

# Lounging for Student Success

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## Assessment

### Opportunity:

- Create a more inviting and relaxing space for students to utilize between classes at BRCN

### Driving Forces:

- Student safety
- Retention and recruitment
- Student engagement
- Student satisfaction

### Restraining Forces:

- Budget
- Space

## Literature Review

- Sleep disorders represent an important issue in nursing students.<sup>1</sup>
- Nursing students are more susceptible to sleep disorders- 30% having bad sleep habits.<sup>1</sup>
- Commuting by automobile increased sleep issues.<sup>2</sup>
- Participants who spent 25 minutes in a lounge chair reported less stress.<sup>3</sup>

## Planning

### Short Term Goal:

- Obtain budget approval for lounge improvements

### Long Term Goal:

- Improve the environment of the student lounge

### Strategies to Hardwire the Change:

- Student feedback on current lounge and suggestions on improvements
- Collaboration with Student Development Committee (SDC) and BRCN administration

### Evaluation Plan:

- Evaluate student perception of student lounge



Figure 1.

## Implementation

### Implementation Steps:

- Discuss implementation for change
- Utilized survey results with administration
- Rearranged lounge; love sacs, massage chair, glider chair, food and drink options

### Strategies to Handling Resistance:

- Redesign current student lounge to enhance relaxation and optimize student performance
- Engage SDC to bring awareness to student needs

## Evaluation

### Evaluation of Change

- Positive student feedback regarding enhancements made
- Ensure key stakeholders promote usage of lounge enhancements

### Strategies to Stabilize

- Promotion of improved student lounge

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## Summary

### What We Learned:

- Flexibility with scheduling is key
- Delegation skills and effective communication
- Knowledge regarding the budgeting process and limitations

### What We Would Do Differently:

- Engage key stakeholders earlier in the change process to accomplish goals sooner

## References

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Figure List

Figure 1: LeeAnn Lake, BRCN Student Lounge