



The Pulse

THE NEWSLETTER OF NUSNA SAN DIEGO

JUNE 2017

NATIONAL UNIVERSITY STUDENT NURSES ASSOCIATION

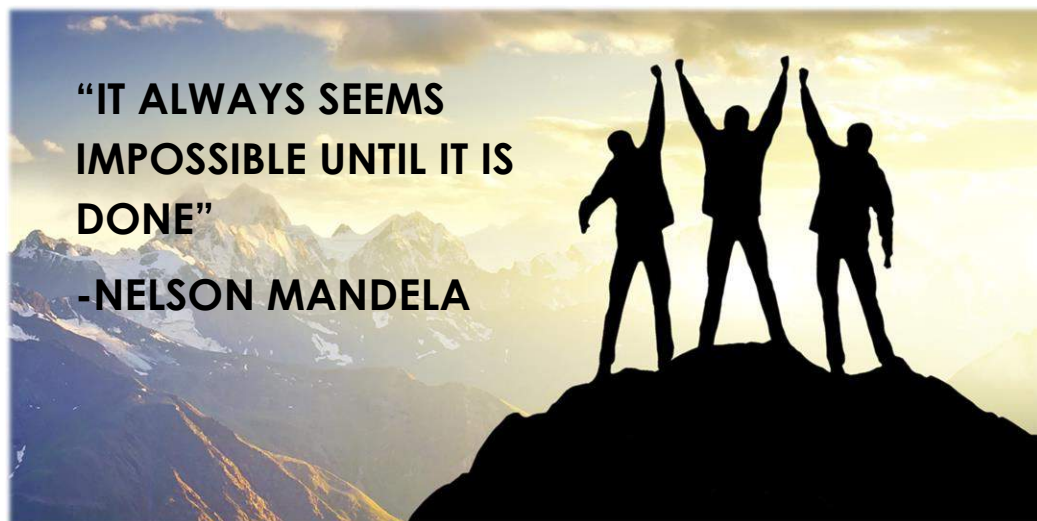
Volume 1, Issue 19

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DO THE IMPOSSIBLE



RESILIENT
Commitment
Dedicated
Determined
DEVOTION
Determined
Strength

It's kind of fun to do the Impossible

-Walt Disney

Message from the Editor

By Brittany Haradon, Cohort 45

Communications Director



For the theme of this newsletter, I decided to let my committee brainstorm ideas. I wanted to give them more involvement. Megan Armstrong, Cohort 47, thought of "Do the Impossible" and instantly I felt it was perfect. My husband, family and friends constantly say, "I could never do that" or "I don't know how you do it" when referring to my career path and other life commitments.

I remember sitting in orientation scared and wondering myself if I could do it all. NUSNA was at our orientation and I was inspired then to be involved in the organization. I still was hesitant on being a board member because I thought I could not handle the workload. After having my second son and joining Cohort 45, I was surrounded by amazing board members who encouraged me to once again try for a leadership position. I was nervous at first, but I am so grateful I took this role. I realized that if you want something and it is important to you, than you will figure out ways to make it work. I am grateful I have a strong support system, amazing fellow board members and the support of the faculty to help ensure my success. During this nursing school journey, we all hit points where we will feel like it is impossible or too much. Just remember that you have 40 other people who feel the same way and you can rely on your nursing family! We are in this together and we succeed together.

Committee Members of the Month

These students are recognized for their dedication and the exceptional work they have demonstrated on their respective NUSNA committees. We appreciate the time and commitment they contributed to serving their fellow NUSNA members and the community.

March

LeAnn Gerst, Cohort 44, Communications

Jennie Harder, Cohort 44, Communications

Megan Armstrong, Cohort 47, Communications

April

Jade Evans, Cohort 4, Fundraising

May

Allen Nisperos, Cohort 49, Community Service

Hayley Johnson, Cohort 45, Community Service

Incoming Board Members

**NUSNA welcomes our newest Board members.
Congratulations!**

We look forward to working with you during your term!

Since March the following members have joined the board.



Scholarship Chair

Mia Hansana

Cohort 47



Membership Director

Kylie Clower

Cohort 49

*Individual Talents get magnified many times over
thought the collective lens of an effective team*

-Dalal Halderman

Upcoming Elections

The following NUSNA Board positions will be up for election in July:

- **President**
- **Vice President**
- **Mentorship Director**
- **Community Service Director**
- **Communications Director**
- **Student Activities Director**

For all positions, you must have at least 9 months left in the program. For detailed descriptions of these positions, please reference the latest bylaws on the [NUSNA SD website](#). If you are interested, please submit your intent to run, along with your biography and photo, to NUSNA's Vice President at nusna.vp@gmail.com.



Outgoing Board

NUSNA would like to thank the following Board members for their services to the association. We appreciate all that you have done, and we wish you the best of luck in the future!

President

Stephanie Fraenzl

Vice President

Amanda Robbins

Communications Director

Brittany Haradon

Community Service Director

Kat Johnston-Woo

Membership Director

Maribel Koke

Student Activities Director

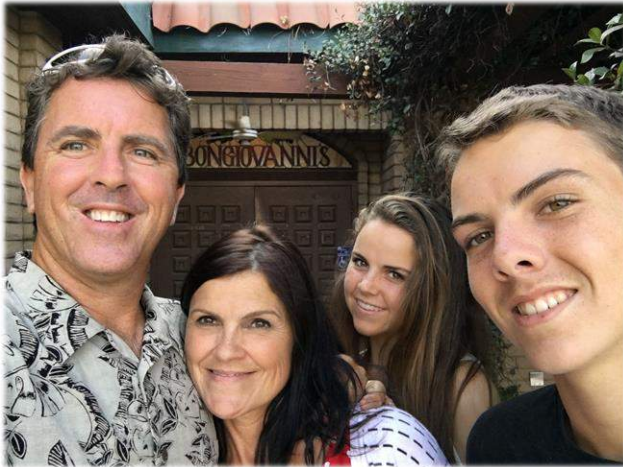
Lilibeth Hunton



Faculty Interview

Tammy Tade, MSN, RN

*Interviewed by Charlie Whitney
Communications Committee*



Professor Tade is a theory instructor at National University. She has taught MedSurg II, Fundies and MedSurg II clinical. She was recently voted in as our incoming Faculty advisor.

"I would have been a baker (I love to make cakes). I would definitely have a business that appeals to my artistic side."

When did you know you wanted to become a nurse?

I worked in a nursing home when I was young and really enjoyed helping the patients but that was the extent of healthcare for me until I was older. I originally worked in the restaurant business and then decided (after a

roommate pushed me in that direction) to go to school to be a nurse. Although it was not my first career, it was the best decision that I have ever made (career wise). I became a nurse at 35 and have never regretted waiting. I have always felt that if I had become a nurse earlier then it would change the course of my life and I would not change that. I have a great life with my family and work and feel that I am in the right place in my life.

If you were not a nurse/teacher, what kind of career might have you chosen?

I think I would have been a baker (I love to make cakes). I would definitely have a business that appeals to my artistic side, as of right now I simply do it for fun and friends.

Can you tell us any stories about your tattoos?

I love my tattoos. I had my first one on my ankle at 20 and a second one at 22.

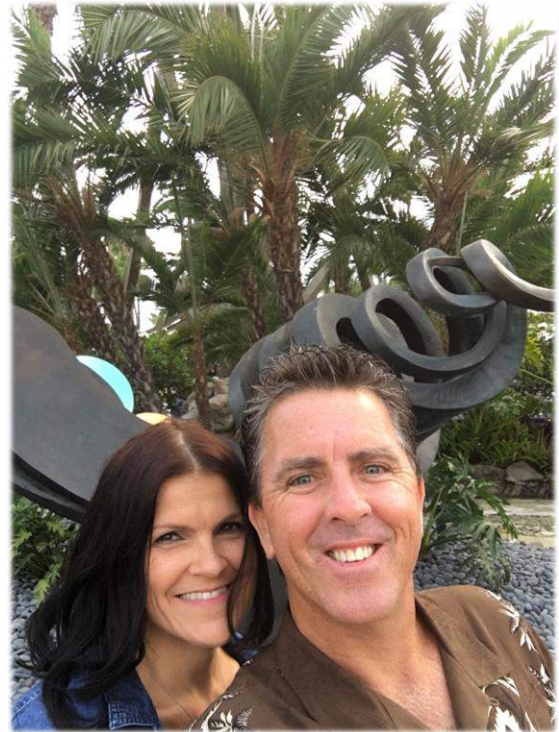


Now my back and sleeve came about because of my love for Hawaii. One day I will have a place on the island of Kauai. If you have never been then I suggest going. I got those tattoos over the past three years.

They also appeal to my artistic side as I feel that they are beautiful. I am not sure why I waited so long in between to get them, just did. Once I started it became real easy to get more. You will often hear people say that they are addicting, and they are. As far as the owl, I have always loved owls and collect a few here and there. Now I have one to always look at. What are they going to look like when I am 80? "Who cares, I will be 80!" I will get to enjoy them for many years.

What are one or two of your proudest professional accomplishments?

School was not easy for me as a kid growing up, so just getting to the point of nursing school and accomplishing that is one of the things that I am proud of.



I am proud to be starting my Doctorate program this fall as I am one of the only people in my family to have literally gone all the way. Another proud moment was taking on the surgical intensive care unit as a new grad and then becoming an expert in that unit. I took care of some of the sickest patients to ever be admitted and I am so proud to have been able to give them the quality care that I did, advocate for them when they could not speak for themselves and play a part to save a life, it is the best feeling!

Aside from attending your daughter's soccer tournaments, what kind of things do you do in your leisure time?

I also enjoy going to my son's baseball games, soccer games, being at home reading a good book and just taking some time for me and my husband that I have been with for 24 years. ■

In Memory, of Christopher “Coolman” Kuhlmann

Christopher Kuhlmann was a loved man and will be missed dearly. Nothing could represent how much we all love Chris more than the honoring of him and his mother Nancy Kuhlmann during the White Coat ceremony last May 12th. A beautiful video tribute was created by our own LeAnn Gerst and family. The video captured the fun loving life which embodied Chris and brought a heartfelt bittersweet feeling to the room. Cohort 44 was also able to have Nancy attend the ceremony and be coated by Chris's dear friend Tania. During the presentation of the coat to Nancy, we also divulged the Hippensteel Award to Nancy in honor of Chris. Our cohort felt Chris deserved this award because it represented everything he stood for... charismatic leadership, warmth and concern for others, enthusiasm for life and the commitment to move forward through lifelong learning.

It is unfortunate to have such a sad moment take place during a time of celebration but it was more about honoring and closure rather than sadness. Chris would not have wanted us to vision such memories through saddened eyes or for us to remember his legacy and feel remorse. He would have wanted us to laugh and love to the best of our ability. I was asked once if doing the tribute during the ceremony was appropriate. My only response was that Chris was our family and he was going to be there with us. His hard-fought battles through nursing school will be rewarded with his earned white coat and his mother Nancy will know how much he meant to us. His life was not given in vain for we shall carry his legacy on through us and emulate the love he had for life and people. –Morgan Cooper, Cohort 44



Chris, thank you for reminding me to LAUGH & for teaching us all to always love life. You've impacted us all in ways that I wish you could know. Thank you for always making me chuckle during lecture. We know you're up in Heaven making all of the angels laugh. -Jenie Harder, Cohort 44



Several things make me sad that he is gone, but the one that stands out the most in my mind is that he was so close to Graduation and being a nurse-that really hurts my heart. What I remember every time I enter the classroom is him laying down on the floor napping with his shoes off. We weren't the best of friends, but he was a part of my nursing family nonetheless, and as such, I ache that he's gone forever and still miss him- Cynthia Roman, Cohort 44



Cohort 43, 44 and LVN 8 White Coat Ceremony

Written By: Jennifer Williams

Cohort 43

Former Membership Director

On May 12, 2017, the students of Cohorts 43, 44 and LVN 8 along with their families and friends joined together with the faculty of National University to celebrate the completion of their nursing program. The white Coat & Pinning Ceremony is a rite of passage for medical and nursing students that includes an oath, the presentation of an embroidered white coat & nursing pin, and recognition awards. There are also several guest speakers that are invited to address the audience and I had the distinct honor of being chosen to speak on behalf of my class, Cohort 43.

Rewind to the beginning of the nursing program, July of 2015, what an exciting and intimidating day! I remember that the faculty and professors seemed all business and I wondered if I could really survive nursing school. I was sitting in a room full of strangers and I wondered if I would make friends with any of these people. When we met the NUSNA students and I found a glimmer of hope that maybe nursing school wasn't

as scary as I was allowing myself to think. Everyone was so happy and hopeful and they all seemed as though they were enjoying their life as nursing students. I decided to join NUSNA that very day and I can tell you now it was the best decision I could have made.

I made a choice to make the most of the nursing program, to make new friends, enjoy new experiences and to succeed beyond my own expectations. I knew it would be a challenge, after all I was in my early 40's, much older than my classmates. I started out as the cohort rep and found many of them appreciated having someone to go to for information. My role as cohort rep was only the beginning and I later stepped down in order to focus on my leadership position as the Membership Director for NUSNA.

Despite my role as "cohort mom", being chosen by my classmates to speak for our cohort was a pleasant surprise. After serving as their cohort rep for the first



14 months of our program and then my constant persuasion for everyone to get involved in NUSNA while I served as Membership Director, I figured they had all heard enough out of me. I can laugh as I say that because I am now confident I have earned the respect and admiration of my classmates, and to think it only took 22 months of hard work.

When I was notified that I had been selected to speak I was given some general guidelines on what to talk about and how long the speech should last. It was a place to start, but I wondered if I could fill the 5 to 7 minutes of time that was allotted and if I could do this without crying. After all, this was the end of our journey together. Nursing school had been all we had known for 2 years and now this night would be goodbye for many of us. Then it hit me, we had so much more than just school. . We had lives. Some of us had dealt with tragedy and some had amazing celebrations and what really mattered was the support we gave each other as we balanced life and school.

I knew it was a topic that would make me and some of my classmates cry, but I felt my speech needed to be about all of us in Cohort 43, our lives and our journey. Being the most senior cohort for the ceremony, I anticipated I would be one of the first student speakers. When I arrived that day and picked up the program, I noticed I was listed as the last student speaker. What a relief, I wouldn't have to speak right after Professor Soliman!!!! WRONG!!! I ended up being the first student to speak AND I had to

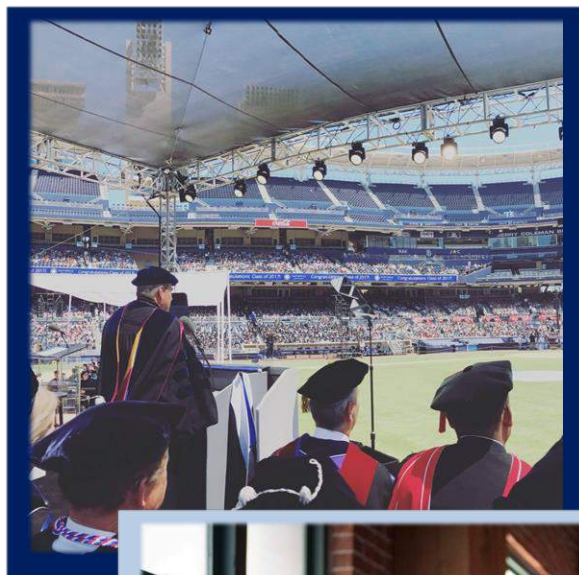
had to follow our charismatic key note speaker. I was a nervous wreck as I approached the stage and I stumbled on my words as I began, which of course made me even more nervous. It took the words of a classmate to put my nerves in check. I don't know who it was, only that it was a male, and he yelled out "You've got this girl". That was all I needed, a small word of encouragement in a moment of stress, the support of fellow student. The rest of the speech went well after that, I even managed to control my tears, and when I finished all I could hear were the voices of my classmates cheering me on.

The White Coat Ceremony was a huge night for me. I was recognized for so many accomplishments, making me feel as though all of my hard work and dedication had really paid off. I received recognition as an honor student, received an award for Clinical Excellence, and was recognized for my participation and leadership with NUSNA. However, the greatest honor came with knowing my classmates had chosen me to represent them during this ceremony. We can all work hard on our own to receive awards and recognition but the greatest success comes when you have the support, encouragement and respect of your classmates and future co-workers.

"I made a choice to make the most of the nursing program, to make new friends, enjoy new experiences"

Commencement 2017

Saturday June 17th, 2017 National University held its Southern California Commencement ceremony. With over 22, 000 people in attendance, the students from eight different schools within the National University system walked across stage to celebrate their accomplishments. Students from past and current Cohorts were there, along with other departments within Health and Human Sciences. Check-in started at 11am with an Alumni on Deck Party. Dean McNeil was dancing and celebrating with the students while they ate, shopped, and received free headshots. The President Dr. David W. Andrews had a great speech for students and was having a great time dancing as well. The student speeches were amazing but nothing compared to the smiles on everyone's face they took their turn on stage. Although many students in attendance have not completed the program, the memories created are something irreplaceable.



NSNA Convention

April 2017

By Brittany Haradon, Cohort 45

NUSNA recently sent five delegates to represent our Chapter at the 65th Annual National Student Nurses' Association yearly convention in Dallas, Texas. They were amongst other nursing student leaders and gained amazing networking connects. On the final day, awards were given out to chapters for a variety of topics including Honorable Chapter, Community Service, Breakthrough to Nursing, Bylaws and more. Our chapter was recognized and won awards for both our Community Service Event, Shower of Blessings, and our Student Newsletter, The Pulse. This is the first time we won awards at the National Level and could not be prouder and are excited our Delegates were there to celebrate for us!

NUSNA thanks our five delegates for spending there break representing us!

- Stephanie Fraenzl, President
- Maribel Koke, Mentorship Director
- Johannah Buenafe, Legislative Director
- Kylie Clower, Membership Director
- Cheyenne Scruggs, Member



Getting to Know the Board: Amanda Robbins, Vice President

Interviewed By: Brittany Haradon
Communications Director



Tell us about yourself.

Hmm, ok - where do I start? I am in Cohort 45 and joined NUSNA as the Vice President my first month of nursing school in January 2016. Yes, I am *that* person. I am born and raised in San Diego so naturally I love the outdoors. I have a fiancé who I have been with for close to 10 years and we have a Dutch shepherd fur child. Before getting into nursing school I worked in the legal field for almost 8 years. I am a stubborn middle child and can thank growing up with an older brother for my toughness. Sports have always been a big part of who I am. I played soccer majority of my life - club soccer, high school soccer, in college, and now just for fun. I love football season. I watch too much HGTV and would like to think I am this incredible DIY-er but haven't had much time to follow through on any major projects but man is my Pinterest board ready to go!

I am overly obsessed with succulents; probably because that is really the only plant that I have a good track record of keeping alive. I am currently working two jobs; one part time and the other per diem. I have an Associate's Degree and Bachelor's Degree so this will be my second Bachelor's Degree. My ultimate goal is to be an Orthopedic Nurse Practitioner and work in the operating room as the first assist in surgery.

What lead you to choose a career in nursing?

Being an athlete for most of my life, I was interested in learning about the human body and how it functions. My dad is a Physical Therapist and had his own practice as I was growing up so I had that influence as well. My mom always like to point out how growing up I was always trying to nurse everything back to health, bees drowning in the pool, my sick pet fish, baby birds, etc. I juggled with the idea of going to medical school at one point but quickly realized I wanted something more involved which lead me to nursing.

What is your favorite thing about the NUSNA?

My favorite thing about NUSNA is the professional development it provides to its board members and all the great resources it provides to its members. It is

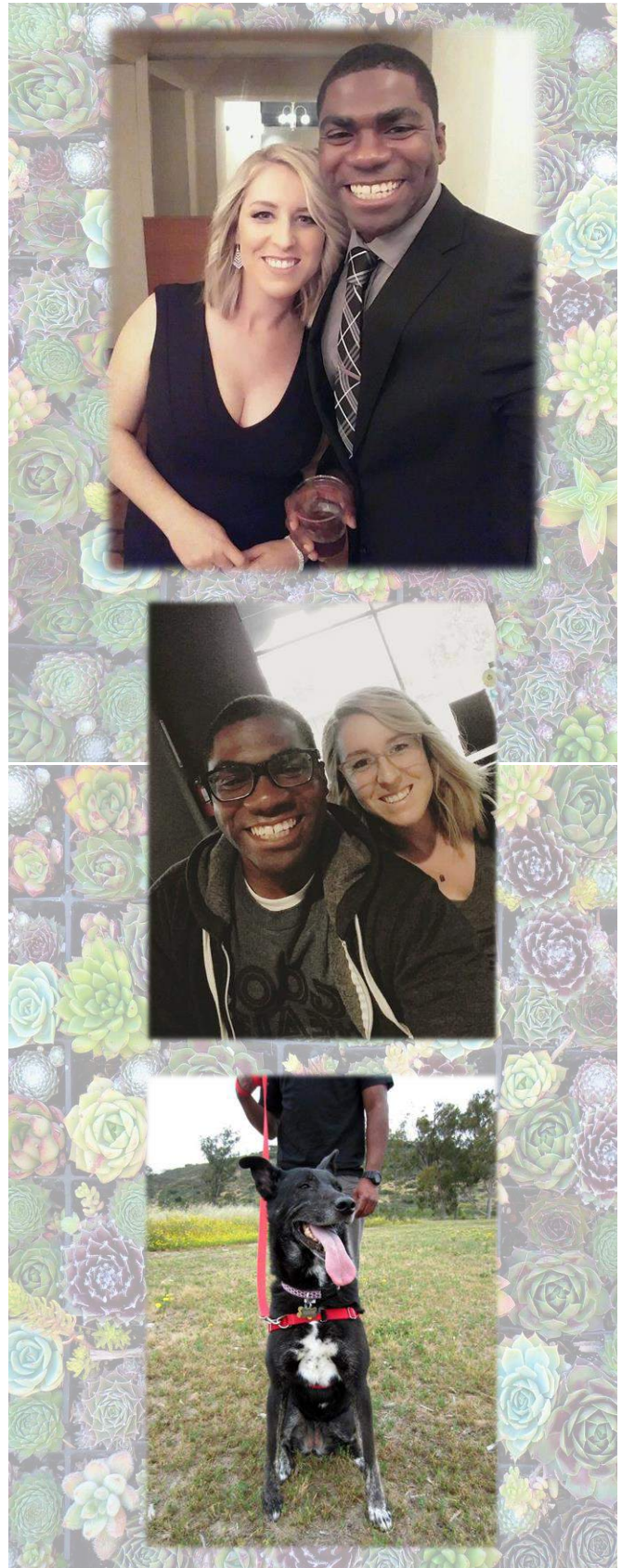
students helping students! I truly believe that it is always important to continue to learn and improve on yourself and NUSNA provides the platform for all of that and more.

How have you managed going to school, working, and being a board member while maintaining a life?

I cloned myself... No but really, I am sure you have heard it a thousand times but it is all about time management and prioritizing. I ran for the Vice President position in my first month of nursing school in January 2016. At the time, I was also working full time. Fast forward to now, I have two jobs, am the Vice President of NUSNA, volunteer, go to school, and still manage to have somewhat of a social life. It is possible! :) I also think something that works in my favor is I tend to compartmentalize things going on in my life. Over the years of being extremely busy (far before nursing school) I had to develop some type of system to stay sane. I take things day by day, one thing at a time. It has helped me not become overwhelmed and really focus on the time sensitive things that matter now. Also, planners - I probably have one too many of those.

What is one word of advice you have for younger cohorts who might be hesitate to run for a board position?

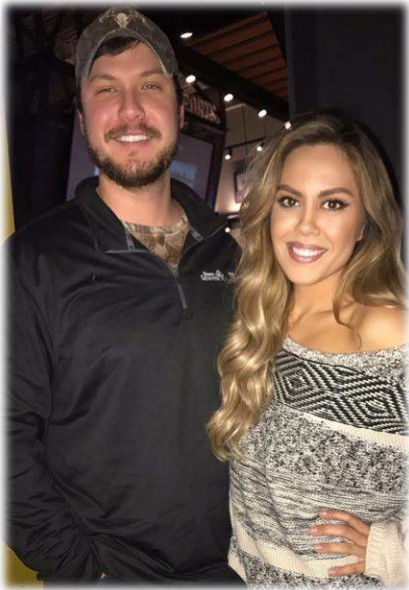
Just do it! Step out of your comfort zone. Push yourself. An incredible amount of people have put their heads down, studied, got good grades, and graduated nursing school but what else did they do? What makes you different from the next person? Nursing school is so much more than grades, tests, and clinicals. This is your time to push yourself, to rise up to the challenge, and develop leadership skills that you won't get anywhere else.



Student Interview

Jade Evans, Cohort 49

Interviewed by Brittany Haradon



Please tell us about yourself.

No one can ever tell my ethnicity since my married name is Evans. So, to start off, I am half Vietnamese and Polynesian on my Father's side, and French-Canadian, Scottish, and Irish on my Mother's side. I am blessed with amazing parents, step-parents and I am extremely close with my 3 sisters and brother. I am the eldest of my parent's kids but middle child between all of us.

Eccentric is the word I would use to describe myself. I joined the Navy right out of high school as a nuclear electrician's mate EMN(SW), where I met my husband Beau. We have two golden retrievers, Axel and Ruby Rue, and a cat we call AC, short for apartment cat. And yes, we live in a house!

I am an avid reader; Jane Eyre holds a special place in my heart. I listen to a wide variety of music, I grew up listening to the Beastie Boys, Sublime, Led Zeppelin, the Grateful Dead, and old-school County. I have a thing for unique furniture and I am in love with my green leather couch and a 600lb. butcher block I broke my finger under while loading it onto a truck. My family is a family of self-made entrepreneurs and from them I have acquired a large list of hobbies and random skills. I enjoy antiques, compound archery, deep sea fishing, and restoring antique furniture. I consider myself a life-long learner.

What motivated you to pursue a career in nursing?

I have always been interested in the medical field but motivation and passion were deeply instilled several years ago. Long story short, my husband and I were in a motorcycle accident in 2014 that left him in a coma with multiple subdural hematoma's, a punctured lung, along with uncountable shattered and fractured bones from head to toe. I escaped the accident with minor road rash and a concussion. I will never forget the trauma team that met the ambulance in the parking lot of the hospital.

"I enjoy antiques, compound archery, deep sea fishing, and restoring antique furniture. I consider myself a life-long learner."

"It is a largely relative term. Where I am in my life, I equate that word with "goals that terrify you"!"

They won't ever know how much I appreciated the transparency they afforded me but it has deeply influenced me as a person and will continue to influence me as a nurse. I have always had a tendency to take on too much when other people are involved. I am always willing to listen, help, and do whatever I can for others but it was the experience of looking to and needing others to realize how important nurses are not only to patients, but to their families.

The theme of the Newsletter is "Do the Impossible", how does this relate to your situation?

I think we all have different views of what "impossible" is. It is a largely relative term. Where I am in my life, I equate that word with "goals that terrify you". My biggest "impossible" task right now is the research I am working on. It is daunting to look at something such as putting together a research project or conducting a study, but it is my passion and strong ongoing relationship with the topic along with the beliefs that my observations could potentially shape healthcare that keeps me going.

What is your favorite part of being in the program?

The connections I have made and the fact that my horizons on nursing continue to be broadened every day. Each faculty

member and student has their own story about why they are passionate about nursing. I love hearing the stories and having the opportunity to learn from nurses who have seen and experienced everything under the sun. I have really enjoyed being a part of NUSNA and the benefits of meeting many different personalities.

Is there an area of interest you want to work in when you become an RN?

I am keeping this area open, as I am sure each part of the program will teach me something about myself that I didn't know before, and hopefully lead me to the area I would best serve the field of nursing. Currently, trauma is an area I hold a strong affinity for.



"And if you're feeling down, classes are like the weather during spring, if you don't like it, wait 5 minutes and it'll change. "

Do you have any tips for prospective students who think they might not be able to handle the accelerated program?

Haha, well the benefits of the accelerated program are that it goes so fast, you don't have a chance to freak out or dwell for too long. You made a silly mistake on that quiz? Oh well, no time to beat yourself up, you need to study for the midterm next week! On a serious note, it may be labelled as accelerated but in reality, you are able to focus entirely on one subject and delve deeper than you would if you had multiple subjects to study. I personally enjoy and thrive with the structure.

My main tip is to purchase a planner with a monthly view and weekly pages. When you are given your syllabus at the beginning of each class, take the time to sit down and plan out what you need to do each week. I break down each week's work so I know what needs to be completed every day. This way I can plan for review sessions, time off, and stay on top of the work. Time management is key to the program. Once that is established,



the rest comes with a lot less stress your part. Also, do not be afraid to lean on your mentors! They have been through it and no doubt have something to pass along to help you with time management in each course. Planning minimizes the chances of getting overwhelmed.



Another tip that helped me is to make a summary set of notes after each class. I have found the classes build on each other and I often reference back to notes from health assessment and pharmacology. Even back to my anatomy and physiology notes from prerequisite courses. Having a quick summary of key points for each subject in one place helps for quick referencing! Like I mentioned earlier, if your goals aren't intimidating, then they aren't set high enough! You can do the impossible. And if you're feeling down, classes are like the weather during spring, if you don't like it, wait 5 minutes and it'll change. ■

NUSNA in the Community

Shower of Blessings

By Kat Johnston-Woo, Community Service Director

Every month, NUSNA partners with Prof. Hinchey and the Community Health Nursing class to assist in providing food, showers, clean clothes, and health screenings to the homeless and refugee population at St. Mark's Episcopal in City Heights. In April, the Community Health class was unable to join NUSNA at the event, but our nursing students stepped up and we had 20 student volunteers and Prof. Scarafone spent their morning in service of others. These volunteers served over 60 individuals at St. Marks during a special Easter week event, which provided breakfast, hygiene packs, sack lunches, shoes, clothing, showers, and more. The people that NUSNA helped that morning expressed deep gratitude for the love and care they felt from all of the volunteers, some were even moved to tears! In May, NUSNA volunteers helped orient a Cohort 45 clinical group to the Shower of Blessings with Prof. Hinchey. It was another morning that we provided basic services and health promotion to individuals in need.

NUSNA's involvement and partnership with the Shower of Blessings won a national award for community service at the annual NSNA convention. It is an honor for our chapter to be involved in this project and work with this community. We are so proud of our Community Health class and volunteers that have worked tirelessly to assist this population, and provide much needed care for those who rarely receive it.



NUSNA in the Community (continued)



Beach & Bay Half Marathon

May 20th, 2017

Professor Tade and 8 nursing students volunteered their morning supporting the finish line medical tent at the Beach & Bay Half Marathon. It was an unusually warm morning, hitting 80 degrees by 10am. The team of volunteers treated several runners after they took tumbles during the race, as well as assisting runners collapsing at the finish line from heat exhaustion. This opportunity was provided by our partner, Dr. Marsh and KOZ Events. After the event, Dr. Marsh praised the hard work of our nursing students, and is looking forward to having us help again at the San Diego International Triathlon on June 25th.

-Kat Johnston-Woo, Community Service Director

The Campagnolo GranFondo San Diego April 8th, 2017



Miracle Babies 5K

May 7th, 2017



NUSNA in the Community (continued)

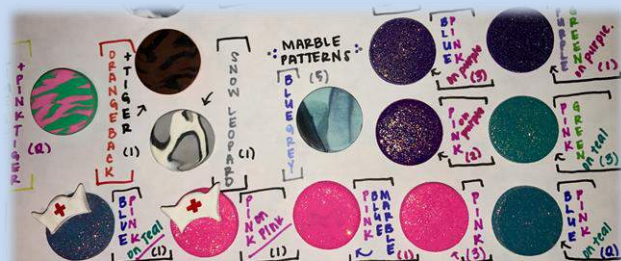
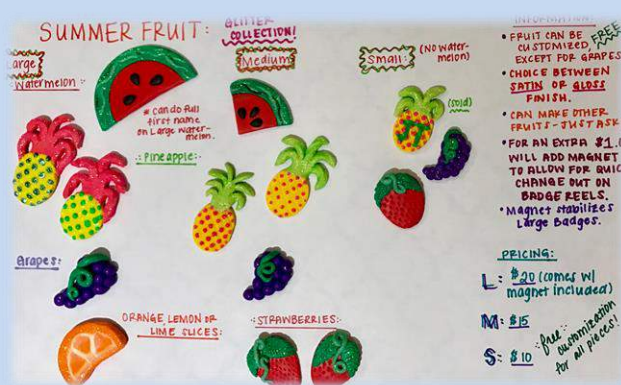
Rock 'N' Roll Half Marathon

June 3rd 2017



New Customizable Badge Reels

Check out our [website](#) to order and for more examples!



Cohort Updates

CONGRATULATIONS Cohort 43!



Cohort 45

is starting their 3rd month of Community



Cohort 44

Just finished Leadership!

Cohort 46

Is half way through Psych

Cohort 47

Just finished OB!



Cohort Updates (continued)

Cohort 48

Is halfway through MedSurg III!

Cohort 49

Is about to start Med Surg I



LVN 9

Is in Nursing Research!



Cohort 51!

Cohort 51 will have their orientation over Summer Break on Thursday July 6th and will attend theory the following week. We are so excited for you to start this Journey!

"A true friend never gets in your way unless you happen to be going down ."

—Arnold H. Glasow

Cohort 50

Just finished Pharm ☺



Current Fundraising

- **Scrub Sale** – Need new scrubs because you spilled your daily dose of coffee? Or you just want an extra pair? NUSNA sells donated NU scrubs for \$5! If you're a recent graduate, please help us and donate your used scrubs! Contact us at nusna.fundraising@gmail.com.
- **Badge Reel Sale** – Now introducing customizable Badge Reels! You can choose whatever you want and we can make it! NUSNA is still selling our other badge reels for \$6 (or 2 for \$10). They're sturdy and fun, so you can show them off with flair.
- **Water Bottles** are for sale on our website and at membership meetings.
- **Used books** donated from past cohort members are now available to purchase on our website.

NUSNA San Diego Updates

- Visit our website for more info about events, news and see our calendar: www.nusnasd.org. Also, follow us on [Facebook](#) (NUSNA San Diego) and Instagram to stay updated.
- Need help with a subject? We have a workshop just for you! Workshops are designed to help you be successful in your classes. Check out our website for the [workshops schedule](#) updated monthly.
- Take a peek at our bulletin board in the computer room for updates as well.

Scholarship Info!

Students loans are no joke! Many of us are using federal aid or taking out private loans. In effort to make our students life a little easier, we have a scholarship section on our website [here](#).

We keep it updated periodically so please keep that in mind. Also, all scholarships have different due datss, requirements, and award amounts.

CNSA

Get involved with CNSA and join a committee! For more information about the various committees, visit their website www.cnsa.org.

The **Kaiser Foundation School of Nursing Alumni Foundation** offers scholarships to nursing students as part of the association's mission to support the nursing profession. [Click here](#) to be redirected to the website!

The next **CNSA Convention** will be held October 6-8th in Pomona, CA. It will be held at the Sheraton Fairplex. We will keep you posted on amount of delegates we are sending as it gets closer.

NSNA

Get involved with NSNA today! Become a committee or board member and represent our school at the National level! [Click here](#) for more info.

The **NSNA 35th Annual Midyear Conference** is being held in San Diego this year. It is at Town and Country Hotel and Convention Center November 2-5th.

Get involved with NUSNA

Take advantage of the many opportunities offered to help you succeed and enhance your nursing education. Request a mentor to help you navigate through nursing school and answer questions, or sign up to become one! Help your colleagues grasp nursing concepts and increase your own nursing knowledge by becoming a Workshops leader. Reach out to our Directors, or visit our [website](#).

MENTORS NEEDED!

Help to create better student experiences and increase student support and retention through mentorship!

- Must be a NUSNA member
- Successfully completed MedSurg II
- Must not have started Psych

Sign up via the [website here](#), or email nusna.mentorship@gmail.com with questions

Join a committee to help give back and grow both professionally and personally

Our Committees are as followed:

- Community Service
- Membership
- Budget and Finance
- Workshops
- Bylaws
- Mentorship
- Scholarships
- Fundraising
- Student Activities
- Communications
- Nominations and Elections
- Alumni
- Breakthrough to Nursing

Find more information regarding committees and how to join [here!](#)

Breakthrough to Nursing (BTN)

-Join NUSNA in promoting the development of interest appreciation for the nursing profession through outreach programs and peer support systems

Future Nurses Club

-BTN is involved with several local high schools' nursing club. It is a great way to share your experiences, challenges, and thoughts to high school students interested in the nursing profession.

Cohort 47, you are eligible to become [mentors](#)! **Cohort 48** contact [Workshops](#) about becoming leaders!

Meeting Schedule

July 24, 2017

14:30-16:00

August 28, 2017

14:30-16:00

September 25, 2017

14:30-16:00

All meetings will be on the RB Campus.
Please see the bulletin board for details.
The meeting schedule and location are
subject to change by the President.

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Leadership Instructor

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Cohort 50

NUSNA San Diego Board Members

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Scholarships Chair – Mia Hansana

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NUSNA SD thanks all those who contributed to this issue. We greatly appreciate your time and commitment to help make this newsletter possible.



2017 CNSA CONVENTION

October 6-8, 2017

Sheraton Fairplex Hotel • Pomona, CA

Navigating **THE FUTURE!**

CHARTING YOUR COURSE IN NURSING

Keynote Speakers

- Kelley Johnson, RN and former Miss Colorado, ignited international support for nursing by delivering a poignant monologue about patient care during the Miss America pageant.
- Nursing thought leader Dr. Kimberly Horton examines the essential role of ethics in nursing practice.
- BRN Executive Officer Dr. Joseph Morris shares strategies for success as a student, new RN and throughout your career.
- Advanced Practice RN Panel: explore the exciting roles of CRNA, NP, CNMW and CNS.

Sessions Include:

You're Hired! Achieving Success in the RN Job Market
Tactics for Dealing with Workplace Bullying
Making Your Voice Heard in the Legislative Arena
Effective Team Communication

RN Panel: Former CNSA Leaders Share Their Journeys as New RNs
Opportunities in Military Nursing
Red Cross Disaster Preparedness
NCLEX Review • Test Taking Skills • More About APRN Roles

House of Delegates: Build Your Leadership Skills
Resume Review: Nurse Leaders Help You Refine Your Resume
Exhibit Hall: Employers, Educational Opportunities, Resources & Services

**More information about the 2017 CNSA Convention
 coming soon to www.cnsa.org**