



2015
BRIGHT IDEAS CONFERENCE
WEDNESDAY, APRIL 29
SUBMISSION FORM

Primary Presenter: Ms. Carol Athey MA, MSN, RN, CNOR
Title (Dr., Ms., Mr.) First Name Last Name

Rank: Faculty Dept: Nursing

Faculty Co-Presenters:
Mrs. Joanie Selman MSN, RN

Graduate Student Co-Presenters:

Title of Exhibit:
Treating Test Anxiety with Diffused Aromatherapy

In the box below, please provide a 200-word, single-spaced abstract of your proposed Exhibit Presentation, including its importance to your field. *All abstracts will appear in the conference proceedings.*

Nursing programs educate adult students to the professional nursing role. The National Council of State Boards of Nursing (NCSBN) conducted a survey of eligible NCLEX-RN candidates in 2004 and reported 15% of candidates delay taking the state licensing exam due to general test anxiety (NCSBN, 2009). This project attempted to identify the effectiveness of aromatherapy as an intervention to reduce test anxiety. In the Fall of 2014 aromatherapy was offered to 140 nursing students. 74 students elected to use aromatherapy while testing. A survey was completed by the students at the end of the semester evaluating their aromatherapy experience. The results of the survey indicated a positive result with the use of aromatherapy. Fifty-six percent of the students who completed the survey indicated that the aromatherapy helped decrease anxiety while testing. Furthermore 100% of the surveyed students denoted their desire to use aromatherapy during their next test.

Type of display/presentation: (poster, tri-fold display, 3-D exhibit, etc. - describe below)

Display/exhibit spaces are a 4' x 8' area - Please check your anticipated requirements

Display requirements:

- ☐ Lattice panel 4' wide x 8' tall
or
☐ Full cork board 6' wide x 4' tall
or
☐ Half cork board 3' wide x 4' tall (½ exhibit space - 4' deep x 4' wide)
or
☒ Easel – 2' x 6' (should hold up to 4' wide posters)

Additional options:

- ☐ Table - 3' deep x 8' long
- ☐ Access to power (Limited - please request only if required.)
- ☐ Other, please specify (e.g., screen, chairs, etc.)
Computers are not provided; security for exhibitor's computers or other equipment is not provided.

We will provide video and computer to play it.

If selected, I will be present with my Exhibit at one or more of the following times:

- ☒ 11 am – 12 ☒ 12 – 1 pm ☒ 1 – 2 pm ☒ 2 – 3 pm ☒ 3 – 4 pm

Submission Instructions:

- **E-mail your electronic submission form to your designated BIC college representative no later than Friday, February 27, 2015**
- **Please consult your dean or college conference representative regarding college-specific submission requirements, if any.**

Call Andrew Ormsby at 468-7689 if you have any questions about exhibit space requirements.