

## COACHES, SCRUBS & RUBBER GLOVES: A Closer Look at Academic Coaching in Nursing

With heightened health consciousness and increased demand for nurses in the county, Montgomery College has committed to doubling the number of students who graduate from the nursing program. How are academic coaches with the Achieving the Promise Academy contributing to this important goal?

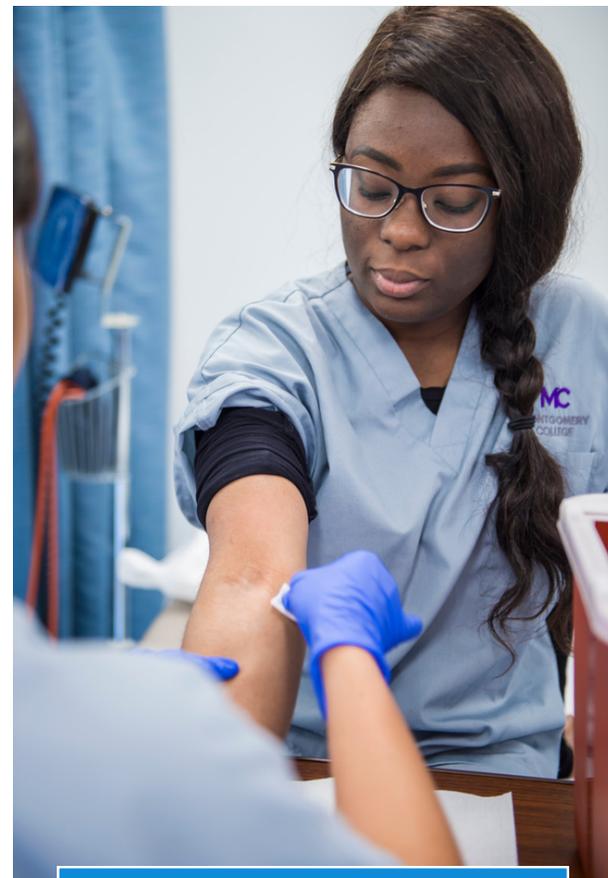
At MC, nursing students have long benefited from several layers of holistic support and targeted academic assistance, such as learning skills support specialists who provide academic support for students enrolled in all of MC's health sciences programs.

In an effort to help launch even more nursing careers, the nursing program has become the latest department to partner with ATPA to focus additional academic support in courses with historically high DFW rates. For students taking courses like Nursing 126, which teaches students to care for the specialized needs of older patients, embedded coaches are now offering weekly coaching sessions, additional support for difficult course concepts, and personalized assistance to students referred to the program's Skills Lab for further clinical skills practice.

**In a recent ATPA survey, a nursing student shared, "Academic coaching was of great help to me, especially with my second 126 Mental Health exams. Coach Janet Frazier was so patient [...] breaking down every little thing I needed to know from my textbook. I felt so comfortable and was able to read all the required chapters and answer questions that I made from the learning objectives. After the meeting with her, I went over my textbook and it was like ABC to me. Janet Frazier is a wonderful coach."**

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MC Health Sciences students hone their skills, practicing "sticking" each other.



Learn More in the MC Video, "Post-pandemic: Growing the Healthcare Workforce to Help the County Thrive"





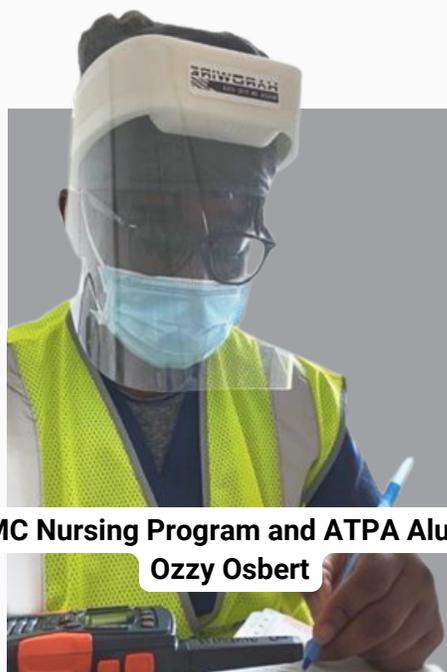
Expanding the number of students who complete a nursing degree also requires MC to help more students succeed with pre-nursing coursework. In those courses, embedded academic coaches are helping students develop the fundamental knowledge, skills, habits, and mindsets they'll need to earn acceptance into the nursing program—and go on to become successful nurses in the future.

As a full-time embedded coach specializing in Biology and Chemistry, Dr. Soheila Ebrahimiyan coaches many students working to build skills in pre-nursing courses. Dr. E comments on how she helps students develop these skills early in their academic journeys at MC:

**“These students come from similar life situations, [such as] adult students who have families, children and full or part-time jobs already. Being in science courses is intimidating for them. A misconception about nursing is that students don’t consider it a science. My goal is to build a support system for these students in which they feel they belong, they can do this; I am building their confidence as scientists. Of course, I offer content support, but I am also building their spirit as future nurses.”**



**Dr. Soheila Ebrahimiyan**



**MC Nursing Program and ATPA Alum  
Ozzy Osbert**

## What kind of nurse do you want to be?



*I ask this question of my students every semester, and they respond with pediatric or ER, and I say no, that's not what I'm asking. **What does it mean to be a good nurse?***

*A good nurse is knowledgeable, accurate, communicative, organized. I help students develop this long-term vision towards becoming the kind of nurse they want to be.*

**Embedded Academic Coach Dr. Soheila Ebrahimiyan**



“

The students who have sought my support have raised my awareness of what is needed for today's nursing student. Culture and climate in learning is different since I graduated in 1997. Students today have many media-technology resources and academic supportive programs in place at MC. Students also face challenges by being the older student, the working parent, and may have cultural-language barriers. I develop a rapport with the student to feel comfortable expressing personal, financial, or cultural concerns that may hinder their progress. Building relationships by applying relatable experiences has made a difference in their dedication to succeed in the program.

— ATPA Coach Janet Frazier —

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INTERVIEW WITH NURSING COACH

# Janet Frazier

MSN-Ed, RN, CRRN

**Tell me a little bit about your own academic and career journey.**

My career as an RN has encompassed twenty-six years serving patients, family caregivers and medical staff. I obtained a MSN-Ed to pursue my passion in promoting education for nurses so they may provide high-quality care for patients by applying the latest in technology and research, as well as promoting personal professional advancement in certifications and advanced degrees.

**What is your philosophy as a nursing coach?**

Working as an ATPA Coach, I continue with the philosophy of educating future RN's to be professionally prepared to give the highest quality of care. I reinforce and help clarify the class information taught by the faculty professors. Additionally, I provide a listening ear and supportive strategies to aid the student throughout their academic journey.

**What insights can you share about these students?**

The MC nursing program is superior in academically and clinically preparing future RN's. The ATPA program is another resource made available for students to use to help them complete the program and go on to successfully pass the NCLEX.

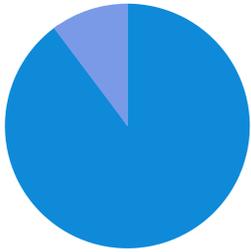
# NURSING

# data dive



## Fall 2022 ATPA Nursing Survey Results

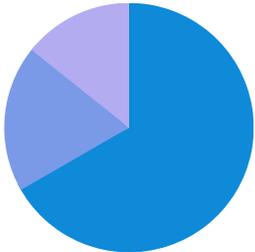
Did you know that there's an Academic Coach assigned to your class?



89.7% YES

10.3% NO

What has been your overall experience with Academic Coaching so far this semester?

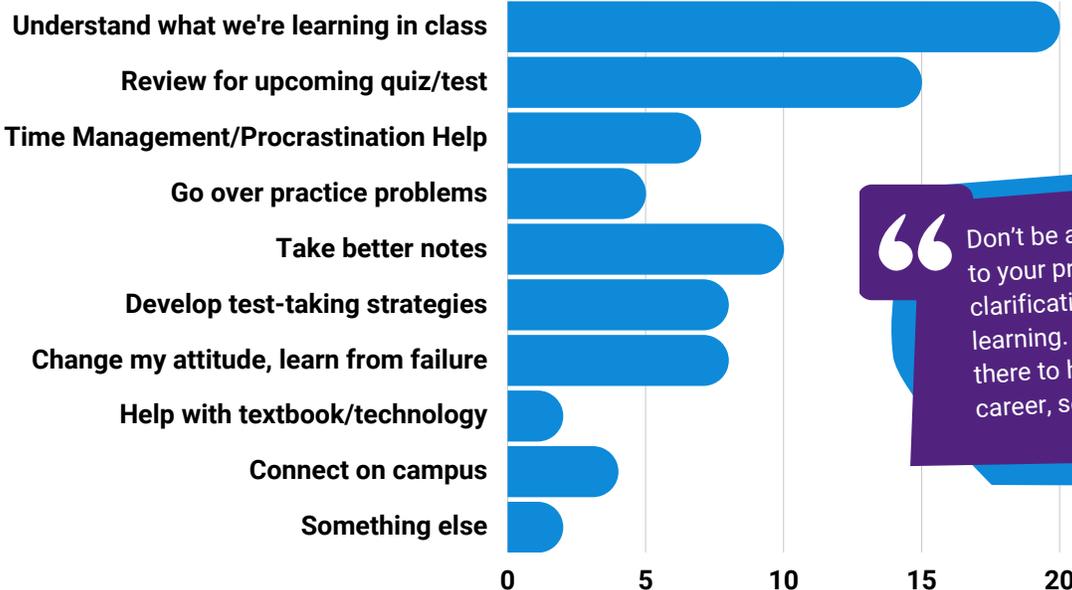


66.7% REALLY HELPFUL

19% HELPFUL

14.3% NEUTRAL

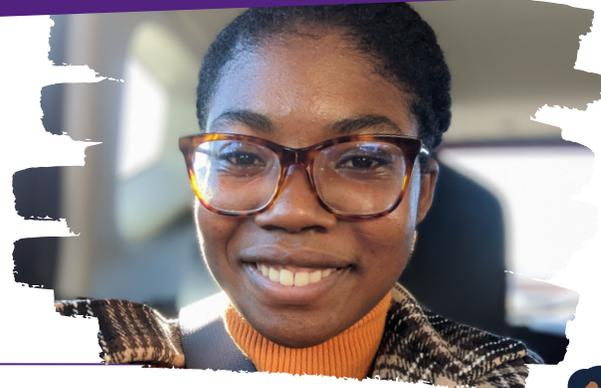
What has the Academic Coach helped you do?



ATPA is proud to introduce new Student Assistant **Beslin Aryeh**, a nursing major in the Early College program.

Beslin utilizes embedded coaching herself and applied to work for ATPA "because I benefitted from my coaches and wanted to help facilitate that for other students."

Beslin aspires to graduate in Spring 2024 with her ASN, take the NCLEX, and begin working as a nurse while pursuing her BSN.



“Don't be afraid to ask questions or to go to your professor's office hours for help or clarification on the material you are learning. The classes you're taking are there to help you succeed in your desired career, so get the best out of each class.”

# WE THE PEOPLE...

SEMESTERLY  
stories

## An ATPA Student and a Coach Become U.S. Citizens

ATPA is proud to share that two members of our program recently passed their United States Citizenship Tests: electrical engineering student Angeline Keptchou Doya and Coach Vani Chauhan! Both revel in the relief and confidence that has come with this achievement.

Angeline, originally from Cameroon, entered the U.S. via lottery. After waiting nearly two years for documentation processing, she received the news that she was approved: "It was like a dream. When I arrived at immigration at the airport, and I saw they put the stamp on my passport, I screamed with joy." Upon arrival, Angeline, whose first language is French, began learning English by enrolling in a Montgomery College ESOL course. Angeline progressed through MC English classes to eventually become a fluent English speaker.

She reflects on her initial experiences at Montgomery College: **"People on campus were very welcoming. I would hold out maps and papers to other students, and they would help me figure out where my classes were. The Welcome Center [Raptor Central] on campus always has people who speak so many different languages, they helped me a lot. I found out that there were a lot of other people here who didn't know English either. I met people from so many different places, and eventually, I met other students who spoke French!"**

Angeline then entered the electrical engineering program at MC. In the Spring of 2022, Angeline met a fellow classmate enrolled in Physics I who introduced her to ATPA. Determined to sign up, Angeline requested a personal academic coach and was assigned to Coach Sarah Bluth. With her coach's support, Angeline practices stress management techniques; continues to improve her time management and organization skills by using a planner and writing everything down; and works to improve her punctuality:

**"Coach Sarah taught me to write things down, even ideas. I was always coming to class late or even our Zoom meetings, and she helped me to plan my time better. She even told me about the mobile market and other resources. But sometimes we just chat and laugh, too."**

Would you pass?



Angeline Keptchou Doya



How many amendments does the U.S. Constitution have?

When was the Declaration of Independence adopted?

Name one branch of the government.

Why does the flag have 13 stripes?

Who is Chief Justice right now?



After residing in the United States for at least 5 years, Angeline became eligible to take her citizenship test. On this test, applicants are asked 10 civics questions (out of 100 possible questions) and must answer 6/10 correctly in order to pass. Applicants must also show proficiency in reading and writing English.

**“It’s very meaningful to me to become a U.S. citizen. It’s not that I don’t like my country, but I have privileges as a young person in America that I didn’t have in my home country. Even though I was already in university back home, we didn’t have computers or internet. I learned how to use a computer here in the U.S. I also bought my first car here with my own money! I can make choices with my paycheck because I can rely on the money I earn.”**

As Angeline approaches her last semester at MC, she reflects that she “doesn’t have time to compare [herself] to other students.” Her focus is on moving forward towards her goals. When she feels overwhelmed, she calls her mother for support: “My mom always asks me the same questions, ‘do you understand it?’, ‘do you think you can do it?’, and ‘do you have the resolve to do it?’ and I say yes!”



**Never stop growing. I thought I was educating myself for a job, but I am learning so much more. People should not give up, people should always be learning. Education is endless, no matter what their age, their education, their language.**



## MC Citizenship Preparation Program



**MC Salvadorian Festival**



**World of Montgomery Festival**

Angeline has been accepted at Howard University and Minnesota State University and plans to pursue her bachelor's degree in electrical engineering. She hopes to enter the workforce and then set her sights on a master's degree or even a doctorate: “I want to learn about all the newest technology, in this field new developments happen fast!” Angeline sends money home to her family, but ultimately hopes to bring them to the U.S. as well and stay for the long haul. Angeline sets no limits on herself or her potential; she even expresses an interest in becoming a Member of Congress!



**There is not much change in my goals and plans, but I feel more confident about everything now since I have the rights, privileges, and protections granted to U.S. citizens. This security also fills me with gratitude and motivates me to be committed to the core American values that attract immigrants from all over the world.**

**Coach Vani Chauhan**

# IT'S A NO-BRAINER



CENTERING NEURODIVERSITY IN COACHING

» March «

21

22



REGISTER NOW >



## Simple Strategies for Succeeding with ADHD

### Learning Community Hour (LCH) Workshop March 21 & 22

It's estimated that as many as 10 million adults in the U.S. have ADHD. Although people living with ADHD can be very successful, challenges with executive function, emotional regulation, focus, and more are common. The good news is that ADHD is better understood than ever before, and students do not have to struggle without support. In this workshop, ATPA Director Nik Sushka, who was diagnosed with ADHD and a mood disorder as a child, will discuss the opportunities and challenges that people with different learning abilities often experience, while providing simple strategies for succeeding with ADHD. All students are welcome to explore new approaches to managing responsibilities, getting organized, improving relationships, and more.

## Exploring Coaching Approaches for Neurodiverse Learners with Landmark College

In December, ATPA's monthly coach training featured Dr. Emily Helft from Landmark College's Institute for Research and Training. Dr. Helft shed light on various models of executive functioning, working memory, language processing and effective coaching for neurodivergence. Following December's training, ATPA coaches were invited to complete self-paced workshops with Landmark College featuring strategies for helping neurodiverse students develop college-level reading, writing, and math skills. Landmark College exclusively serves students with learning disabilities including dyslexia, ADHD, and autism spectrum disorder (ASD) and offers two- and four-year degree options, a certificate program in executive function, and summer programs for students who learn differently.

# Coming Soon



**MARCH 15**  
8AM - 4PM  
TP/SS

**STAFF ENRICHMENT DAY**   
Moving Forward with Perseverance:  
Celebrating Our Strength



**MAY 5TH**  
GT

**ATPA END-OF-YEAR CELEBRATION**  
Celebrate student accomplishments with  
activities, food, giveaways, and more!

**DE-STRESS WITH MC'S  
PEER2PEER PROGRAM!**

*Relax*



**MARCH 23**  
6 - 9PM  
RV

**MC'S GOT TALENT SHOW**

\$10 In Advance | \$12 At Door  
All proceeds support student scholarships



**MAY 19**  
10AM  
RV

**COMMENCEMENT**

View Commencement FAQs on MC's  
Commencement Page



*hello  
spring*

