



THE PULSE

THE NUSNA STUDENT NEWSLETTER

MESSAGE FROM THE EDITOR IN CHIEF



Greetings NUSNA! We've had a lively start to the new year & it's staggering to know that we're already 3 months in. Hello March! We said goodbye and good luck to one cohort (C50) while welcoming another (C57).

We kicked off every month with a few events such as the blood drive & EKG screening. Unfortunately, the recent storms have forced us to cancel certain events like the mentor & mentee bonfire. However, we have so many more activities up our sleeve this year!

I'm enraptured to present this newsletter that screams the spring season, which officially starts on March 20th. This issue encompasses different aspects of NUSNA ranging from elections, trainings, and integrative therapies to special stories, interviews, and cohort love. I hope this newsletter brings you joy as much as it did for me while putting this all together.

I speak for majority when I say every NU nursing student radiates with such remarkable individuality. You all bring unique characteristics that make our experience here a memorable one. Thank you for always being involved, sharing your experiences, and fostering NUSNA-SD to be a light that shines luminously. Your hard work and cheerful spirits beam throughout this newsletter. Enjoy!

Camelle Sison

Communications Director

"Nothing can dim the light
which shines from within."

- Maya Angelou

MARCH 2019

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Farewell, Outgoing Directors!

THANK YOU FOR MAKING A GREAT IMPACT WITHIN NUSNA & CREATING A PATHWAY FOR INCOMING DIRECTORS. YOUR HARD WORK & DEDICATION ARE TRULY APPRECIATED!



JENNIFER CHERRY
C51
TREASURER

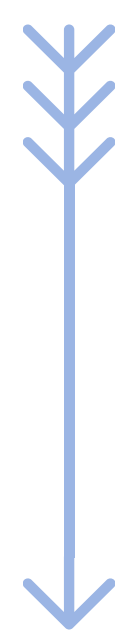


SAMANTHA SHEPHERD
LVN 10
STUDENT ACTIVITIES DIRECTOR

Welcome, Incoming Directors!



KRYSTAL HERNANDEZ
C55
INCOMING TREASURER



SYDNEY RUSSELL
C55
INCOMING STUDENT
ACTIVITIES DIRECTOR



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UPCOMING *elections*

ARE YOU
INTERESTED IN
RUNNING FOR ONE OF
THESE POSITIONS?

CONTACT THE
SPECIFIC DIRECTOR OR
NUSNA.VP@GMAIL.COM FOR
ELECTION DETAILS

COMMITTEE
MEMBERS OF
THE MONTH

Congratulations!



Lea Aluague, C57
Communications Committee



Sierra Cortez, C54
Workshops Committee

THANK YOU FOR YOUR CONTRIBUTIONS & BEING
ACTIVE COMMITTEE MEMBERS!



BY SAMANTHA
SHEPHERD, LVN10

As the Student Activities Director of NUSNA, my experiences in running blood drives for National University have been very positive and eye opening. My first blood drive in November of 2018 increased my awareness of how many lives are potentially saved just through one blood

drive! By receiving 25 units of blood or rather 25 donors, we were able to help save 75 lives. These are 75 people who were given the opportunity to continue the journey of life because of the efforts and generosity of those willing to give.



**American
Red Cross**

By collaborating with the American Red Cross, who sponsors National University blood drives, the students and faculty who donate are able to fulfill the country's serious need for blood. Just this past holiday season, the Red Cross experienced a major shortage of blood due to hectic holiday schedules and decreased rates of donation. Cliff Numark, Senior Vice President of the Red Cross Biomedical Services, stated that "many people may not realize that blood products are perishable, and the only source of lifesaving blood for patients is volunteer blood donors" (Welch, 2019). The lack of blood supply is real and winter months serve as the hardest times... (continued on next page)

One Simple Choice:

Every Drop Counts

I was once in your shoes. I was once a part of the group of individuals who never thought twice about donating blood or the consequences of my decision to choose not to. Here is the truth: donating blood saves lives. As nurses we must strive to set the example for our community and initiate change.

"Change can start
with you and I making
one simple choice:
donate blood."



to collect donations. By taking the time to locate the next local blood drive and offer your support, we can make a difference in the shortage at hand.

National University will be hosting its next blood drive at Rancho Bernardo campus Monday, April 22, 2019 from 12pm-6pm. Be on the lookout for fliers around campus to give you updates on the room location. Not a member of the NUSNA? What better time than now to join! As a NUSNA member you will receive emails prior to the blood drive for opportunities to volunteer and receive hours for donating!

If you are not able to make the next National University Blood Drive, you still have additional opportunities to donate. Schedule an appointment to donate by using the free American Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CRO + SS (1-800-733-2767). If you do not qualify to donate blood, you can still contribute in other ways such as recruiting others to donate or volunteering for the blood drives.

Remember, the change starts with a simple choice made by you.

Welch, C. (2019, January 14). Red Cross issues emergency call for blood donors: Fewer drives, busy holiday schedules lead to blood shortage. American Red Cross.

January EVENTS

26 UNITS OF BLOOD
DONATED = 78 LIVES
SAVED!

BLOOD DRIVE



February EVENTS

EKG SCREENING



SHOWER OF BLESSINGS



You Have Entered the Safe Zone

INTRO BY PAMELA SCHREURS
INTERVIEW BY CAMELLE SISON



PAMELA SCHREURS, C52

NU faculty attended SafeZones Ally training this month hosted by NU Scholar and NUSNA Scholarship Chair, Pamela Schreurs. SafeZones is a free 2-3 hour training session that increases the LGBTQ literacy of students, staff, faculty, and community by building skills in group facilitation, cultural competence, and event planning. This training is meant to increase awareness and create an inclusive environment for all. If interested in attending a SafeZones Ally training or holding a training at your school or workplace, please contact Pamela at pamela.schreurs.nusn@gmail.com.

How did you get into SafeZones?

Shortly after starting the nursing program I joined PRIDE @ NU. SafeZones Ally training was offered to members and I was ecstatic to partake. In December of 2018, I became president of Pride @ NU and knew I wanted to be trained to teach SafeZones myself.

What do you hope others will gain from attending a SafeZones training?

I hope that others will feel more proficient in current LGBTQ vocabulary after attending SafeZones training. It is important to me that every student, faculty, and staff member feel like they are part of an inclusive environment at NU.

Who can sign up?

Anyone can attend. We happily train students, faculty, and staff currently. All SafeZones materials are free and can be modeled to different environments based on needs. For example, a SafeZones session with nursing students will be tailored to fit a patient-based environment utilizing examples we may encounter throughout our careers.

What should I bring with me?

Handbooks are provided by SafeZones facilitators. Just bring an open mind and any questions you may have. Group sessions are non-judgmental! We encourage all types of questions and will answer them to the best of our abilities. (continued on next page)



What else can I receive from this training?

Everyone who attends SafeZones training will receive a certificate of completion. If there is further interest, additional trainings can be held and participants may go on to train as facilitators themselves.

How many times can I go to a training? What is recommended?

This may vary. Some people feel they gain enough knowledge in one training while others may want to attend multiple trainings. Because the materials can be customized, additional trainings can certainly provide more in-depth information.

Can I volunteer?

Yes! Individuals may also attend facilitator training so they can conduct SafeZones training themselves. This training may be done in person or via Zoom. All materials are free and can be found on Pride @ NU's website. Additionally, Pride @ NU is always looking for more members to add to our wonderful team! We meet via Zoom the first Wednesday of each month at 7:15pm. You can find all this information and the monthly meeting Zoom link by clicking [here](#).



**CLICK [HERE](#) FOR MORE
INFORMATION ABOUT
SAFEZONES ALLY TRAINING**

**CLICK [HERE](#) FOR MORE
INFORMATION ABOUT
PRIDE @ NU**



WE HAVE YOUR SPRING BREAK PLANS COVERED! ATTEND THE 2019 NSNA CONVENTION

This event is a great opportunity to enhance your leadership skills while networking with other nursing students & passionate leaders! There will also be numerous opportunities to take part in workshops, seminars, social events, NCLEX review, & an exhibit hall where you can meet hospital recruiters & graduate programs!

For a complete schedule, click [here](#)!



**IGNITE YOUR PASSION:
LIGHTING THE WAY FOR EXCELLENCE!**



National Student Nurses' Association
Visit www.nснаconvention.org
for future updates!

**67TH ANNUAL CONVENTION
APRIL 3-7, 2019
Salt Palace Convention Center • Salt Lake City, Utah**



Furry Friends:

Improving Health One Bark at a Time

WOOF WOOF! HI MY NAME IS
E m m a ! I'm a pet therapy dog & this is my story:

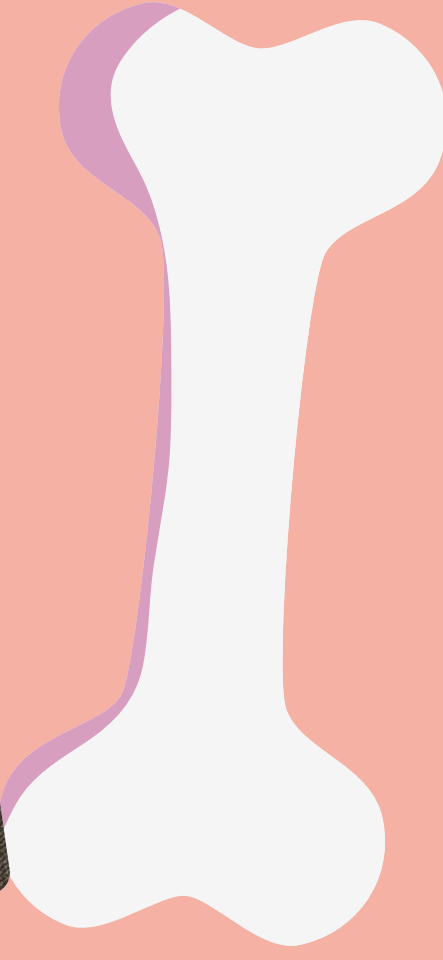
I'm a goldendoodle! My mom is also a goldendoodle, but my dad is a golden retriever. I just turned 2 1/2 years old (yes, I celebrate half birthdays) and I received my pet therapy certification a year ago. If you're wondering what pet therapy is all about, let me give you a brief overview.

Did you know research has shown that pets, just like me, have significant health benefits? When you are interacting with a furball like myself, your body releases hormones called endorphins. These interact with the opiate receptors in your brain, which have a calming effect and can help reduce the perception of pain. Yup, you read that right. I can help alleviate your pain and stress! Here's a list of other benefits I can bring:

- Lower blood pressure
- Improve cardiovascular health
- Encourage communication
 - Improve literacy skills
 - Provide relaxation
- Reduce boredom & loneliness
- Improve recovery time

The impact I make on the health of others is extremely joyful. I love what I do! I can't get enough of visiting patients and seeing their amazing smiles. Can you believe that I get over 2 dozen hugs during my visits?! I'm one lucky pup! Some of the greatest places I visit are Scripps Memorial Hospital Encinitas and Brookdale Carmel Valley.

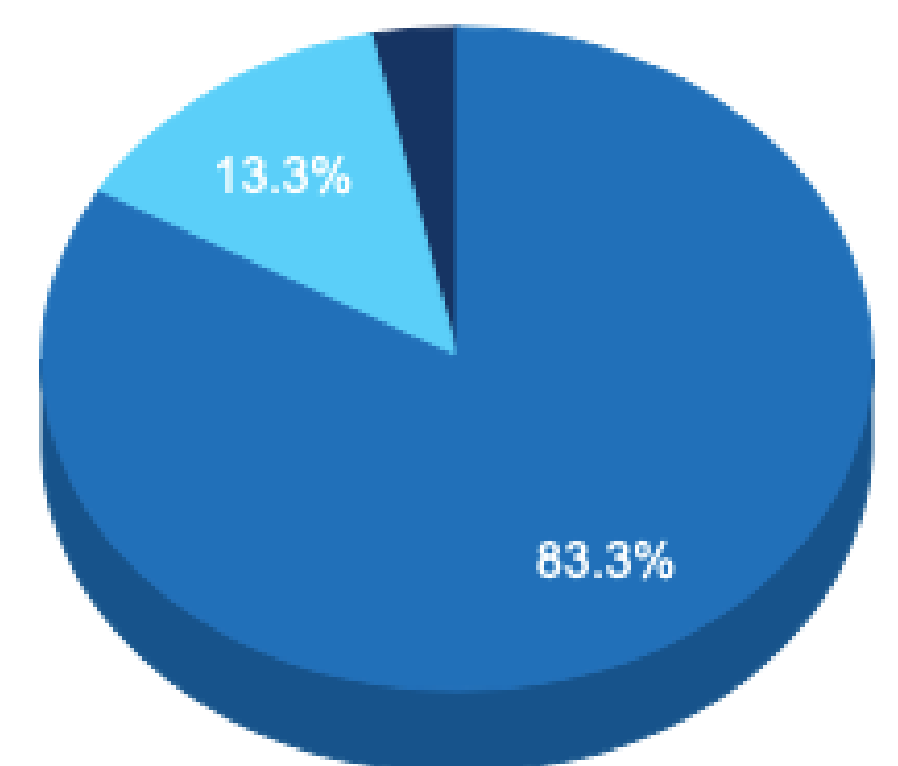
If you ever see me, please come give me a tummy rub! If you'd like to learn more about pet-assisted therapy in San Diego, click [here](#).



Meet my owner, Kelsey Jess! She's a NU nursing student from C54 & a fellow NUSNA member. I love it when she takes me to the beach!

**"AN ANIMAL'S EYES HAVE
THE POWER TO SPEAK A
GREAT LANGUAGE." -
MARTIN BUBER**

We asked a few NUSNA members if they'd ever try pet therapy. Here's the results:



- Yes, definitely!
- Already have & I loved it!
- Not really my thing.

10 YEAR CHALLENGE? WE ACCEPT.



Josiah Cooper, C54



Peter Tannous, C55



Lea Aluague, C57



Melisa Cardenas, C57

NEED EXTRA SCRUBS FOR
LAB OR CLINICAL?

NUSNA IS SELLING USED SCRUBS
(TOPS, PANTS, & CARDIGAN)
FOR ONLY \$5 EACH!

Email our
fundraising
director (Hannah)
at
[nusna.fundraising
@gmail.com](mailto:nusna.fundraising@gmail.com) to
purchase!

Are you about to
graduate? Help
NUSNA by
donating your NU
scrubs today!

Notes from the Car-Pal:

Developing a Lifelong Friendship

BY AMY ADAMS, C51

Let's Carpool.

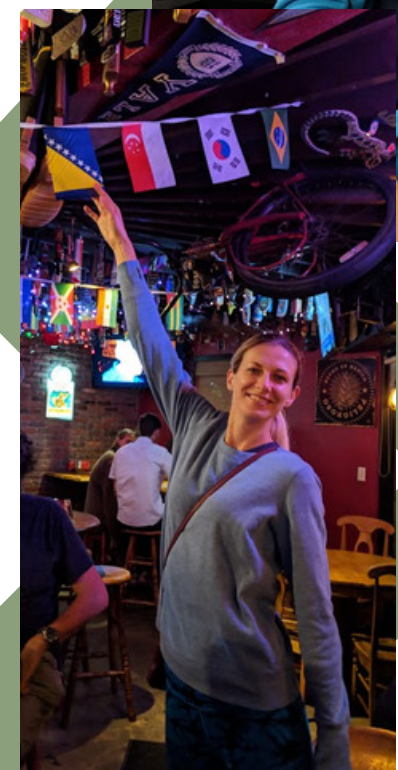
The day that I met Maja, there was no way of knowing that she would later become my best friend. We were riding out our second class in Health Assessment when a classmate pointed out that we both live in the same area. Initially, I wasn't sure if I wanted to commit to having a carpool buddy. I figured carpooling to school and clinical would be faster (carpool lane), cheaper (half the gas), and more environmentally friendly (half the pollution). What I didn't realize were all of the other rewards that came along with it. The beauty of carpooling is that you aren't just sitting by yourself, but instead you're making conversation and building a friendship that could last a lifetime.

Quality Time.

Yes, we have traveled for hundreds of hours in a car together, probably drank hundreds of cups of coffee together, and never had a moment that I didn't appreciate. In the 20 months that we have carpooled, we have never turned the radio on or listened to music. It has always just been the two of us exchanging ideas, talking about life, sharing our dreams, and on occasion embracing moments of silence. I've learned that silence isn't a bad thing; it gives you time to think and permits you to be more aware of your surroundings. In a strong friendship, you are comfortable together in that space.

Learning.

Maja and I quickly discovered that we were raised in very different environments. Maja was born and raised in Bosnia and grew up during the Bosnian War. This war broke out and caused extreme havoc in Bosnia and all surrounding countries. To give you perspective of how horrific it would be to live in Bosnia in 1995, more than 8,000 Bosnians were killed in the Srebrenica Massacre. This was later described as the worst crime on European Soil since The Second World War. Despite living through this dreadful time, Maja never gave up on her dreams. She is one of the most strong-willed, independent, hardworking women that I have ever met. Taking the time to learn about where a person is from, what their background is, and who they have become gives you a deeper appreciation of the diversity in humanity. I am beyond grateful that our paths have crossed, because I have learned so much from her and the formation of our incredible friendship. (continued on next page)



How was carpooling beneficial in nursing school?

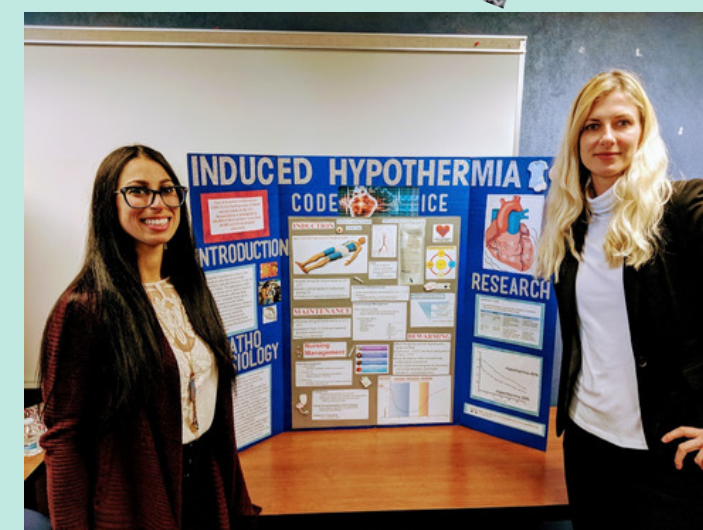
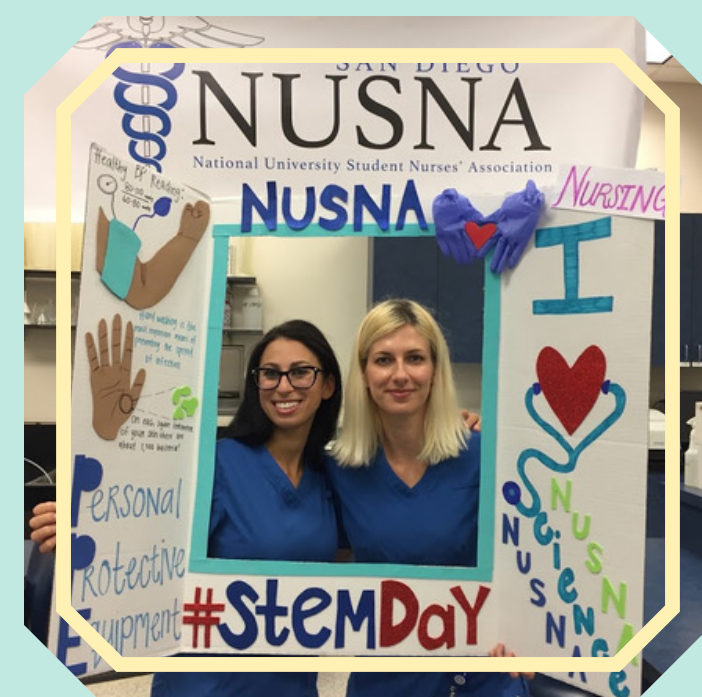
It's simple; we put things into perspective for one another. We have space to vent, release tension, and work through those "nursing school emotions". We provide constant support, whether it's celebrating the wins or comforting the heart during losses. We are always there to listen, to tell each other the truth, and give guidance during times of need. We have each other's back no matter what. If one of us is feeling down, we will do whatever it takes to cheer the other person up, even if it's as simple as buying an extra cup of coffee to cure the morning blues. Sometimes it's the little things.

After a couple of months of carpooling and getting to know one another, we decided we should spend time together outside of school. Aside from going on hikes and doing yoga, we began signing up for volunteer activities through NUSNA. Some of our favorite ways that we gave back to our community were by volunteering at EKG screenings for the Eric Parades Save A Life Foundation, serving families at the Ronald McDonald House, and teaching junior high school students about STEM careers. I'm grateful we did these events together because now that we are nearing the finale of nursing school, we are able to share these experiences in our nursing portfolios.



Furthermore, we motivate each other to be better students and emerging professionals. For example, one day we were in the car and started talking about professional nursing organizations. I told my Maja that I wanted to join the Emergency Nurses Association (ENA) because my dream is to become a nurse in the Emergency Department. She said she wanted to join the American Association of Critical Care Nurses (AACN) because her dream is to work in the Intensive Care Unit. So just like that, we joined these organizations. We have been to local chapter meetings and symposiums. We always share what we learn from reading journals and attending conferences because emergency nursing and critical care nursing have a strong connection.

I highly recommend attending a professional conference with a friend from nursing school. Maja and I attended the AACN fall symposium conference together and decided that we wanted to participate in National University's Scholars Day and present a topic that could relate to both of our "dream" fields. We watched a presentation on therapeutic hypothermia and found it was the perfect blend of research for emergency nursing and critical care nursing. We did some extensive research and put together an abstract and poster for the first annual Scholars Day. We were able to share that moment of accomplishment together.





The friendship will outlast the driving.

Maja has been my biggest support system and as I look back on all of our nursing school extravaganzas, I have no clue how I would have done it without her. I encourage everyone who is beginning nursing school to find at least one person they can really connect with. If you live close together, that's even better because carpooling is going to be the gift that keeps on giving. If you can find someone who shows a genuine interest in what is going on in your life, how you feel about things, accepts you for who you are, challenges you to think critically, listens to you attentively without judging, is excited about the little things that make you happy, and supports decisions that are in your best interest... well, you have found a gem. Embrace that gem and never take it for granted.

DEAR FLORENCE,

Although I'm pretty comfortable with my cohort, I still get real anxious when it comes to presenting group projects in front of the entire class. How can I calm my nerves & become a better public speaker?
Sincerely, Nervous Wreck.

DEAR NERVOUS WRECK,

Your environment has a strong influence on how you present, so try to remember that you're not the only one in the class who feels like this. Consider the context of where you are & remind yourself that your classmates' purpose isn't to laugh nor judge you for how nervous you may seem. For all you know, they probably can't even tell that you're nervous especially if you try & speak with confidence & enthusiasm.

You can calm your nerves by being prepared! This means practice your lines & know your material. Right before you get up to present, engage in positive thoughts & deep breathing. Give yourself a pep talk & remind yourself that you've got this! Don't forget to slow down while speaking, so you don't get your words jumbled up. Remember: breathe & talk with ease.
Sincerely, Florence.



From Patient to Future Nurse: **I've Found My Specialty**



**BY MEGAN
HAYES, C51**

As excited as I am to graduate with my cohort in May, this time is also quite stressful. We're busy with school, work, new grad applications, putting together portfolios, ATI, NCLEX reviews, interview prep, and more.

For some, this is also the time to start considering what specific nursing area you want to go into. For me, I'm grateful that prior experience helped influence the specialty I hope to pursue – pediatrics.

Having been a patient at Rady Children's Hospital for an extended period of time, I saw firsthand how much of a difference a nurse could make. The nurses at this hospital took time to make sure everything always went well. Both doctors and nurses treated every patient with compassion, patience, and respect. The overall healthcare team was amazing.

The hospital had different activities and events for patients to participate in and enjoy. There were animals brought in from Sea World and visits from superheroes and Disney princesses. Santa even came on Christmas day with gifts for patients to unwrap as soon as they woke up. My favorite activity was the group of therapy dogs that made their rounds. My team even made it possible for me to visit with my own dog outside of the hospital. Special moments like those brought joy to a difficult and scary time in my life.

In addition to restoring my health, the team of doctors and nurses continued to instill hope. On my last discharge, the team of nurses and attendings wrote well wishes on a scrub top. Since then, the scrub top has hung above my desk. It serves as a constant reminder of the kind of nurse I want to be.



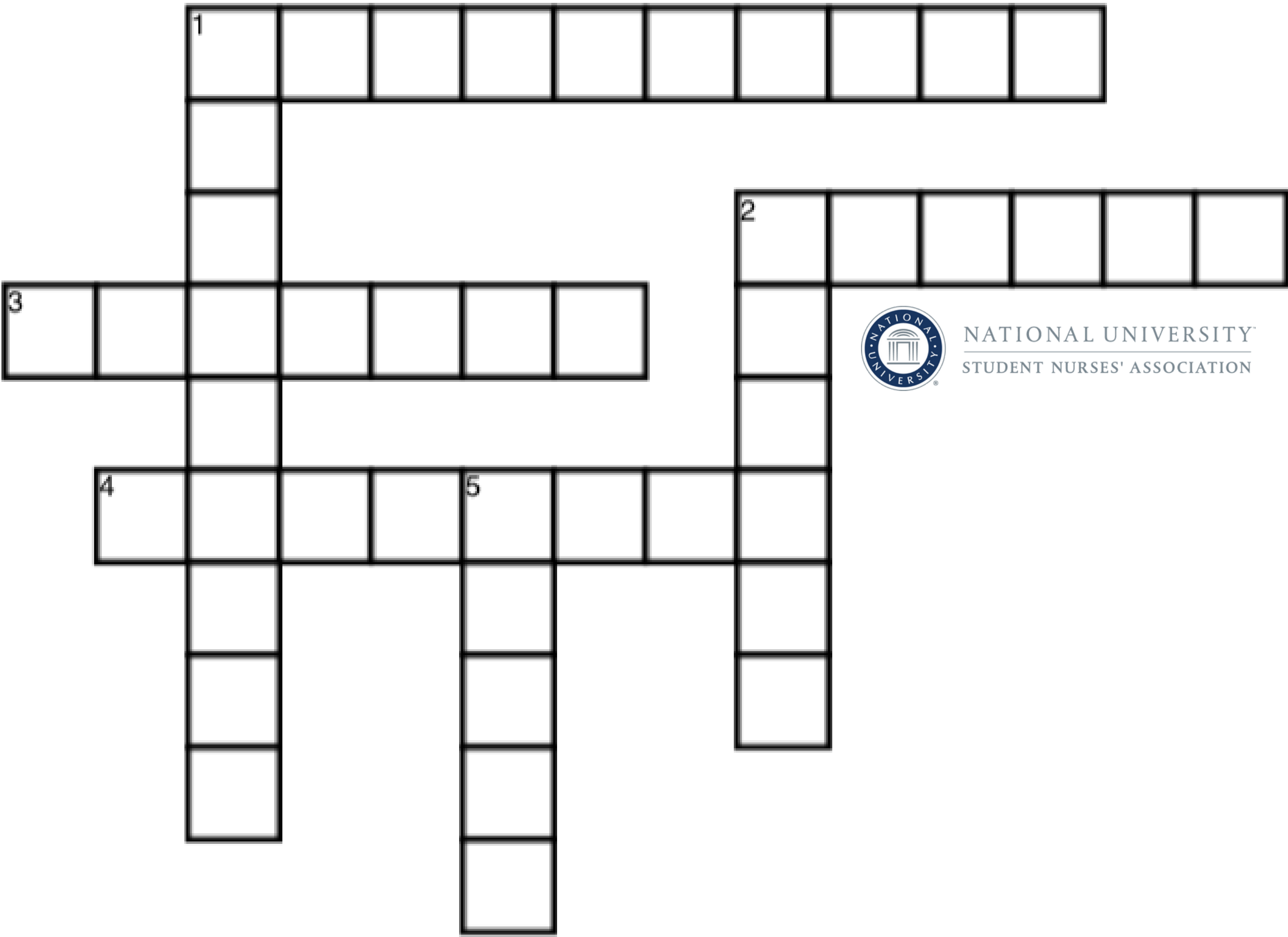
Fast forward to today – I am now a patient care assistant in critical care at Rady Children's Hospital. I've been working there since last July and it has been very healing to be able to work for and give back to the hospital where I was once a patient. It feels like things have come full circle.

Having been in the hospital for extended periods of time has given me greater empathy and a different perspective when it comes to patient care. I still remember what it was like to be in the hospital, to not feel well, and to be away from the comforts of home, family, friends, and school. I saw the toll hospitalization could take on the entire family. I remember how the little things could create a huge impact for a patient.

I hope to use this experience to pay forward the amazing, compassionate care I received. I want to make a difference in the lives of patients as the nurses at Rady Children's Hospital made in mine.

How Well Do You Know NUSNA-SD?

Play the crossword puzzle to find out!



NATIONAL UNIVERSITY
STUDENT NURSES' ASSOCIATION

ACROSS

- 1 EVENT HOSTED IN JANUARY
- 2 MEMBERSHIP MEETINGS ARE ON THE 4TH _____ OF EVERY MONTH
- 3 OUR INSTAGRAM NAME
- 4 NAME OF OUR NUSNA PRESIDENT

DOWN

- 1 FILL IN THE BLANK: SHOWER OF _____
- 2 WHO IS OUR FACULTY ADVISOR? (LAST NAME)
- 5 HOW MANY COHORT REPRESENTATIVES DO WE CURRENTLY HAVE?

Stuck? Find the answers on [page 17](#)

Please tell us a bit about yourself. What cohort were you in and when did you graduate?

I'm Jenny Freeman and I've been a nurse for 9 years now. I was part of cohort 9 and graduated in 2008. I always wanted to be a nurse, but no one in my family had ever gone to college. As a result, I didn't initially see it as an option for myself. I actually worked at a bank in financing for quite a while. During that time, though, I saw a lot of unwise decisions being made. As a result, I decided I wanted to do something more meaningful while taking care of my family. That's when I decided nursing was what I really wanted.

Where do you currently work & what is your nursing specialty?

I currently work at Kaiser in Pediatrics Hematology and Oncology.

What makes your job unique?

I work with kids who have cancer, so a huge part of their care is family centered. There's a lot of teaching! You build real relationships with the family- especially the kids. You experience a closeness to your patients that you may not experience in any other area of nursing.

Was this the nursing specialty you originally decided to go into?

No, while in nursing school, I originally thought O.R. nursing was what I wanted. I took every opportunity to float to the O.R. during clinical. However, over time, I realized the role I wanted to play in nursing wasn't going to be met in an operating room.



During my pediatrics rotation, I was able to float to a hematology and oncology floor. I remember getting to care for a little boy with a 103.8°F fever, and he was somehow still smiling and happy even though he was so sick. After caring for him, I was able to sit in on an end-of-life conference. That conference changed everything for me. I remember telling my mom that if it were my kid who we were having a conference for, I'd want to have me as a nurse. I realized that I could do that – I could care for kids during that stage, and not only could I, but I wanted to.

If you could go back and change anything about your experience in nursing school, what would it be?

I wouldn't have stressed as much. I would have relaxed a bit more. I would have really enjoyed the patient care and hospital experience.

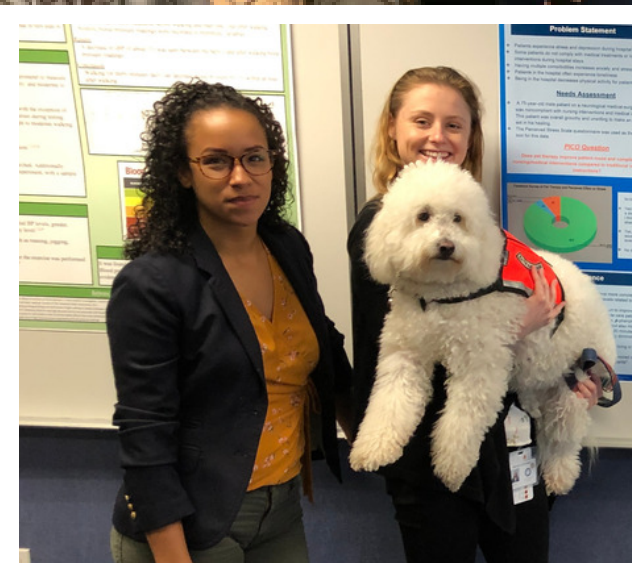
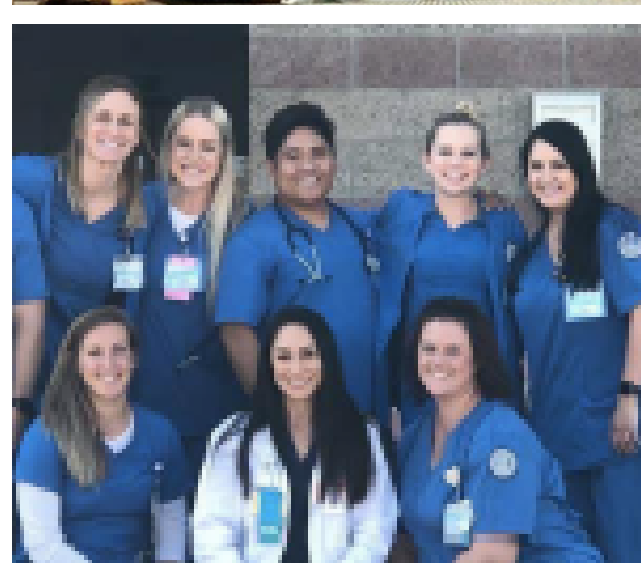
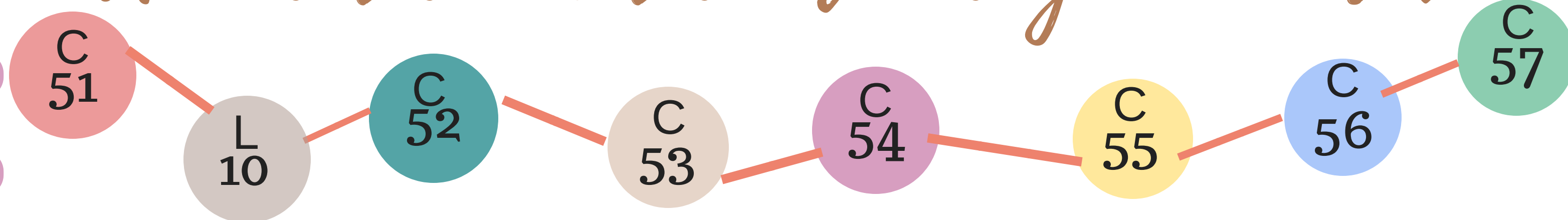
"SOMETIMES THE MOST PRODUCTIVE THING YOU CAN DO IS RELAX." - MARK BLACK

What is your biggest advice to current nursing students?

Be ready to jump in, no matter how small you think the task is – just go for it. Don't hide from what you think are little tasks. A lot of times, I get students who want all the bigger critical care moments. Don't be that student; we notice that. Make sure to always be prepared such as having a pen, penlight, scissors and stethoscope. Most importantly, stay away from the negativity that can be present during school. It's not worth your energy or emotion!

COHORT UPDATE:

Where are they now?



ACROSS

- 1 BLOOD DRIVE
- 2 MONDAY
- 3 NUSNASD
- 4 NICHELLE

Answer Key: Crossword Puzzle

DOWN

- 1 BLESSINGS
- 2 MCNEAL
- 5 EIGHT

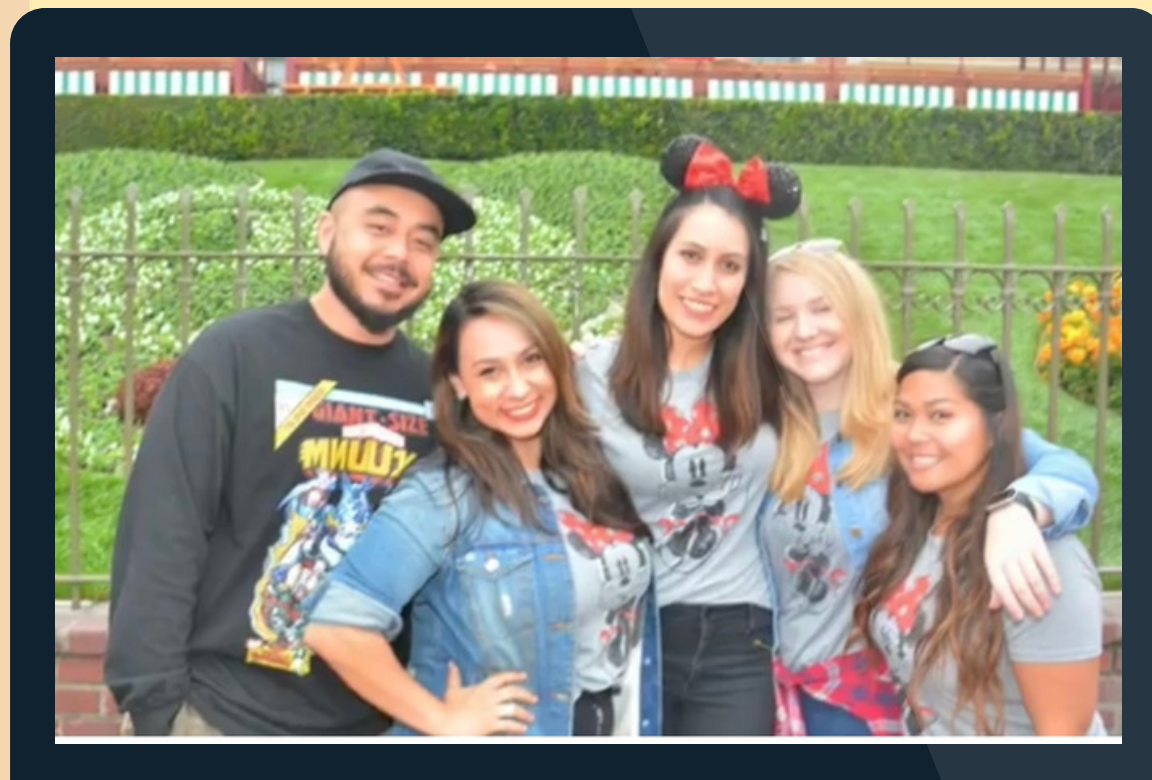
COHORT 51:

Leadership



"I love that my cohort is all very good friends with one another! We all bonded quick and are friends outside of school. We all share a lot of laughter and love!"

- RACHEL GOULD DIAZ
COHORT REPRESENTATIVE
NUSNA.COHORT51@GMAIL.COM



LVN 10: *Leadership*



What I love best about my cohort is our ability to be a family. We make each other laugh, support one another and respect each other. Through these actions, we have had a great nursing school experience!

- **SAMANTHA SHEPHERD**
COHORT REPRESENTATIVE
NUSNA.LVN10@GMAIL.COM

COHORT 52: *Community II*



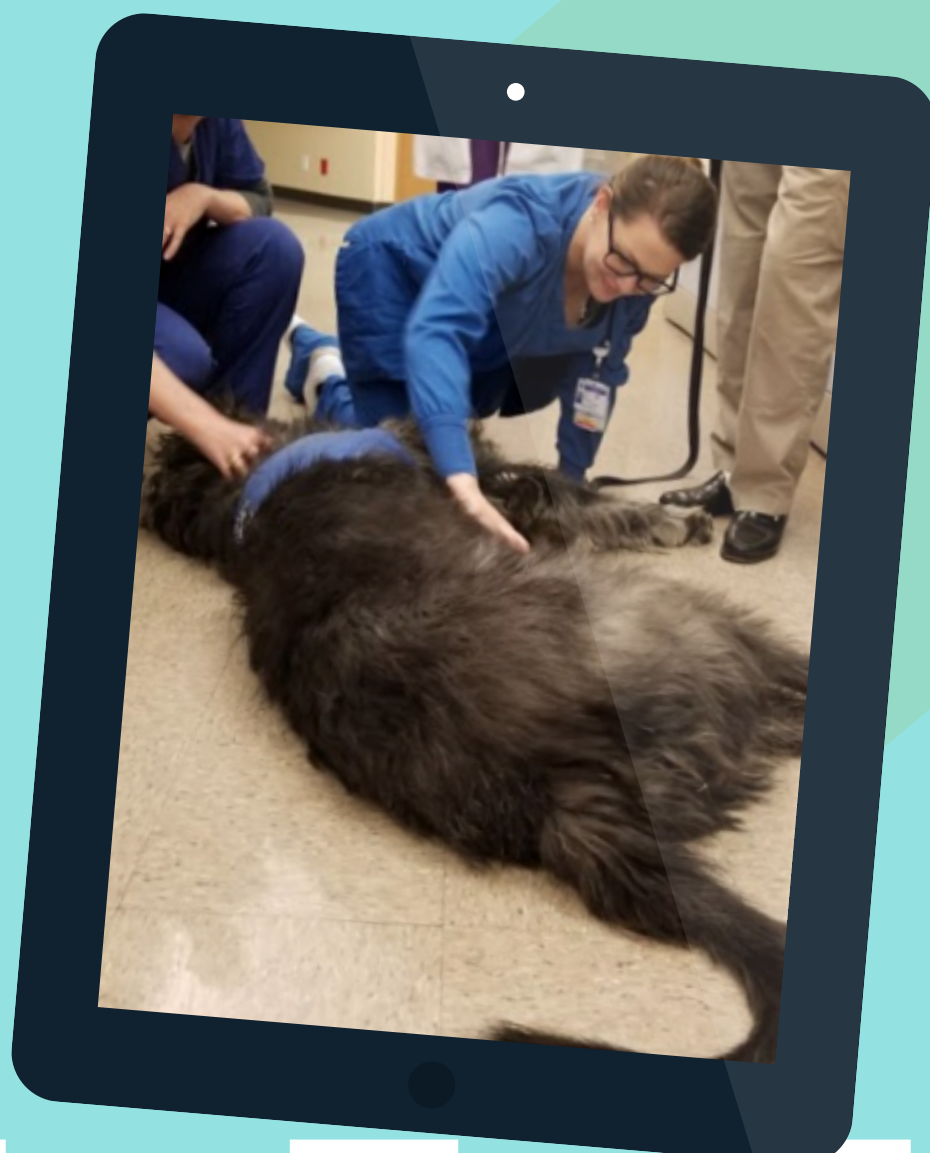
"Cohort 52 thrives on strong friendships, built under stress, and some personal hardships. I love, that as we near the end of our program, we really support each other, and strive to finish together as a team."

- CLINTON PUSEY
COHORT REPRESENTATIVE
NUSNA.COHORT52@GMAIL.COM

COHORT 53: *Psychosocial*

"I love that cohort 53 is so motivated to becoming the best nurses! We advocate for our learning in order provide the best possible care for our patients. The bond we have all created will last far past nursing school!"

- ALYSSA CARRILLO
COHORT REPRESENTATIVE
NUSNA.COHORT53@GMAIL.COM



"What I love most about my cohort is the bond we all have. We started about a year ago and knew nothing about each other, for the most part, but now we are like one big family. Everyone has a great head on their shoulders and we are all willing to work with one another to be as successful as possible. I am very lucky to be apart of such a wonderful group of people. Wouldn't trade them for the world!"

- KATIE YEGSIGIAN
COHORT REPRESENTATIVE
NUSNA.COHORT54@GMAIL.COM

COHORT 54:

Obstetrics (OB)



COHORT 55: *Med-Surg II*



"What I love most about our cohort is the willingness of the people in it to help each other out.

Everyone is always sharing resources & are pretty supportive of one another, especially when someone may need to swap a class to accommodate their working schedules!"

- TRINA REY
COHORT REPRESENTATIVE
NUSNA.COHORT55@GMAIL.COM

COHORT 56: *Fundamentals*



"I love that my cohort has a huge eagerness to be the best that they can be. They work hard and give 100% to every project!"

- LAURA YAHEMIAK
COHORT REPRESENTATIVE
NUSNA.COHORT56@GMAIL.COM



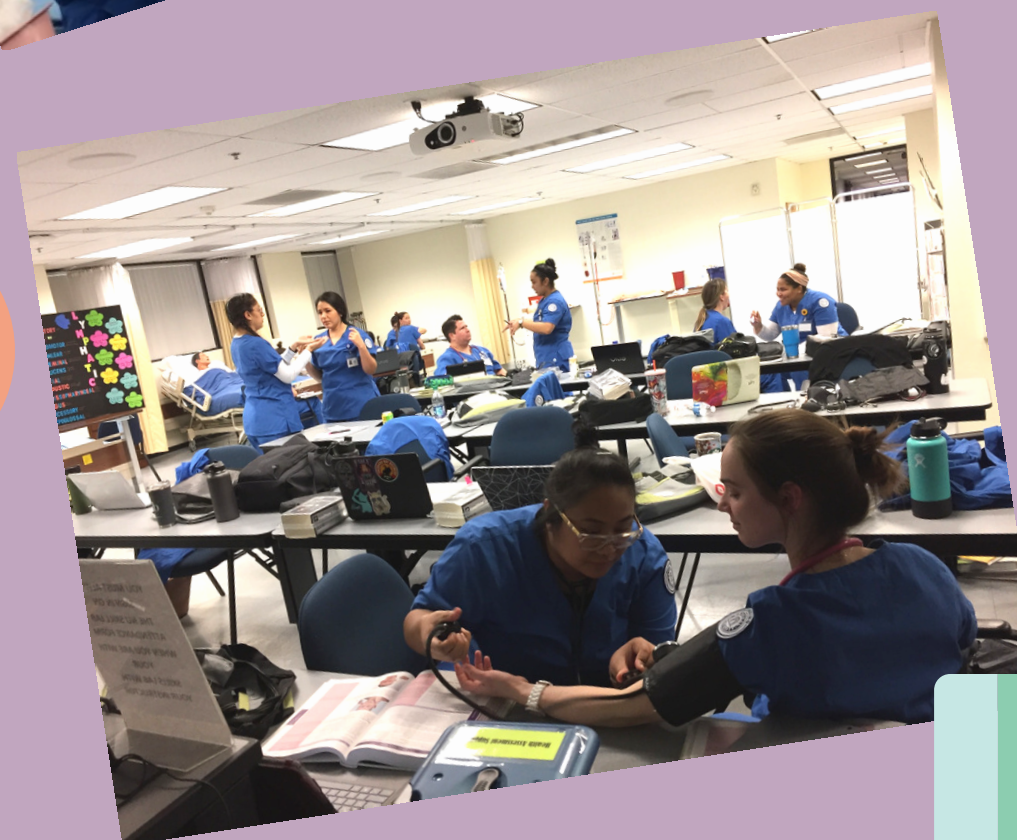
COHORT 57:

Pharmacology



"Our cohort members have already developed close relationships that will not only grow in our time together academically, but will only continue to flourish for years to come. Every single member of our cohort brings life experiences that enhances our learning and discussions. I am so excited to see what the future holds for us."

- ELIZABETH MECHAM
COHORT REPRESENTATIVE
NUSNA.COHORT57@GMAIL.COM





2019 MEMBERSHIP MEETINGS:

MEETINGS ARE SCHEDULED ON THE **4TH MONDAY** OF EVERY MONTH AT 2:30 P.M.
LOCATED AT THE RB CAMPUS.

- **March 25th**
- **April 22nd**

JOIN A COMMITTEE!

- BREAKTHROUGH TO NURSING COMMITTEE
- BUDGET & FINANCE COMMITTEE
- BYLAWS COMMITTEE
- COMMUNITY SERVICE COMMITTEE
- COMMUNICATIONS COMMITTEE
- FUNDRAISING COMMITTEE
- MEMBERSHIP COMMITTEE
- MENTORSHIP COMMITTEE
- NOMINATIONS & ELECTIONS COMMITTEE
- PLANETREE & ALUMNI RELATIONS COMMITTEE
- SCHOLARSHIP COMMITTEE
- STUDENT ACTIVITIES COMMITTEE
- WORKSHOPS COMMITTEE

QUESTIONS? CONTACT NUSNA.VP@GMAIL.COM

JOIN OUR MENTORSHIP PROGRAM!

BE A MENTOR!

- MUST BE AN NUSNA MEMBER
- SUCCESSFUL COMPLETION OF MED-SURG II
- MUST NOT HAVE STARTED PSYCH

BE A MENTEE!

- AVAILABLE TO ALL NUSNA MEMBERS

Click on each to get more information about the mentorship program.

HELPFUL RESOURCES

WORKSHOPS

- NEED HELP WITH A SUBJECT?
- HAVING DIFFICULTY WITH A CARE PLAN?
- NEED GUIDANCE IN BUILDING YOUR PORTFOLIO?

CLICK HERE

FOR WORKSHOP SCHEDULES

INTERESTED TO BE A WORKSHOP LEADER?

CLICK HERE

WORKSHOP LEADERS MUST BE WITHIN GOOD ACADEMIC STANDING WITH A MINIMUM NURSING GPA OF 3.3.



NATIONAL UNIVERSITY

THE DIVISION of EXTENDED LEARNING



American Heart Association

Affiliated with the Center for Healthcare Education

AUTHORIZED TRAINING CENTER

AHA/NAEMT Approved Continuing Education Courses January & February 2019

BLS for Healthcare Provider - CPR

Initial Cost: \$50
Renewal * Cost: \$30

*Must provide current card at start of class

EKG & Pharmacology

Includes EKG and Pharmacology
Cost: \$180 (incl book)
* 8 CEUs awarded

Advanced Cardiac Life Support

Initial Cost: \$180 (incl book)
Renewal Cost: \$145 (incl book)
*10 CEUs awarded *5 CEUs awarded

*Must provide current card at start of class

Pediatric Advanced Life Support

Initial Cost: \$180 (incl book)
Renewal Cost: \$145 (incl book)
*10 CEUs awarded *5 CEUs awarded

*Must provide current card at start of class

Pre-Hospital Trauma Life Support

Initial (2 day course) Cost: \$245 (incl book)
Renewal Cost: \$155 (incl book)
*16 CEUs awarded *8 CEUs awarded

*Must provide current card at start of class

Classes held at National University, Kearny Mesa 3570 Aero Court, San Diego, CA 92123

National University Students/Alumni/Faculty receive a 25% discount on all courses (excluding BLS) by using promo code: NUAHA

Register Today!
Nupolytech.org
(under "AHA Programs")
(858) 642-8600

* National University is an authorized AHA & NAEMT training site

* CE's are instructor-based and approved by EMSA

* Discount applies for NU students, alumni and faculty

March 2019

4Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	
3	4	5 BLS CPR @ KM (9am-1pm)	6	7	8 PALS @ KM (8am-5pm)	9
10	11	12	13	14 ACLS @ KM (8am-5pm)	15	16
17	18	19 PALS @ KM (8am-5pm)	20	21 PHTLS (Day 1) (8am-4:30pm)	22 PHTLS (Day 2) (8am-4:30pm)	23
24	25 ACLS @ KM (8am-5pm)	26	27	28	29	30

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 BLS CPR @ KM (9am-1pm)	2	3	4 PALS @ KM (8am-5pm)	5	6
7	8	9	10	11 ACLS @ KM (8am-5pm)	12	13
14	15	16	17	18	19 EKG/Pharm @ KM (9am-4pm)	20
21	22	23 PALS @ KM (8am-5pm)	24	25	26	27
28	29 ACLS @ KM (8am-5pm)	30				

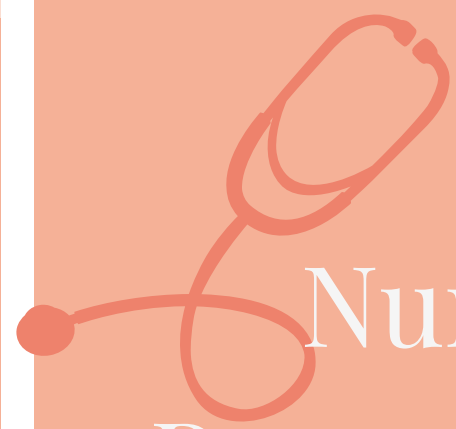
Unless otherwise noted (in calendar):

- ACLS Classes are held from 8 am - 5pm
- ACLS Prep classes are held from 9 am—4:30pm
- PALS Classes are held from 8 am - 6pm
- PHTLS Classes are held from 8 am - 5pm
- BLS CPR Classes are held from 9 am - 1pm (AM) or 1pm-5pm (PM)
- Location: KM= Kearny Mesa

Register Today!
Nupolytech.org
(Under "AHA Programs")

Click above to sign up!

OPPORTUNITIES FOR SUCCESS!



Hospital Nurse Residency Programs for new BSN Graduates

Click [here](#) to see the list of hospitals providing structured programs for new BSN's.

Looking for a job?
Click *here* to check out what hospitals are hiring!



Make a Difference!

JOIN NUSNA IN MAKING AN IMPACT
WITHIN THE NEIGHBORHOOD. SIGN UP TO
BE A VOLUNTEER AT ONE OF OUR
COMMUNITY SERVICE EVENTS!

JOIN US HERE!



Congratulations, NCLEX-RN passers!

Last academic quarter,
we obtained a 97%
NCLEX passing rate for
all NU campuses.

LET'S GET SOCIAL

CONNECT WITH US!



"NUSNA SAN DIEGO"



WWW.NUSNASD.ORG



@NUSNASD



**DO YOU HAVE
PHOTOS,
STORIES,
IDEAS, &
QUESTIONS?
SHARE THEM
ON OUR
SOCIAL
MEDIA!**

Thank you!

**TO EVERYONE WHO ASSISTED & CONTRIBUTED IN MAKING THIS NEWSLETTER POSSIBLE.
SPECIAL THANKS TO OUR NU NURSING STUDENTS, PHIL OELS, & LUCIA PHOTOGRAPHY FOR
THE PHOTOS.**