

“Hit the Wall” Day



From left to right: Sandy Kozowy, Gita Heise, JayCee Dallyn, student; Lois Wymer, Kim Rivett, Amy Shuya, student; Sheena Robinson

At our School of Nursing Meeting in August 2014, one of the presenters informed us that one particular week in the first term of the school year is the most challenging. Students feel their most defeated/insecure, have largest self-doubt, have lowest self-esteem, are most discouraged, and are the least confident that they will succeed.

The Saskatchewan Collaborative Bachelor of Science in Nursing office staff got together and wanted to give the students a token of “you can do it” “don’t give up” “we are here for you” and attach an inspirational saying and our first names. The actual date is Tuesday, November 11, but that is a holiday. We have the most students in the building on Tuesdays, so November 4 was the day. An email to the faculty in that day’s classes telling them we would visit their classroom briefly, state our business, distribute treats, and leave so the class can continue.

We prepared hundreds of packages of goldfish crackers with inspirational pictures. A schedule was developed and we interrupted each class or lab; one of us explained why we were there and the others distributed the treats. This interruption lasted perhaps two minutes. The students’ faces changed from “What?” to actual smiles and many said thank you on the spot. Treats were given to the faculty to distribute to their Year 4 students who were out of the building so no student would miss out.

Other feedback from the students includes how one class exchanged their inspirational sayings so all could benefit. Those same students peeled the sayings from their packages and put them on their binders to keep them close at hand. Other students indicated they were so pleased that someone cared. It was obvious that what the treat WAS did not matter; what the treat DID mattered so much. Thanks to the program for covering our costs.

We want to thank the faculty who gave of their precious class time. We recognize that faculty also may be experiencing “Hit The Wall” day, and if you didn’t receive a treat already, one will be in your mailbox shortly. We plan to make this an annual event.