

CURRICULUM VITAE

I. IDENTIFYING INFORMATION

Jessica Helget
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Registered Nurse License: MN 203054-4, Expiration Date: September 2026
Minnesota Public Health Nurse, Certificate Number: 20830
Advanced Cardiac Life Support Certified, March 2024
BLS/CPR/AED Certified, March 2024
ECG Certified, 2011-Present, Mayo Clinic Health System

II. EDUCATION

- a. 2021 Master of Science in Nursing Education, Saint Catherine University, St. Paul, Minnesota, United States
- b. 2011 Bachelor of Arts in Nursing, Gustavus Adolphus College, St. Peter, Minnesota, United States

III. EMPLOYMENT

- a. **Gustavus Adolphus College St. Peter, MN**
 - i. 2022-present Senior Continuing Faculty Member, Simulation & Nursing Faculty Member
 - ii. 2021-2022 Continuing Faculty Member, Lab & Simulation Instructor
 - iii. 2018-2022 Clinical Coordinator
 - iv. 2012-2021 Lab & Simulation Coordinator
 - v. 2015-2021 NCLEX Prep Coordinator
- b. **Mayo Clinic Health System, Mankato, MN**
 - i. 2018-present Progressive Care Unit, Registered Nurse
 - ii. 2013-2021 Cardio-Pulmonary Unit, Charge Nurse
 - iii. 2011-2018 Cardio-Pulmonary Unit, Registered Nurse
 - iv. 2013-2014 Cardiac Rehab Unit, Registered Nurse

IV. TEACHING

- a. **Gustavus Adolphus College, Nursing Department, St. Peter, MN**
 - i. 2022-present Nursing Department Simulation Faculty
Clinical Simulation: Public Health, Medical-Surgical Nursing I, Maternal Newborn, Pediatrics, Medical-Surgical Nursing II, Transition to Professional Practice, Mental Health Nursing
 - ii. 2021-present Nursing Department Senior Continuing Faculty
Pre-health Professions, Pharmacology, Medical-Surgical Nursing II, Transitions to

- Professional Practice Clinical, Fundamentals of Nursing Lab*
- iii. 2021-2022 Nursing Department Simulation Facilitator: *All Undergraduate Nursing Courses; Co-lead simulations in Advanced Medical Surgical Nursing Course.*
 - iv. 2012-2021 Nursing Department Lab & Simulation Coordinator: *Lab-Fundamentals of Nursing; Simulation- All Undergraduate Nursing Courses.*
 - v. 2015-2021 Nursing Department NCLEX Advisor: *Readiness and Preparation for Nursing NCLEX.*
- b. **Mayo Clinic Health System, Mankato, MN**
- i. 2012-present Unit Preceptor for Orientees and Students
 - ii. 2018-2019 Intentional Rounding Instructor
 - iii. 2016-2017 Bedside Handoff Instructor

V. SCHOLARLY ACTIVITY

a. Publications and Creative Works

- i. 2015 Publication: **Helget, J. L.**, Stadick, J. L., & Myers, L. H. (2015). Giving back: using alumni for a nursing skills day. *J Nursing Education*, 54(4), 235-236. doi: 10.3928/01484834-20150318-11

b. Presentations

- i. 2021 **Helget, J.** “Incorporating standardized debriefing tools into simulation in an undergraduate nursing program”, Educational Systems Change Project Proposal, St. Catherine University, St. Paul, MN
- ii. 2014 **Helget, J.** “Engaging Alumni in a Nursing Skills Day,” Professional Nurse Educators Group 41st Annual National Conference on Professional Nursing Education and Development: Leading Reform and Advancing the Science of Nursing Education, Rochester, MN
- iii. 2011 **Helget, J.**, “Incarcerated Women: Stress levels before and after activities”, Hennepin County Women’s Correctional Facility, Creative Inquiry, Gustavus Adolphus College, St. Peter, MN
- iv. 2011 **Helget, J.**, “Familial Hypercholesterolemia”, Bethel Research Conference, Bethel University, Arden Hills, MN
- v. 2010 **Helget, J. & Templin, B.**, “Exploring awareness and behavior among a college age population”, Creative Inquiry, Gustavus Adolphus College, St. Peter, MN, and National Conference of Undergraduate Research, Ithaca, NY

c. Research Experience

- i. Spring 2025-present Assistant Researcher, Faculty partner with Statistics majors, Effectiveness of Simulation
 - ii. Fall/Spring 2021 Assistant Researcher on NCLEX Preparation and New Graduate Nurses Experience with COVID, Gustavus Adolphus College, St. Peter, MN
- d. **Awards, Honors, Recognition and Grants**
 - i. 2021 Grant: Mansergh-Stuessy Award for College Innovation (\$2500), Co-recipient
 - ii. 2018 Selected Intentional Rounding Trainer, Mayo Clinic Health System, Mankato, MN
 - iii. 2016 Selected Bedside Handoff Committee Super user and Trainer, Mayo Clinic Health System, Mankato, MN
 - iv. 2015 Voted in Unit Council Member, Mayo Clinic Health System, Mankato, MN
- e. **Mentorship**
 - i. Spring 2024 Co-Faculty Mentor for Nurse Educator graduate student, Winona State University Student-Kylie Krause.
 - ii. 2022-2023 MSN Preceptor, Rasmussen University, Mankato, MN, Student-Rachel Fitch

VI. PROFESSIONAL MEMBERSHIPS

- a. 2025-present National League of Nursing, Member
- b. 2023-present Gustavus Young Professionals, Member
- c. 2022-present Children's Simulation Journal Club, Member
- d. 2021-present National Student Nurses Association, Faculty Member
- e. 2015-present International Association for Clinical Simulation and Learning (INACSL), Member
- f. 2015-2022 Sigma Theta Tau International Honor Society of Nursing, Member
- g. 2011-2022 Minnesota Nurses' Association, Member
- h. 2015-2017 Unit Council, Cardio-Pulmonary Unit, Mayo Clinic Health System, Member

VII. SERVICE TO THE COLLEGE AND COMMUNITY

- a. **Nursing Department Service**
 - i. Spring 2025 Host, Simulation Crawl Expo
 - ii. Fall 2024-present Member, Essentials Integration Planning Committee
 - iii. Fall 2024-Sp 2025 Member, Continuing Faculty Review Committee
 - iv. Fall 2023-Fall 2024 Member, Tenure Track Search Committee
 - v. Spring 2022-2024 Faculty Mentor and Advisor for Clinical Adjunct Faculty

- vi. Spring 2021-present Faculty Advisor, Gustavus Student Nursing Association (GSNA)
- vii. Fall 2021-present Nursing Academic Advisor
- viii. Spring 2015-present Academic Liaison, Assessment Technologies Institute
- ix. Fall 2015-present Nursing Major Admission Interviewer/Essay Evaluator
 - i. Spring 2022 Faculty Coordinator for Simulation Technician student employment role
 - ii. Summer 2014 Assistant, Summer Institute of Nursing
 - iii. Fall 2012 Coordinator of Speakers, Gustavus Nursing Alumni Skills Day

b. College Service

- i. Fall 2024-present Member, IRB Board
- ii. Spring 2024-present Member, Nobel Planning Committee, “Bad Sugar
- iii. Fall 2023-present Coordinator, Wellness As A Community (WaaC)
- iv. 2020-present Faculty Host, Perspective Student Visitors
- v. Fall 2022 Lead Presenter, Presidential Scholarship Days, Health Professions Cluster
- vi. Fall 2021-2022 Host Family, International Gustavus Student
- vii. Fall 2021-Spring Vaccine Administrator, COVID Vaccine Clinic, Gustavus Health Services
- viii. Spring 2019 Presenter, Presidential Scholarship Student Day on Campus, Nursing Department Representative

c. Community Service

- i. Fall 2025-present Volunteer, Board Member, St. Peter Fastpitch Association
- ii. Spring 2024-present Volunteer, Head Softball Coach, St. Peter Fastpitch Association
- iii. Fall 2023-present Volunteer Presenter, Elementary Science and Nature Conference, “Inside your outside: all about the human body”, Gustavus Adolphus College
- iv. Fall 2021-present Volunteer, Board Member, St. Peter Free Clinic, St. Peter, MN
- v. Spring 2020-present Volunteer, Vacation Bible School Teacher & Event Planner, John Ireland Catholic Church
- vi. Spring 2025 Volunteer, Mental Health Advocate, Dancing like the Stars Couple, 2BContinued Organization
- vii. Summer 2022 Member, Women with Heart Conference,

- viii. Spring 2021-2022 Greater Mankato Area United Way
Volunteer, Field Day Supervisor, John
Ireland Catholic School & St. Peter Schools
- ix. Fall 2020 Volunteer, Education on Handwashing for
Preschool Students, St. Peter Community &
Family Education
- x. 2007-2011 Volunteer, Softball Coach, Sleepy Eye Area
Softball Teams

VIII. CONTINUING EDUCATION (Last 5 years)

Spring 2025 American Association of Colleges of Nursing: Strategies for scaffolding
competency development across the curriculum (1 CEU)

Fall 24/Spring 25 Mayo Clinic Health System: RN Continuing Education

requirements: *Abuse, Neglect and Exploitation; Administering a PRN Analgesic Medication with a Lower Pain Scale Value at Patient Request; Hemispheres 3.0 - Level 1 - Brain Anatomy and Physiology (3.5 CEUs); Mayo Clinic Health System Stroke Education; Mayo Clinic Health System Stroke Education; Secure Chat; Med Sled; Ergonomics: Preventing Strains and Sprains; 2025 Annual Integrity and Compliance Training; 2025 Annual ECG Competency Exam 1; Infection Prevention and Control & Bloodborne Pathogens – New Hire and Annual Training; Enterprise Weight Sensitivity; Optimizing the EHR for Pressure Injury Prevention: (PIP) Care Plans and Brain Tasks; Medications for Opioid Use Disorder (MOUD); Family Medicine Grand Rounds: Adolescent Eating Disorders: Pearls for Primary Care; Cancer Care Nursing Grand Rounds: Gastroesophageal Cancer (.85 CEU); Bariatric Surgery: Signs and Symptoms; Prep for Cardiac Cath Lab; Handling Compressed Gases Safely-SWMN; Minnesota Department of Health: Trauma Education for Hospital Nurses (4 CEU); Blood Product Administration for Nurses; 2024 Mayo Nursing Competency Demonstration - Restraint Application; SWMN 2024 Medical Emergency Response - Cardiac Event; Hemispheres 3.0 - Level 7 - Discharge Considerations and Stroke Prevention (3.5 CEU); Nursing Smartphone Revitalization: Nursing Staff; Mayo Clinic Annual Emergency Preparedness; Abuse, Neglect and Exploitation; Kangaroo OMNI™ Feeding Pump Upgrade; Preceptor Basics; Mayo Nursing Competency Quiz: Restraint and Seclusion; Immediate Use Compounding: USP Chapter 797 Training and Competency Assessment; Fall Prevention, Keeping Everyone Safe; Annual Stroke Awareness and Response Education; 2024 Workplace Violence Prevention; 2024 Handling Hazardous Drugs: Meeting USP <800> Standards; 2024 Drug Diversion; 2024 Annual Information Security Required Education*

Fall 2024 Mayo Clinic College of Medicine and Science: Adolescent Eating
Disorders: Pearls for Primary Care (.93 CEUs)

Fall 2024 Mayo Clinic College of Medicine and Science: Medications for Opioid
Use Disorder (.72 CEUs)

Fall 2024 Mayo Clinic College of Medicine and Science: Cancer Care Nursing
Grand Rounds: Gastroesophageal Cancer (.85 CEUs)

Fall 23/Spring 2024 Mayo Clinic Health System: RN Continuing Education

requirements: *IV adaptor training, Nursing smartphone revitalization, Epidural infusion pump operation, Ethics and Advance Care planning, Enhancements to Post-Fall Documentation, Alarm badge Holder Training, Infection Prevention and Control & Bloodborne Pathogens, Ergonomics, Integrity and Compliance Training, AVADE De-Escalation, Adult Hypoglycemic Prevention & Treatment, Suicide Awareness, Stroke Education, Hemispheres Stroke Assessments (4.5 CEU), ECG Competency Exam, Bariatric Surgery, Preceptor Refresher, Restraint and Seclusion Management, Opioid Use Disorder and COW Scale, Blood Product Administration for Nurses, Abuse Neglect and Exploitation, Emergency Preparedness, Workplace Violence Prevention, Arterial Compression Band Training, Behavior Safety Plan Enhancements, Fall Prevention, Handling Hazardous Drugs*

Spring 2024 Inaugural Nursing Conference, Mayo Clinic Health System (2.75 CEU)

- Spring 2024 Camp Kendall: Professional Development: The use of AI in the classroom and Advising 101, Gustavus Adolphus College
- Spring 2024 The Midwest Interprofessional Conference 2024: Elevating Practice Through Collaboration, Innovation & Simulation, St. Catherine University, SSH and IPCE (6.5 CEU) (SIMULATION)
- Spring 2024 Virtual reality simulation in Nursing Education, Transition to practice and professional development, Center for Nursing Equity and Excellence (1 CEU) (SIMULATION)
- Spring 2024 Aligning program outcomes, course outcomes and student learning activities for competence webinar series, AACN (1 CEU)
- Spring 2024 “Lets Talk Sim” podcast, 15 episode series, INACSL (SIMULATION)
- Fall 2023 The Standards, Core Competencies, and Best Practices in Healthcare Simulation Series, SSH, (SIMULATION) (6 CEU)
- Summer 2023 Nurse Educator Webinar Series, Kaplan, Active Learning for Student Engagement and Clinical Judgment Development & Clinical Teaching and Evaluation
- Spring 2023 The Essentials, AACN, Webinar Series
- Spring 2023 Healthcare Simulation In Person Conference: Elements, Essentials, & Excellence in healthcare Simulation, Mayo Clinic (SIMULATION) (14 CEU)
- Summer 2022 Camp Kendall: Masterful Self Care for Educators, Gustavus Adolphus College
- Summer 2022 Laerdal Medical, webinar, “Turn Your Clinical Time into Simulation Time-Many States Approve” (SIMULATION)
- Summer 2022 Children’s Simulation Journal Club: Perinatal IPE simulation can improve collaborative competencies, quarterly attendance (SIMULATION) (1 CEU)
- Spring 2022 BLS/ACLS Certification, American Heart Association (8 Contact Hours)
- Fall/Spring 2022 Mayo Clinic Health System: RN Continuing Education requirements: *Care of the Patient and Family at End of Life, Medical Ethics, Weight Sensitivity Training, Abuse, Neglect and Exploitation, Emergency Preparedness, Respiratory Protection and Equipment Usage, MRI Safety, Can we Talk, Fall Prevention and Safe Patient handling, Suicide Awareness, CAUTI Prevention, Intentional Rounding, Infection Prevention, Workplace Violence, Primary Stroke Center Education, Information Security, AVADE Workplace Violence Training, Restraint Equipment demonstration, annual ECG Competency Training and exam*
- Fall 2022 Nobel Conference: Mental Health (In)Equity and Young People, Gustavus Adolphus College (5 CEU)
- Fall 2022 Virtual Simulation: Applying the Healthcare Simulation Standards of Best Practice (SIMULATION) (1 CEU)
- Spring 2021 Camp Kendall Professional Development and Collaboration Courses, Gustavus Adolphus College: Mental health in the classroom, Strategizing Support for Community-Engaged Learning Class Discussion in an Online Class, Taking your lab online
- Fall/Spring 2021 Mayo Clinic Health System: RN Continuing Education

requirements: *MRI Safety, The Nurses Role in Opioid Stewardship, Nursing Quick Byte: Inappropriate Patient & Visitor Behaviors & A SAFER Approach to Misconduct, 21st Century Cures Act, Fall Prevention and Safe Patient Handling: Keep Everyone Safe, Violent and Non-Violent Restraints, Bedside Team Rounding, Abuse, Neglect and Exploitation, Emergency Preparedness, Respiratory Protection and Equipment Usage, annual ECG Competency Training and exam*

Fall 2021

Camp Kendall Professional Development and Collaboration Courses,
Gustavus Adolphus College: Setting up Moodle, Grading on Moodle

Fall 2021

Virtual Laerdal Medical SUN Conference: “TLC For Your Sim Lab- How Experts Ensure Optimal Performance” (SIMULATION)