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USM Nursing Program Admission Information

Introduction: Welcome to Nursing Track Info Central. If you are interested in being accepted into the BS program in Nursing, this is the place for you. The Student Success Center has designed this site to help you become a competitive applicant. You should also refer to the School of Nursing’s web page: http://www.usm.maine.edu/nursing/bs-nursing on a regular basis because that is the primary source of information about the BS program in Nursing.

Advising
You will find your USM Advisor’s name is listed in your Student Center on MaineStreet. If you are Undeclared, call the Student Success Center to make an appointment with your Advisor, www.usm.maine.edu/success If you have a declared major, contact your department directly to meet your advisor.

To stay on track with your academic goals, meet with your Advisor on a regular basis. During your first meeting your advisor will review classes needed and will explain their progression to you. In addition to your professors and your Advisor, here are several resources to help you become successful. Each resource includes many staff and students that are looking forward to helping you. These include:

A) Information sessions about transferring to Nursing are held on a regular basis. Check this page: http://www.usm.maine.edu/nursing/information-session-reservation-form to sign up for the next available session

B) Student Success Centers: www.usm.maine.edu/success These Centers are located in Portland, Gorham and Lewiston, and are focused on ensuring your success as a student. At each site you will be able to get answers to your questions and assistance in academic and career planning.

C) Advising Network: http://usm.maine.edu/success/advisingnetwork The Advising Network is a web collection of resources to support you in your partnership with your advisor. On this site you will find an advising timeline, learning modules, links, GPA calculator, forms, and much more.

D) Tutoring (Math, Writing, ESL, Technology): USM students receive free tutoring services in Math, Writing, English as a Second Language (ESL), and Technology Support. Our tutors are trained to assist students with improving their comprehension and skills in these subject areas, and have scheduled hours throughout the week and at multiple locations. Students can take the opportunity to:

- better understand math concepts
- improve the quality of their writing
- learn how to use a variety of software programs
- learn how to become more effective and efficient learners

Whether on the Portland, Gorham, or Lewiston-Auburn campus, students can schedule a face-to-face or online tutoring appointment by visiting http://usm.askonline.net/ (PLEASE NOTE: students visiting this site for the first time will need to activate their AskOnline account, which will only take a few moments.) In addition to self-scheduling through the AskOnline website, appointments for Portland and Gorham can also be scheduled by calling 780-4228, or by visiting The Learning Commons at University Libraries.
Lewiston-Auburn appointments can be scheduled by calling 753-6513 or emailing writingcenter@usm.maine.edu. Additional math support is offered on a walk-in basis through the Math Department, located in 301 Payson Smith Hall on the Portland campus.

Application to the Nursing Program
The application process for the BS Program in Nursing is based on the number of credits that you have completed at the time that you apply. The categories, listed below, require you to have a cumulative GPA of at least a 3.0 in all prior course work to be considered. In addition, your science GPA must be 2.67 in the sciences required for nursing. Ask your advisor about the specific criteria to see if and when you are ready to apply.

<table>
<thead>
<tr>
<th>Credits</th>
<th>Your Action</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between 0 and 32 credits</td>
<td>Requires a change of major form. You must meet specific criteria (see below)</td>
<td><a href="http://www.usm.maine.edu/~reg/majorchange.pdf">www.usm.maine.edu/~reg/majorchange.pdf</a></td>
</tr>
<tr>
<td>Transfer pool- over 32 credits</td>
<td>Requires the Supplemental Nursing Application. Contact your advisor for specific criteria.</td>
<td><a href="http://www.usm.maine.edu/con/nursing/documents/supplemental_002.pdf">http://www.usm.maine.edu/con/nursing/documents/supplemental_002.pdf</a></td>
</tr>
</tbody>
</table>

Change of Major to Nursing
Freshmen who have math readiness and writing proficiency, who have successfully completed a science for nursing (Anatomy & physiology I or chemistry), college writing, and two social sciences for nursing: (Introduction to Psychology, Introduction to Sociology or Human Growth & Development), and who achieve a minimum 3.0 USM GPA within 32 credits, may request a change of major to Nursing.

For those students admitted to USM in the “GO” program, you will also need to complete those requirements before being considered for the BS in Nursing program. These requirements are described in this link: http://www.usm.maine.edu/success/go-academic-requirements.

Please work with your Advisor to ensure that you complete the requirements.

Nursing Transfer Pool Frequently Asked Questions

Q- How do I apply?
A – Complete the Supplemental Application for Nursing, and submit it by the due date along with supporting documents directly to the School of Nursing.

Q- Does it cost anything to apply? Do I need to fill out the USM Undergraduate application?
A – No, there is no fee, nor do you need to complete the USM Undergraduate application.
Q: Do I need to submit transcripts from other colleges that I’ve attended?
A – If you’ve taken courses at other colleges since you matriculated at USM, you should submit those transcripts.

Q – When is the application deadline for transferring to the USM nursing program?
A – Your application and all required documents must be postmarked by January 15 for consideration for fall admission to nursing.

Q- Does the USM School of Nursing admit students to nursing in the spring?
A – The School of Nursing accepts students to nursing only for fall semester. An exception is made for those who have completed the requirements for a change of major within 32 credits.

Q - Do I need to include an essay or submit a statement about academic goals and objectives as part of my admission application?
A – The Supplemental Application for Nursing includes an essay question. This is the only essay required.

Q - Do I need to submit letters of recommendation?
A – The School of Nursing does not require letters of recommendation at this time.

Q – Are there any prerequisite courses required to apply?
A – The School of Nursing does not require prerequisite courses to apply to the BS in Nursing program. However, if you are accepted to the program, in order to place you in a clinical group, we ask for information about courses that you have taken or plan to take, which are prerequisite to nursing clinicals. *There are special requirements for those who hope to change their major to nursing during freshman year (within 32 credits) See page 3.

Q-Do I need to submit proof that I’m enrolled in the prerequisite courses?
A-If you are taking prerequisite courses at another institution; you should submit transcripts as soon as grades are available.

Q-Will you accept late applications?
A-No, applications and supporting material must be postmarked by the due date.

Q-Do you conduct interviews for the Nursing Program?
A-No, The School of Nursing does not currently conduct interviews.

Q. I want to improve the grades in one of my science classes. How many times can I retake it?
A. To be a competitive applicant, you should achieve a B in the classes, but a C, C+ or B- is acceptable. Students may retake a science class one time.

Q. May I take my Nursing prerequisites at another college or university?
A. Before taking courses at another institution, you should check the transfer equivalency information that is available online via MaineStreet. To access the information, click on Transfer
Course Equivalencies under the Quick Links on the left side of the page. If you do not see the college/university or a particular course listed, and for other information regarding the transfer credit evaluation process, please contact the Office of Transfer Affairs at (207) 780-5340 or transfer@usm.maine.edu. Please work with your advisor for help in selecting the correct courses. Refer to this link: Plan of Study for Transfer Students. You will also need to have an official transcript sent from that institution to the USM Registrar office. (113 Corbell Hall, Gorham, ME, 04038). For more information, please call: (207) 780-5230.

Q. I have gained skills from other jobs and volunteer work held in the past. Would this experience count towards my degree?
A. Contact the Office of Prior Learning where you will work with a staff person who can evaluate your experience. http://www.usm.maine.edu/pla or call: (207) 780-4663.

Q-Do you have a waiting list?
A-The School of Nursing doesn’t maintain an ongoing waiting list. We may keep a short-term waiting list for a specific clinical cohort group.

Q-When will I know whether or not I’m accepted to the program?
A-The School of Nursing’s goal is to notify applicants in writing sometime in April.

Q. I applied several times and didn’t get into the nursing program. Nursing is the only career I want. I don’t think I have any choices left. What should I do?
A. Please work with your current advisor to explore options that will help you be successful, or contact the Student Success Center. http://www.usm.maine.edu/success

Q. I am feeling a lot of pressure with school and am not sure what to do.
A. The Counseling Center has professional staff to help you and you are eligible for up to 12 free sessions as long as you are registered for a minimum of six credits/semester http://usm.maine.edu/uhcs
Career Exploration in other Health Fields.
It is recommended that, from your first semester at USM, you work with your Advisor regularly to learn about the wide variety of exciting health fields that may be career possibilities for you. In addition, please keep in mind that USM’s nursing program is very competitive. (In, 2009, for example, only 25% of the applicants were admitted into the degree program for a limited number of spaces.). We strongly encourage you to carry out the Career Decision Review outlined below. In addition, we’ve provided some helpful websites in the chart on page 6.

Career Decision Review:
Did you decide many years ago that you wanted to be a nurse? Since you may be in the early stages as a college student, we challenge you to take a moment and recall the reasons why you have chosen nursing as your career goal. The suggested decision making steps, listed below, may help confirm your decision or help you consider other options. The benefit to investing time in this step-by-step process is that it can help you feel satisfied about your career choices for many years.

Steps:
A) **Identify your goal or decision:** (i.e. - “I want to help people.”)
B) **Determine your options/alternatives:** (What health careers would you consider? Try to come up with a list of at least three.)
C) **Explore/Research/Gather information:** Find out more about nursing and other careers that you may have identified in “B”. The exploring step may include talking with professors in various departments, job shadowing professionals in the field, researching web sites of professional career organizations such as in athletic training, occupational therapy, or other fields. Another excellent resource is the Occupational Outlook Handbook, compiled by the Bureau of Labor Statistics’ online network, which includes background information of thousands of careers: [http://www.onetonline.org](http://www.onetonline.org)
D) **Evaluate the pros and cons of each option/alternative career:** Ask yourself, “Can I do well in the subjects required- especially in the sciences? Will I be happy with the choices? Should I rewrite my goal?”
E) **Make an action plan:** Write the steps and a timetable that you need to accomplish your goal. Be willing to reevaluate your goal by using this decision making process each semester. The benefit to investing time in this process is that it should help you feel satisfied about your career choices.
### USM Departments that offer health-related degrees and minors

<table>
<thead>
<tr>
<th>Department</th>
<th>Website</th>
<th>Programs Offered</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Nursing                                 | [http://www.usm.maine.edu/nursing](http://www.usm.maine.edu/nursing) | • BS in Nursing  
• BS in Nursing - Accelerated Program  
• MS in Nursing - for Non-Nurses with a Baccalaureate Degree - The Options program  
• Minor in Holistic Health | Karen Martel: 228-8182 kmartel@usm.maine.edu |
| Recreation and Leisure Studies          | [http://usm.maine.edu/rls](http://usm.maine.edu/rls) | • BS in Therapeutic Recreation  
• Minor in Nature Based Tourism  
• Minor in Recreational Leadership | Laurie Nickerson: 780-4172 lnickerson@usm.maine.edu |
| Exercise, Health, and Sports Sciences   | [http://usm.maine.edu/ehss](http://usm.maine.edu/ehss) | • BS in Athletic Training  
• BS in Exercise Science - Exercise Physiology  
• BS in Exercise Science - Health Fitness  
• BS in Health Sciences | Gerri Therault: 780-5782 therault@usm.maine.edu |
| Department of Biological Sciences       | [http://usm.maine.edu/bio](http://usm.maine.edu/bio) | • BS in Biology: Biotechnology specialization  
• BS in Biology: Human Biology specialization  
• Certificate in Pre-medical studies (Postbaccalaureate)  
• Certificate in Pre-veterinary studies (Postbaccalaureate)  
• Concentration in Biology: Pre-pharmacy program  
• Minor in Biology | Ann Perry: 780-4260 aperry@usm.maine.edu |
| Occupational Therapy Master’s Degree Program | [http://usm.maine.edu/ot/overview](http://usm.maine.edu/ot/overview) (Located on the LAC campus) | • Certificate of Graduate Study in Occupational Therapy Return to Practice (R2P)  
• MOT in Occupational Therapy  
• Jumpstart Program (for those who don’t have a prior degree) | Luisa Scott: 753-6500 lscott@usm.maine.edu |

You might also want to consider exploring USM’s majors in Linguistics (780-4582), Social Work (780-4120), or Psychology (780-4250).