ones. It is not completely tear-stained, but instead an uplifting environment where we remember fondly and honour the lives of those who have respectfully passed on. In the past SRDs, some volunteers have even stepped forward to perform, bringing comfort to everyone who has attended.



FFF is a fun-filled mini carnival event dedicated to palliative patients and their families, to spend quality time and create precious memories. Volunteers contribute by coming up with game booths and performances to ensure that all the families are having a good time. The highlight of this event is the photo taking segment where professional photographers come in to capture family and individual portraits for the participants. Professional make up artists are involved too. The environment is cheery and it is extremely heartwarming to see the palliative patients and their families in all smiles. It will always be an unforgettable experience for the families and volunteers alike.



what is SIGNapse



AIM:
Bridge the gap between deaf community and healthcare providers



WHO DO WE COMPRISE OF
Dentistry, Medicine, Nursing, Pharmacy, Social Work

Events

LESSONS:

- Basic Sign Language (BSL) & Advance Sign Language (ASL)
- Singapore Sign Language (SgSL)

SONG SIGNING:

- White Coat Ceremony
- Public Health Service (PHS)

OUTREACH:

- Deaf Hangout

more about signapse

SIGNapse is a student-led project group established in 2016, by a group of NUS Medicine students with a passion for the Deaf community and sign language, and now comprises of 5 faculties: medicine, nursing, pharmacy, dentistry and social work. Our club's name has a play on the word "synapse"; we hope to bridge the gaps in communication and trust between the deaf community and healthcare providers, and also aim to raise awareness about the Deaf community and their culture.

WHAT WE DO

- Free sign language lessons to enable future healthcare workers to better communicate with Deaf patients
 - Platform to advocate for deaf and hard of hearing community
 - Raise awareness through song signing
- Interact with deaf community through interpretation in deaf hangouts

Committee



Find us on:



"Signs are to eyes what words are to ears" - Ken Glickman

Neighbourhood Health Service (NHS)

Hello everybody, greetings from Neighbourhood Health Service (NHS), a local CIP project started by NUS Medicine students!

NHS warmly welcomes all new freshmen who would be joining NUS in the upcoming semester!

Due to the evolving COVID-19 situation, NHS will not be holding any screenings in 2020. We look forward to serving the community again in 2021. However, we are still RECRUITING COMMITTEE MEMBERS!

We are looking to expand our committee in the upcoming semester and we love to have you on board! As a NHS committee member, you will get to plan our screenings with a subcommittee. Each subcommittee plays a crucial role to ensure NHS runs smoothly. This is definitely a learning experience for students new to the healthcare family!



NHS
NEIGHBOURHOOD HEALTH SERVICE
CENTRALISED SCREENING



NEIGHBOURHOOD HEALTH SERVICE

Neighbourhood Health Service (NHS) is a local health screening service project organised by healthcare students. NHS aims to identify residents-in-need, especially the elderly and residents of lower socio-economic status living in rental blocks, and act as a bridge to reconnect them back to the healthcare system.

NHS conducts free health screenings at two neighbourhoods, held over a weekend in both September and October. These are held at community centres, pavilions or void decks near rental blocks. We flag out undiagnosed latent chronic conditions which residents may suffer from and to determine the degree of control of their already diagnosed conditions. We also offer more than 20 different screening services and follow up services such as basic and advanced eye screening, hearing screening, cancer screening and dental check-up.

In order to cater to residents who are non-ambulant or less mobile, we bring the health screening to them and conduct it within the comfort of their homes. This happens via our Door-2-Door screening held on the same day as our centralised screening. After our screening, our committee members will practice follow-up via calls to residents on a regular basis to ensure their compliance with treatment plans.

If you have a heart of service and want to do more for the rental block community, do join us as a committee member! :) Do check us out at [@nhs_yllsom](https://www.instagram.com/nhs_yllsom) or our website and corporate video in our bio.

NHS
NEIGHBOURHOOD HEALTH SERVICE
DOOR-2-DOOR SCREENING



NEIGHBOURHOOD HEALTH SERVICE

PUBLIC HEALTH SERVICE



Public Health Service (PHS) is a student led health project established in 2004. PHS organizes numerous events that focus on the pillars of Primary Prevention, Secondary Prevention, and Follow-Up, with our flagship event being our Free Annual Health Screening. PHS is one of the biggest and most established health screening projects run by healthcare students. With more than 900 screening participants, this project has one of the largest outreach across the community.

PHS focuses on providing a free health screening to Singaporeans and PRs aged 40 & above. With a general target group, we are able to cater to the health needs of a larger proportion of the population. This free health screening enables early detection of underlying illnesses in the participants.

Do follow us on our instagram page to receive more updates and recruitment details on our project!



Rotaract Club Singapore (RACSG)

Hi everyone! We're from the Rotaract Club of Singapore (RACSG), a community-based club, founded on 9 August 2013 by a group of NUS Nursing students. Anyone aged above 18 years old are welcome to volunteer with us. We are a community of individuals who want to serve the community in different capacities, and find fellowship through service!

LOCAL COMMUNITY PROJECTS



SAS

- KopiFriends
 - Jewel Outing
 - CNY Outing
- where we have meals and befriend the elderly residents



NKF

where we do befriending, house painting, health screening



Ling Kwang Home

Chinatown outing around festive street market



Overseas CIP

Project Sapulot

- health assessment, education, cultural exchange

Project Betalax

- befriend, health screening, life skill lessons

PD

Upcoming Malay + Bahasa Indonesia Ebook + Online workshop

Sign up now as a member by clicking here



Still considering?

No problem, join us for our tea session!



Contact us at:

rotaractclubofsingapore@gmail.com



Follow/DM us at our IG!



Project Sapulot



Project Sapulot is an Overseas Community Involvement Programme (OCIP) to Sabah, Malaysia. For this trip, we will be providing health screening for both the adults and children in Sapulot.

Apart from medical support, we will also be conducting Mathematics and Biology lessons to help them academically. Additionally, we want to impart knowledge related to Men's and Women's health, which would be useful for students going through puberty. A special 'Tropical Diseases' topic will be included in recognition of dengue fever, which is endemic in Sapulot.

Most importantly, in Project Sapulot 2021, we strive to reach out to more people through Home Visitations. We are looking forward to go back Sapulot and we can't wait for YOU to join us in this meaningful trip!!



Tentative dates: July-Aug 2022 period



Follow us @projectsapulot for future updates!

Varsity Christian Fellowship (VCF)



IG: @mednursecf

Hello freshies, welcome to ALCNS! I'm Jane, a third-year. University has been a time of freedom and exploration for me! On entering NUS, I joined the Varsity Christian Fellowship (VCF) and made friends with fellow Christians from other faculties during freshman camp and the monthly Fellowship Teachings. I also enjoyed the weekly sessions spent with MedNurse VCF as we pore over Scripture, and taste and see that our God is indeed good. If you're a Christian or simply want to explore the Christian faith, MNVCF welcomes you with open arms! We meet on Tuesday nights.

There are many other Christian ministries here on campus, and if you would fill in [this form](#), we'll get in contact with you :!)

Have a blessed time here at NUS.



ACADEMICS

QUESTIONS & ANSWERS

HOW CAN I PREPARE MYSELF BEFORE SCHOOL STARTS?

- ◆ Tune your body clock to get use to morning lessons as you can't afford to miss the lessons (lab and tutorials).
- ◆ Search for online nursing resources such as Khan Academy and YouTube Crash Course.
- ◆ Watch medical shows to expose yourself to medical terms as an informal way to learn (recommended Grey's Anatomy, The Good Doctor and House MD!)

ANY STUDY TIPS FOR NURSING?

- ◆ Learn to manage your time so as to juggle between school activity commitments, academics and personal life!
- ◆ Are you a kinesthetic learner or are you a visual learner? It is key to find how you learn and your study habits to retain knowledge effectively. For example, visual learners learn better through diagrams while others grasps the concepts better by physically trying out the nursing procedures.
- ◆ Focus well in lectures. Do pre-read your materials and highlight parts you don't understand so you can post your queries later on when the lecturer is going through.
- ◆ Do your tutorial questions before tutorials so you can maximise learning in class. Take down key pointers in labs and practicals.
- ◆ Everyone learns at different pace! Try not to allow your peers' progress affect you too much :)

CAN NURSING STUDENTS TAKE A MINOR?

- ◆ Usually, most nursing students do not take up a minor as the nursing curriculum can already take up quite a bit of time. This will ultimately be subjected to the faculty's approval.

01

02

03

04

WHAT CAN I DO TO PREVENT BURN-OUTS?

- ✦ Having a timetable helps to balance both your academic and holistic pursuits in life.
- ✦ Remember to take frequent breaks while studying and find activities to relieve stress :D
- ✦ It is also important to stay connected with your friends and remember to reach out to your support network. There is also a student-initiated house system where there will be house captains, seniors and your peers to serve as a support network through your 3-4 years here at NUS Nursing!
- ✦ In NUS, we also have a dedicated unit under the Office of Student Affairs to support students' mental well-being - the Student Wellness unit. They organise wellness workshops and have staff available for phone / video calls if you ever need a listening ear. Alternatively, there is free University Counselling Services at the University Health Centre for all full time NUS students if you would want to talk with a counsellor about your concerns.

05

IS IT HARD TO GET YOUR DESIRED UE?

- ✦ It depends on the vacancy and popularity of the module. If a module is high in demand, but offers only a limited number of spots, registration by each student will be ranked according to a priority score.

HOW WOULD STUDENTS FROM RESIDENTIAL COLLEGE CHOOSE THEIR MODULES IN PLACE OF UE?

- ✦ While students generally have to take 5 University Town College Programme (UTCP) modules throughout their 2-years stay, Nursing students only need to take 2 UTCP modules in the same given period. These UTCP modules will count towards our UEs.
- ✦ You will be assigned a study plan by the respective residential college (RC), where they will designate you to take a module at their suggested semesters (usually Y1S1 and Y2S1). In this study plan, you are required to complete 1 Junior seminar and 1 Senior seminar throughout the 2 year stay.
- ✦ As different colleges offer a different variety of modules, you can head to the respective RC website to check the list of modules offered. You can read the module details through LumiNUS as well.

06

WHEN DO WE NEED TO DECIDE IF WE WANT TO TAKE HONOURS? WHAT ARE THE BENEFITS?

- ✦ You have to decide by the first semester of year 3 and your CAP has to be higher than 3.2.
- ✦ Exposes you to research processes and methodologies. Write a thesis under the supervision of our amazing faculty staff and professors. Honours programme is rigorous as clinical attachments still continue in addition to honours curriculum.

ARE POLYTECHNIC STUDENTS REQUIRED TO TAKE QUALIFYING ENGLISH TEST (QET)?

- ✦ Yes. For the polytechnic students, they have to take the Qualifying English Test also known as the QET. However, it will be exempted if you have a certification like A Level GP or KI, or international English qualifications such as IELTS or TOEFL etc. For more information, you can check the [NUS Admissions website](#).

HOW IS A TYPICAL SCHOOL WEEK LIKE FOR YOU?

- ✦ For our batch, we are grouped according to our tutorial classes (e.g. tutorial group 1 will have tutorials together for all the modules unless you are exempted) . Depending on the group's allocated timetable (that will be sent to you via your NUS email), you may have a 3-4 day work week and the timings for lessons are quite varied.
- ✦ However, with the current health situation, there might also be likely changes to your curriculum so do look out for updates from the department!

ARE THERE ANY SUBJECTS FROM JC THAT ARE HELPFUL?

- ✦ In the academic content for nursing, there are certain topics that may be relevant to JC and secondary Biology topics. However, since the content covered in the lectures are quite comprehensive, it is not a must to have such background knowledge but it can act as a plus.

IS INTER SCHOOL TRANSFER BETWEEN MEDICINE AND NURSING POSSIBLE?

- ✦ Yes, but very rare and subject to NUS Nursing and YLLSoM's approval.

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WILL OUR LESSONS BE ONLINE-BASED OR FACE-TO-FACE IN SCHOOL?

- ✦ As of 25 July 2021, lectures in semester 1 will be fully online, tutorials will be a hybrid of online and physical, and lab sessions will be conducted physically in school (MD6/ MD3).

WHAT IS A SPECIAL TERM ALL ABOUT?

A special term benefits undergraduates who want to graduate earlier. Students

- ✦ can take modules during this period so that they can complete their module requirements earlier.

The nursing core modules are not offered in the special term hence we are not

- ✦ able to take them. On top of that, we usually have clinical attachments during the same period.

However, NUS Nursing department has implemented elective modules for BSc

- ✦ (Nursing)/(Honours) undergraduates for participating in Student Exchange Programme (SEP)/Overseas Community-Involvement-Project (OCIP) activities, with effect from AY19/20. Please note that they are optional courses.

I HEARD TEXTBOOKS ARE NEEDED FOR CERTAIN MODULES, DO WE HAVE TO RELY ON IT FOR EXAMS OR IS IT JUST FOR YOUR OWN READING?

- ✦ There will be textbooks recommended for compulsory or supplementary readings depending on module requirements.

While the lecture notes provided and the tutorial lessons covers most of the

- ✦ content, these recommended textbooks allow a better understanding of the topics covered.

- ✦ For some modules (such as Anatomy & Physiology), it is highly recommended that you read the textbook for more in-depth understanding as there isn't enough time during lectures to cover everything.

IS NURSING UNDER THE FACULTY OF MEDICINE?

- ✦ NUS Nursing is under the faculty of the Yong Loo Lin School of Medicine.

13

14

15

16

HOW ARE THE NURSING EXAMS LIKE?

- ✦ All Nursing examinations and some continuous assessments have gone digital. Most nursing exams are MCQs and conducted via Exemplify by Examsoft.
- ✦ Different modules have different examinations criteria. Some modules may be project-based, while others may be examinations-based. Do take note when your module leads are going through at the start of the semester

DO WE HAVE OVERSEAS EXCHANGE OPPORTUNITIES?

- ✦ Due to COVID-19, NUS had suspended all overseas programmes for AY20/21. There are overseas exchange opportunities in the form of summer school as well as Student Exchange Programmes (SEPs).
- ✦ NUS Nursing partners with overseas nursing institutions to offer Nursing SEPs. Places of SEPs include Switzerland, Taiwan, Japan, Hong Kong, Indonesia and many more.
- ✦ Nursing SEPs are highly competitive as nursing students from Y1 to Y4 are eligible to apply. For summer school exchange, you can only map non-core modules to the overseas university you want. There are a number of criteria for Nursing SEPs such as CAP, student life involvement, exchange buddy volunteering and many more.
- ✦ When sign-ups are open for Nursing SEPs, and email with the list of exchange destinations will be sent then (as it may be different from year to year).

17

ATTACHMENT

QUESTIONS & ANSWERS

01

Can I have helix piercing as a nurse?

- ♥ Only a pair of simple studs are allowed for students.

02

Is it possible to work at a clinic while studying at the same time?

- ♥ Yes, it is possible to work and study at the same time.
- ♥ However it is not recommended as doing so may affect your ability to concentrate fully in lessons. Furthermore, it is rather tedious to fit in a flexible work schedule as most lessons are compulsory.
- ♥ We do understand that you may have financial reasons for doing so. NUS do offer different types of financial aid including on-campus work and study assistance schemes that may be more tailored to your holistic needs. For sponsored and scholarship recipients, work is not allowed unless approval is sought.

03

Do we have to report everyday for the clinical postings?

- ♥ For all clinical postings throughout your journey with NUS Nursing, attendance is mandatory. We usually report from Monday to Friday, on a shift basis. There are morning, afternoon and even night shifts (for Y3 Transition to professional practice and Y4 Consolidated clinical practice).

04

Do we get to choose the hospital for our clinical placements?

♥ Yes, you are able to rank the hospitals for every clinical attachment. However, the availability of your preferred hospital is subjected to manpower needs and other factors.



For sponsored students, you are required to rank your sponsoring institution as the top choice. If your sponsoring institution is not available, you are to rank the other hospitals in the same cluster as your sponsoring institution.



For specialised postings, students will be allocated according to the availability of such specialised wards (E.g. for Obstetrics and gynaecology, majority of students will be posted to KKH).

05

How are clinical attachments like? Will we be given guidance?

♥ Clinical attachments are eye-opening experiences for nursing students to learn and transfer theory to practical skills! While hospitals you are posted to may vary, the skills taught are largely the same.



In Y1, attachments are an exposure to what nurses do in wards. The December attachment exposes us to community hospitals where step down care happens! Whereas May and June attachments are where Y1s get the most exposure to medical and surgical nursing.



In Y2, winter attachment exposes us to mental health nursing and summer attachment exposes us to specialty care such as pediatrics, obstetrics and gynecology as well as operating theatres!



In Y3 and Y4, things step up a few notches as we have to take cases and be fully in charge of patients we are assigned to! There is also a semester long transition to practice attachment where Y3s are in the ward setting the entire semester! During this attachment, most students will be attached to a preceptor individually/in pairs. This is to ensure that their competencies are almost close to that of a Staff Nurse as some of them will join the workforce right after they graduate in Y3.

The nurses guiding us during the attachments, also known as clinical preceptors or instructors, are very approachable and friendly. They will be there to give you guidance!

Do we get to choose the department for our clinical placements?

♥ For your year 3 Transition-to-Professional-Practice attachment (in Y3S2), you are able to rank your preference for the specialisations available. However, the actual allocations are subject to the hospital's availability.

06

07

Is it a common practise to find an internship beyond clinical placement? Is it difficult in securing an internship opportunity?

- ♥ It is uncommon but not impossible. The NUS Nursing curriculum is rigorous and requires nursing students to complete 1,320 clinical hours before graduating as a Registered Nurse.



Apart from the curriculum, nursing students are also involved in shaping student life in Nursing through leadership, cultural, sporting and community projects. Therefore, there could be a compromise on the holistic experience NUS Nursing delivers by seeking internship during school term or clinical attachments.

Are there any restrictions on hair colour?

- ♥ Dark brown or black hair is usually the convention as no flashy hair colour is allowed during clinical attachments.

How do you cope if you get posted to a hospital that is very far away from your house such that you cannot make it in time for morning shift during clinicals?

- ♥ If you get posted to a hospital that's too far away during clinical attachments, you can bring it up to your Clinical Instructor (CI) to ask for a later reporting time. For example, morning shift reporting time is 7am but you can ask to report at 730am. But you'll need to pay back by ending shift 30 mins later too. It will depend on whether the CI allows it.

What do we do in clinical practice for community care and medical-surgical posting?

- ♥ For community care clinical postings, we are posted to community hospitals around Singapore. We get first hand experience on rehabilitative and sub-acute care. Step down care in community hospitals is important as it relieves the bed crunch in acute hospitals. Some of the skills we perform during community care clinical postings are: Nasogastric tube feeding, showering patients, vitals and capillary blood glucose monitoring.



For the medical-surgical postings, we may be allocated to wards of different disciplines e.g. cardiology, orthopedic, respiratory. The postings are helpful to

- ♥ help us establish our foundations in the clinical setting.

Every academic year, there will be medical-surgical postings and the expectations towards us nursing students increases over the years. Similarly, after gaining more experience over the years, we are able to perform more skills such as being able to carry out physical assessments, take cases, serve medication under the supervision of staff nurses.

08

09

10

Is it possible to extend the clinical placement so that you can intern at the hospital a little longer?

- ♥ There are a lot of administrative processes involved in arranging for our clinical attachments, especially when it comes to arranging for clinical instructors. Furthermore, as we are doing placements as students in the hospital, the school and hospital is accountable for our safety. As such, there is only a stipulated duration that we will work in the hospital.
- ♥ A possible alternative is to join volunteer groups that are active in some hospitals. This way, you may gain experience interacting with patients, except for being able to care for them as a nursing student.

FINANCE

QUESTIONS & ANSWERS

01

ARE SPONSORSHIPS ONLY APPLICATION TO YEAR 2S ? OR AM I ABLE TO APPLY NOW?

- ① Sponsorships are offered by the various hospitals and the application criteria depends on the hospital that you are interested to apply for. You can visit the website of hospitals to check the application and period and criteria.
- ① There are seniors who have applied for sponsorships before officially starting school in August, while some have applied only after their attachments at particular hospitals! It depends on personal preference as some may like to experience the hospital culture during clinicals first before applying for the sponsorship programme of that particular hospital.

02

HOW IS THE HEALTH CHECK UP LIKE AND HOW MUCH IS IT?

- ① Please check [this site](#) for more information regarding University Health Centre check-ups.
- ① For health requirements for nursing students (AKA vaccinations required), please check [this site](#).

03

WHAT TYPE OF BLACK SHOES SHOULD WE BUY? WILL THERE BE A FAIR AT NUS FOR ALL NURSING FRESHMEN TO BUY?

- ① Clinical attachments require all-black shoes, including the logo. Shoes should be comfortable as you will be walking and standing in them for long hours. It is recommended for shoes to have some water resistance as this feature will be useful when bathing the patients.

04

WHEN DO WE RECEIVE THE SCRUBS AND UNIFORM? CAN WE WEAR SCRUBS TO CLASS?

- ① It is usually received in September/ before your clinical attachments. The school will arrange for sizing a few months before collection.
- ① Nursing scrubs are not to be worn outside labs.

05

WOULD AN IPAD OR LAPTOP BE MORE APPROPRIATE FOR UNIVERSITY?

- ① An iPad can be useful for taking notes during lectures and tutorials. For students who learn better by annotating directly on pictures (e.g. anatomy lessons which is graphic heavy), a touchscreen device like iPad/touchscreen laptops can benefit them.
- ① While an iPad can aid your learning, you will still need a laptop to take your assessments. All Nursing examinations and some continuous assessments have gone digital through a platform known as Examssoft. Students enrolling into the BSc (Nursing) programme have to possess a laptop for this use. Students can either buy or loan a laptop from their friends or relatives for the examinations.

06

WHAT ARE THE SOFTWARES REQUIRED (MICROSOFT OFFICE 365) AND ARE THEY PROVIDED BY NUS?

- ① There are a number of software required for NUS Nursing students, such as Microsoft Office 365, Exemplify (e-Exam software), Zoom etc. For detailed installation instructions for Microsoft Office 365, please visit [this site](#). For Exemplify, detailed instructions will be provided by the NUS IT staff when school starts.

STUDENT LIFE

QUESTIONS & ANSWERS

01

What is the Nursing Sub-club?

- ♥ The Nursing Sub-club looks after the interests of our students. We are the ones behind most of the social, sporting, community service, academic and welfare events and initiatives that enrich student life in Nursing. We commence recruitment in the beginning of the academic year, so do look out for our announcement!

02

Are there any vegetarian food options around medicine-nursing faculty?

- ♥ There is a vegetarian stall in Science Canteen (Frontier) as well as many salad shops around us. There are vegetarian options in NUH medical centre and salad options in Platypus food bar at S16 block, just to name a few.

03

Are there CIP opportunities available for nursing students?

- ♥ There are many opportunities for Nursing students to participate in service learning both locally and overseas. In fact, service learning participation is part of our Nursing curriculum.
- ♥ Local CIPs: In Nursing and Medicine, there's the Neighbourhood Health Service, Public Health Service, Project Caring Hearts, Longitudinal Patient Experience, Project iRemember, and many more!
- ♥ Overseas CIPs: We have student-led CIPs to Cambodia, China, the Philippines and Malaysia. You'll find yourself providing medical support or education in remote villages and adapting your practice to local conditions, which can be very challenging at times.

04

Is it a common practise to find an internship beyond clinical placement? Is it difficult in securing an internship opportunity?

- ♥ It is uncommon but not impossible. The NUS Nursing curriculum is rigorous and requires nursing students to complete 1,320 clinical hours before graduating as a Registered Nurse.
- ♥ Apart from the curriculum, nursing students are also involved in shaping student life in Nursing through leadership, cultural, sporting and community projects. Therefore, there could be a compromise on the holistic experience NUS Nursing delivers by seeking internship during school term or clinical attachments.

05

Are there any restrictions on hair colour?

- ♥ Dark brown or black hair is usually the convention as no flashy hair colour is allowed during clinical attachments.

06

How do you cope if you get posted to a hospital that is very far away from your house such that you cannot make it in time for morning shift during clinicals?

- ♥ If you get posted to a hospital that's too far away during clinical attachments, you can bring it up to your Clinical Instructor (CI) to ask for a later reporting time. For example, morning shift reporting time is 7am but you can ask to report at 730am. But you'll need to pay back by ending shift 30 mins later too. It will depend on whether the CI allows it.

Wanna hear more?

click to navigate!



Missed the Facebook live? Watch the re-runs to hear more from our seniors and lecturers about the curriculum and student life!



**Have you heard the seniors answering your burning questions from the tellonym channel? Click on the icon to watch them all now!
P. S. Do not forget to follow our ig @nusnursing**

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Alice Lee Centre for Nursing Studies
Yong Loo Lin School of Medicine

**Feel like reading more about NUS Nursing?
Don't hesitate to click on that link :D**

Acknowledgments

This booklet will not be possible without the support and help of:

Dr Sunil Selvarajan

Ms Ann Toh

13th and 14th Nursing Sub-Club; Neo Hwee Shuen, Alison Lim Jiaqi, Yap Jia Min, Cheryl Chan Jia Wen,
special mention to Chen Shiyun, Lua Xinmin

FBC 2020 team



Acknowledgments

This booklet has been revised from the 'A Freshie's Ultimate guidebook' 2020 version. We give thanks to the 2020 Orientation team, this 2021 revised guidebook would not have been possible without you.

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