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ABLE Scholars Community
Advancing BIPOC Learning & Engagement
Nursing Progression Project
Funded by Health Resources & Services Administration (HRSA)
November 2024



Hello ABLE Scholars,
November is here and it is filled with opportunities. Check out the upcoming events and prioritize time for one that speaks to you!

ABLE Events



Learn how to prepare professional presentations and negotiate your nursing salary. Create presentations that are engaging and make an impact on your colleagues. Learn techniques to negotiate salary for your new job. These workshops are presented by WCN and the UW ABLE Scholars Grant, funded by HRSA.

Presentation Best Practices for Interviews

Date: Tuesday, November 5, 2024

Time: 11:30am – 1:00pm PT

Zoom Link: https://bit.ly/WCN-Presentations_Nov5

Salary Negotiations

Date: Tuesday, December 10, 2024

Time: 11:30am – 1:00pm PT

Zoom Link: Coming Soon



Let's Talk About Graduate School

Interested in graduate nursing studies? In this hour, connect with current UW MN and Population Health DNP students, get the inside scoop on these programs and learn what life as a graduate student is really like. Join us to gain insights and valuable advice to help you choose the right degree for your goals!

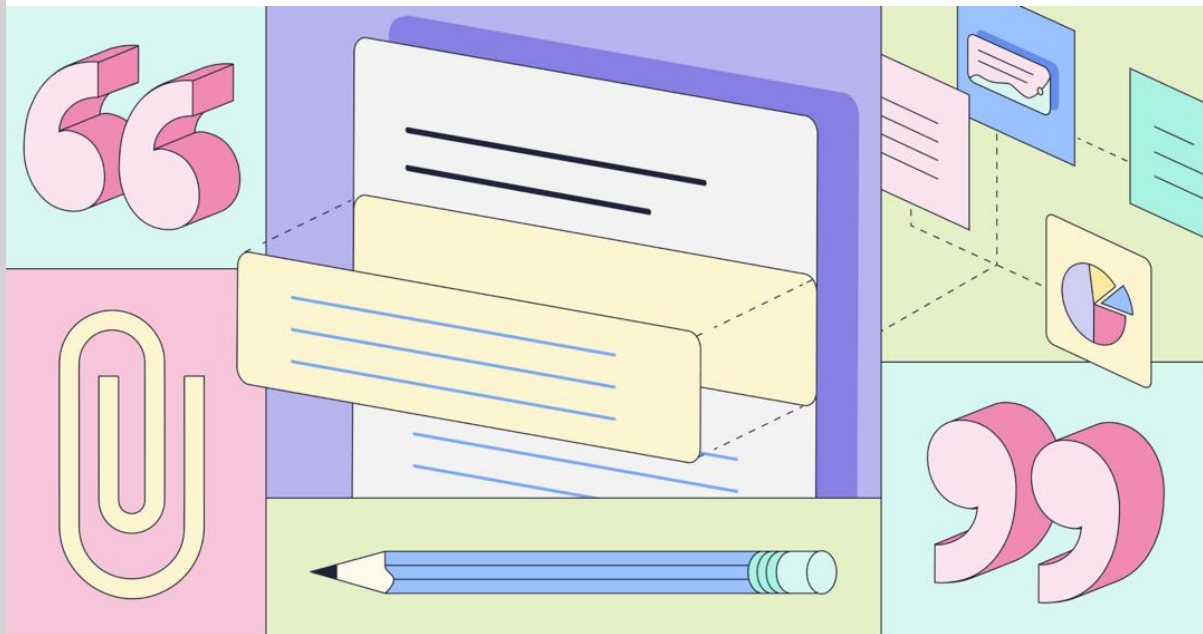
Event: Let's Talk About Graduate School

Date: Thursday, November 7th

Time: 6:00pm-7:00 pm

Zoom link: <https://washington.zoom.us/j/99850174208>

Citing Work and Avoiding Plagiarism - An Online Workshop Hosted by Jacqueline Richards



Do you have questions about when and how to cite sources? Would you like more information on how to paraphrase, summarize, and quote sources? Do you need tips on how to remember the information you're referencing? If so, then this is the workshop for you! I'll be covering key strategies for citing your sources accurately, understanding academic integrity, and avoiding plagiarism.

Date: Thursday, November 14th

Time: 5:00-6:00 pm

Zoom Link: <https://washington.zoom.us/j/92907486411>

Tips from the ABLE Writing Coach



Getting back into the groove of writing can be challenging. At times it might be frustrating to get started and stay motivated. Here are some tips that have helped me as a student successfully start and finish writing assignments:

1. Break down the assignment. Going through the assignment instructions and highlighting requirements can help ensure that nothing gets left out. Make sure to consider the audience and purpose of the assignment. If unsure about assignment guidelines, reach out to the instructor or me.
2. Get feedback. A fresh perspective can aid the writing process by bringing in new ideas and catching things that got overlooked. Meeting with me can be a useful way to get feedback.
3. Make time to revise. Starting early and giving ourselves time in between drafts to revise allows for stronger drafts

For more tips, tricks, and resources when it comes to writing visit [Writing Resources & Techniques for Grad Students](#).

Schedule a 30-minute one-on-one session: <https://calendly.com/jrichar2-uw/30min>.

Drop-in Study Support hours are Monday from 12-1pm

Zoom link: <https://washington.zoom.us/j/97562791858>

15 Ways to Feel Better Naturally



Sometimes you only have a few minutes for yourself. Maximize your next 15 minutes, [How to Feel Better and Practice Self-Care in Less Than 15 Minutes \(webmd.com\)](https://www.webmd.com/mental-health/15-minute-stress-management-tips).

Observances

Native American Heritage Month



National Native American Heritage Month is officially celebrated each November, but at Washington's National Park Fund along with our three park partners, we work to center Native culture year-round. The lands that are now designated as **North Cascades National Park Service Complex, Olympic National Park, and Mount Rainier National Park** are the ancestral homes of many Indigenous groups and are especially rich in Native history and culture. Staff at all three parks are committed to partnering with the tribes to promote accessibility, educate visitors, and preserve these special places. Visit [Washington's National Park fund](#) to learn more about services and programs.

Election Day



The Presidential Election is November 5, 2024. To register, check registration status, find local polling information, and answer other logistical voting questions visit [Voting on Election Day](#)

National Home Care and Hospice Month



November is the month to honor and celebrate all the wonderful nurses, home care aids, social workers, and therapists who make such an incredible difference for the patients and families they care for. There are millions of American seniors and people with disabilities who rely on home and hospice services for quality care. This month we recognize and thank the home care and hospice service workers for the tireless care they provide year-round. For more resources and news regarding home care and hospice month visit [Home Health & Hospice Care](#) or [National Home Care and Hospice Month](#)

Voices of Nursing



The Voices of Nursing podcast amplifies the voices of top-notch nurse leaders, researchers, and scholars, sharing their experiences, challenges, triumphs, and the profound impact they make on patients, families, and communities.

[Listen to Episode #2](#)

Contact the ABLE Team:

Please reach out to the ABLE Team at ablenursing@uw.edu with any questions or comments. Visit the [ABLE Scholars website](#) for helpful resources, save it to your favorites!

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