



<p><b>FRESHMAN FALL (17 CREDITS)</b>            CTZN 110: Inquiry into Citizenship (3)            NURS 105: Medical Terminology for Healthcare (1)            BIOL 206: Human Anatomy &amp; Physiology I (4)            PSYC 230: Developmental Psychology (3)            Pillar: Global Citizenship (3)            Pillar: Historical &amp; Contemporary Insights (3)</p>	<p><b>FRESHMAN SPRING (16 CREDITS)</b>            ENGL 165: Writing &amp; Rhetoric (3)            MATH 155: Overview of Statistical Reasoning (3)            or MATH 171: Statistical Decision Making (3)            NURS 100: Intro to Nursing &amp; Healthcare System (3)            BIOL 207: Human Anatomy &amp; Physiology II (4)            Perspective: Integrating World Languages (3)</p>
<p><b>SOPHOMORE FALL (15 CREDITS)</b>            NURS 210: Health Assessment Across the Lifespan (3)            NURS 220: Clinical Skills for Nursing Practice (3)            Pillar: Scientific Reasoning (3)            Pillar: Aesthetic Expression (3)            Perspective: Historical or Social (3)</p>	<p><b>SOPHOMORE SPRING (18 CREDITS)</b>            PHIL 315: Biomedical Ethics (3)            BIOL 304: Microbiology (4)            NURS 230: Foundations of Nursing Practice (4)            NURS 240: Principles of Pathophysiology (4)            Perspective: Global Citizenship or Aesthetic Expression (3)</p>
<p><b>JUNIOR FALL (14 CREDITS)</b>            NURS 315: Nutrition: Health &amp; Disease (3)            NURS 320: Principles of Pharmacology (3)            NURS 341: Nursing Care of Adults &amp; Families (5)            Perspective: Quantitative or Scientific Reasoning (3)</p>	<p><b>JUNIOR SPRING (17 CREDITS)</b>            NURS 325: Care of Women, Children &amp; Families (6)            NURS 360: Research &amp; Evidence Based Practice (3)            NURS 393: Patients with Complex Health Problems (5)            NURS 372: Social Concepts and Nursing Care of the Older Adult (3)</p>
<p><b>SENIOR FALL (13 CREDITS)</b>            NURS 410: Nursing Care of Patients with Psychiatric/            Mental Health Problems (4)            NURS 420: Community Health Nursing (4)            NURS 480: NCLEX Success (2)            CTZN 410: Symposium for the Common Good (3)</p>	<p><b>SENIOR SPRING (12 CREDITS)</b>            NURS 430: Healthcare Policy &amp; Regulation (3)            NURS 440: Managing for Safety &amp; Quality Outcomes (3)            NURS 491: Senior Seminar: Transition to Nursing (2)            NURS 492: Internship in Nursing (4)</p>



### AFTER GRADUATION

Students who earn a degree in Nursing find employment in a variety of settings. We tracked recent graduates of the program, and here's what some of them are doing:

- Registered Nurse, Bon Secours Health System
- Critical Care Registered Nurse, VCU Health
- Operating Room Nurse, Bon Secours Health System
- Registered Nurse, Children's Hospital of The King's Daughters
- Registered Nurse, University of Virginia Children's Hospital
- Clinical Coordinator, Centra PACE
- Registered Nurse, UK Healthcare - Chandler Hospital

### GRADUATE PROFILE

**Kelsey Ostrowski**, class of 2020



Originally from Virginia Beach, Kelsey works now as an RN at Sentara Norfolk General Hospital on the Intermediate Vascular Care Unit, where her patients include those undergoing kidney and pancreas transplants. She says that Longwood's mission of transforming Citizen Leaders dovetailed with

her personal values. "At Longwood, we focused on making our communities, nation, and world a better place. That is a goal of mine: One action at a time; one day at a time."

In addition to courses in biomedical ethics, nutrition, pharmacology, and pathophysiology, Nursing students form lasting professional relationships with faculty mentors. Kelsey connected with strongly Senior Clinical Educator Jo Ann Davis. "Professor Davis was someone I could always turn to. She would always have an open ear and compassionate responses. She was a comfort when I was a long way from home. She was almost like family."

### COMMON MINORS

Most minors require about 18 credits, or 6 classes. Some of these classes will also count for Core Curriculum requirements, making the addition of a minor as simple as enrolling in one class per semester.

Common minors for students of Nursing include:

Biology

Health Education

Psychology

Spanish

### GRADUATE PROFILE

**Helen Chhay**, class of 2020

Helen Chhay is a registered nurse on the Mother-Baby Unit at HCA, Las Palmas Hospital in El Paso, Texas. A native of Richmond, she was prepared for her career by the wide-ranging opportunities on campus. "I can't say enough about the nursing faculty at Longwood. Professor Brooke Russo and Dr. Cindy Crews took the time to check on me and see how I was doing during stressful times. That meant the world to me, especially as a first-generation college student. I am thankful that I was given the tools and support to really develop myself, not only as a nurse, but as a person."

"One of the best things about Longwood is its size. The smaller the university, the better the relationships you form with your professors and other students. That was certainly true for me—I felt a deep connection to so many people here."

"I was fortunate to have the opportunity to study abroad in Ireland the summer before my junior year. We learned about the differences in nursing requirements, and we learned about midwifery, hospice and psychiatric nursing. It was truly eye-opening."

