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SAN DIEGO
NUSNA
National University Student Nurses' Association

The PULSE

The Newsletter of NUSNA San Diego

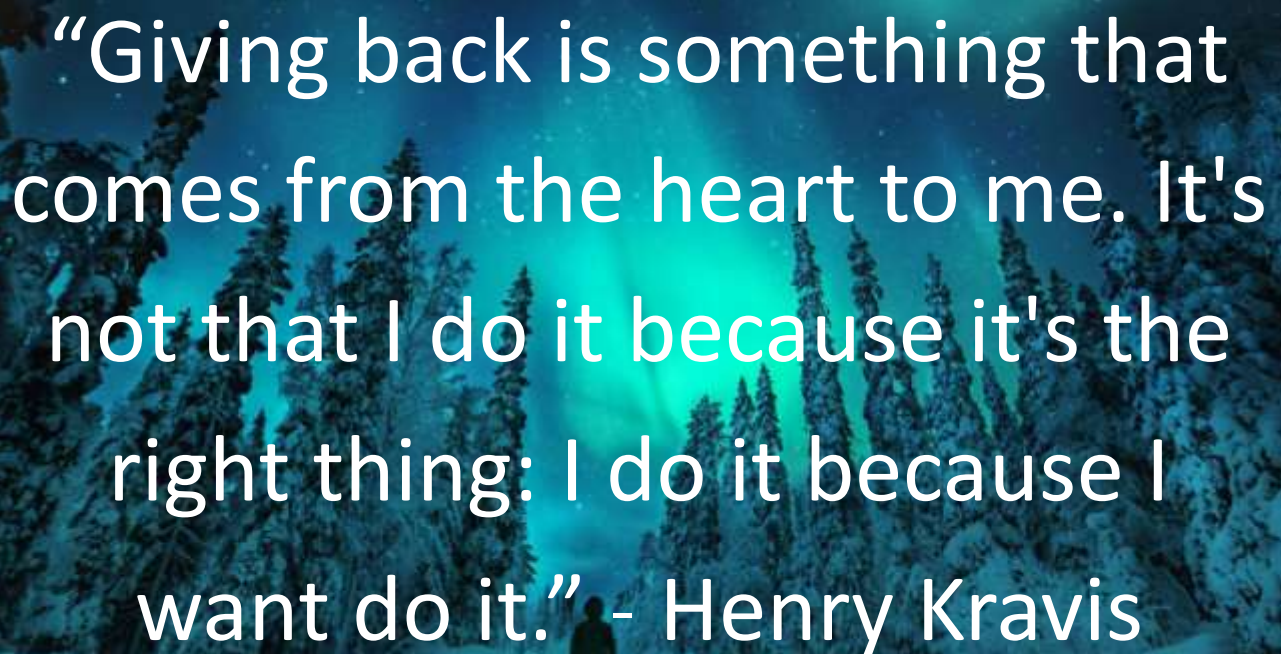
VOLUME 2, ISSUE 1

DECEMBER 2017

"Christmas and the holidays are the season of giving. It's a time when people are more kind and open-hearted. ." -**Gisele Bundchen**

"The best way to find yourself is to lose yourself in the service of others." -**Mahatma Ghandi**

"Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values. " -**Thomas S. Monson**

A person stands in a snowy forest, looking up at the aurora borealis (Northern Lights) in the night sky. The scene is illuminated with a soft, ethereal blue and green light, creating a serene and magical atmosphere. The trees are covered in snow, and the ground is a smooth, white expanse.

"Giving back is something that comes from the heart to me. It's not that I do it because it's the right thing: I do it because I want do it." - **Henry Kravis**

"Giving is an expression of gratitude for our blessings." -**Laura Arrillaga-Andreessen**

"I have found that among its other benefits, giving liberates the soul of the giver." -**Maya Angelou**

"Kindness in giving creates love." -**Lao-tsu**

"It's enough to indulge and to be selfish but true happiness is really when you start giving back." -**Adrian Grenier**

"There's a great joy in my giving. It's thrilling. It's exhilarating. It's important to be a part of sharing. It is my love. It is my joy." -**W. Clement Stone**



Message from the Editor

By Megan Armstrong, Cohort 47

Communications Director



Hello members of NUSNA,

Can you believe we are at the end of 2017? It seems like only yesterday it was summer weather...oh wait, that was yesterday.

As you may have noticed, our theme for this newsletter is giving and giving back. At Christmas time, people get into the spirit of giving. There are always clothing and toy drives from various organizations, NUSNA even had our own holiday event for families in need in San Diego (read about it [here](#)). As future nurses, we have a calling to give back to people in our community which need our help. I can remember my first time giving back to the community. I was about 10 years old and was volunteering at the Ronald McDonald House at Rady Children's Hospital as part of my Girl Scout troop. The best part about that memory is thinking about how much fun it was. I enjoyed cooking and serving the guests dinner, and then later on playing with the kids whose siblings were across the street at the hospital. If you are interested in community service events, make sure to check out our [website](#) for a list of events and sign up!

This issue is a long one, but we have a lot of articles recapping the various events NUSNA had in the last 3 months ([STEM Day](#), [Blood Drive](#), and [CNSA](#); just to name a few) and lots of interviews (check out our interview with an [NU alumni](#)). In addition, there will be **8** positions up for election or appointment in January. If you are interested in becoming part of the Board of Directors, be sure to check out the [list of positions](#).

I guess that pretty much wraps it up! See you all in 2018!



Committee Members of the Month



September

Leah Buencamino, Cohort 47

Workshops Committee

"As our only workshops leader at this time Leah has gone above and beyond in making sure we have at least four workshops a month to offer our members. I have received multiple emails praising Leah for her ability to explain topics in a way that help students solidify the information they have learned from the classroom and clinical."

Angel Parsons, Kaili Dole, Macashion Grogan, Renee Jefferson, Cheri Rhea, and Alejandra Flores - Cohort 45

Student Activities Committee

"These Student Activities Committee members excelled above and beyond expectations to ensure the successful planning and execution of this fantastic event. Due to their efforts and dedication, 35 students obtained free portfolio and passport photos, 20 underwent mock interviews, and 35 more received assistance with resume reviews. Without the continued dedication of students such as Angel, Kaili, Macashion, Renee, Cheri, and Allie, nursing students from National University would no longer have the privilege of enjoying many of the career enriching events NUSNA Career Day has to offer."



October

Rizza Angadol, Cohort 50

Communications Committee

"Rizza has been part of the Communications Committee for over 6 months and has been a huge help. She has been decorating and updating the NUSNA board in the computer lab. Each time she decorates the board it always looks amazing. Now Rizza is becoming more involved in the committee by contributing to the newsletter and website. She is very eager to learn more and do more for this committee. I know that I can count on her to help me out with any task. Her contribution to the Communications Committee has been greatly appreciated and valued."



November

Honorable Mentions

Amy Adams, Cohort 51

Alexis Rich, Cohort 51

"They both were extremely instrumental in making the STEM Day on October 27, 2017 a huge success! Amy went above and beyond with volunteering to stay the entire day since I was not able to be present and she made sure everything ran smoothly throughout the day! She was available whenever I needed to reach her in regards to gathering all the event supplies, bouncing ideas off of each other and just really impressed me with her leadership! Thank you Amy for all your hard work with this event!"

Alexis really showed her desire to get involved with NUSNA and the community service committee right out of the gate. She was only in her first class of the program and that did not intimidate her from getting involved and even taking on individual responsibilities! She created our selfie board for the students to take their pictures in and she exceeded my expectations with creating the coolest selfie board I have seen! I love how creative you were with the design Alexis and I look forward to working with you in future projects!"



Community Service Committee



Fundraising Committee

Sarah Hagar, Cohort 46

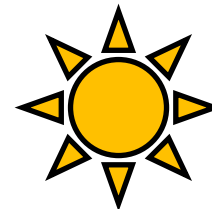
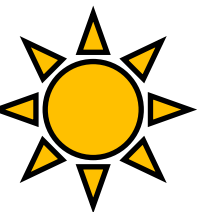
"She recently joined the fundraising committee and has gone above and beyond to help with our badge reel creation and upcoming restaurant fundraisers, additionally I know she was a vital asset to the creation of the holiday cheer fundraising baskets. She is a wonderful addition to the committee and I would love to recognize her hard work."



Student Activities Committee

Kyndl Spencely, Cohort 52

"She recently took on a position as Certification Packages Coordinator and has since gone out of her way to collect information and collaborate with our NU Continuing Education Department to provide BLS/CPR classes to be offered to all incoming cohorts at their pre-orientation!"



November Election



Ashley Kaufman

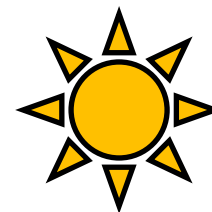
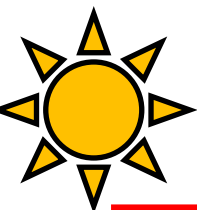
Cohort 46

Workshops
Director



Eloisa Mendez

Cohort 49



Upcoming Elections

January Elections

We will be having 8 NUSNA Board positions up for election/appointment:

[Alumni Chair](#), [Breakthrough to Nursing Director](#), [Communications Director](#),
[Legislative Director](#), [Mentorship Director](#), [Scholarships Chair](#), [Secretary](#), and
[Treasurer](#).

REQUIREMENTS:

- Be a NUSNA Member
- Have at least 9 months left in your program as of January 2018.
- For a complete list of bylaws for each position, click [here](#).
- For questions regarding the duties about a board position, email the director or chairperson by clicking the on the above links.

Getting to Know the Faculty: Eileen Nogueras, MSN, RN, BC

Interviewed By: Megan Armstrong Communications Director



Professor Eileen Nogueras has a Masters degree in Nursing Education, a certification in Mental Health Nursing, and 30 years of experience as a nurse.

Please tell us about yourself where you from where do you go to school and what's your family like?

I am originally from the East Coast; I was born and raised in New Jersey. I moved here about 6 years ago. I started with actually going to college to get a degree in law. Went to college for an education, and got a husband instead. I left school and had three children by the time I was 25 and went back to nursing school at 27.

Where did you start your nursing journey?

I went to Ocean County College, it's an associate degree program, and then the college that I went to when I was young, because I went to college when I was 17, came down to the Jersey Shore to start an RN to BSN program so I was accepted right in because I had gone there previously. so my nursing school and the university I went to merged so I was able to do an off-site program it so I went and got my BSN and then they started an MSN program so I got my BSN to MSN working.

What fields have you worked in?

I started in ICU, critical care. I've done the critical care transport, cardiac, IV Home therapy, I was a health administrator for a prison system Maximum Security Prison System in New Jersey. I've done psychiatric emergency. I opened up a crisis center to help people from the community. When they came in to deal with their crisis situations, we give them an assessment and then see if they needed to go the hospital. The Hope was to keep them out of the hospital but if they needed hospitalization then we would call the insurance

companies and see about getting them into the hospital so they be safe. [The crisis program is still around and is the one of the biggest programs in the state of New Jersey]

Did you always know you wanted to be a nurse?

No. I did not want to be a nurse. It wasn't even a thought when I was younger. I just want to be a lawyer; a lawyer and a racecar driver.

Then what you led you into this career?

My best friend growing up, when we got out of high school, she went straight into nursing. But I was young, I had little kids, and I was a little squeamish and I knew I needed to do something in case, God-forbid, something happened to me husband, I can take care of me and them and I figured it was something that would help me to be able to actually take care of them. So that's why I chose nursing.

What field of nursing do you find the most interesting?

Mental Health.

What about mental health makes it so interesting for you?

I'm a talker and so I think it was always the fact that it was something that I can do that I can help somebody. I really didn't have to use another tool, the tool that I used as me. The fact that I can change someone's life and maybe talk someone off the ledge when it came time to that crisis and to do that. So the fact, again, using me as the best

tool to be able to help somebody I found to be fascinating.

Is there one specific experience that you have that really stands out and made you think “nursing is what I meant to do”?

I’ve had several. When I was working the night shift in the crisis center, we were developing a mental health program, and I had someone who came in who was very, very suicidal and seeing him, assessing him, and seeing him through probably the hardest time of his life. He had come in because he took two table saws, he was a carpenter, and put his arms right on the table so he can actually cut his veins. He truly wanted to kill himself. I’ve seen a lot of that and I’ve seen a lot of patients who were at that point and that thought there was nothing better. And I’ve seen them turn

around. It’s not easy, but I’ve seen them turn around and then I see them years later. It’s very rewarding [to see the positive outcomes]. And also too to see someone who suffers from schizophrenia and you know that you’re probably the only person or the only person today anyway that’s going to help them or that understands them without all of the stigmas that come with that. I really enjoy community education and community outreach; showing people what it is and how we can try to make it a little bit better.

What made you get into teaching?

I always wanted to teach. In my previous position, before I became a director of nursing, I was working in the crisis center and when I became the assistant director one of the things was doing a lot of Community Education so I would go out to the state police and educate the recruits about how to deal with mentally ill and I kind of thought “I’m pretty good at this.” People told me that I was good at it. That’s when I went for my Masters in Education. Then it wasn’t until I took the administrative track it found me, I didn’t look for it. When I got here [California], I was the director of nursing at a hospital and they were teachers that used to come in and talk to me about getting the students in and stuff like that. They had heard me do some stuff with the staff, then I applied and I got I got my first teaching position. Then I left Administration to get into academia.

Patch Adams said “You treat a disease you win or you lose. You treat the person and I guarantee you win no matter what the outcome.” What are your thoughts on that?

You should always treat people as people not disorders. I totally agree with that. I think sometimes when we think of the gallbladder in room 107, you’re better off talking to the gentleman at 107 and find out really what he needs and sometimes it’s not a Band-Aid to take care of his gallbladder, it’s what else is going on with him. I think when you really understand or try to talk to people to find out what’s going on with them you help in more ways than you can even imagine.

One of the things you have your students do is doing community outreach. Why do you think that’s so important for nursing students to be exposed to?

Because every aspect of nursing is out in the community and it’s not just about seeing the person in the hospital. It’s seeing the person on the street, in the grocery store and everywhere and giving them that one on one personal feel. Treat people like people.

Do you have a favorite teaching moment?

I think one of the ones that comes to mind actually was the first time that I taught clinical. I took the students OB or PB and we worked with the community. We fed everyone and then Cal State [nursing students], which is another school that I teach at, also had a clinic. So the students for my one class were working with the students from that class, and working with these other people. We were feeding everybody, and it was like one big community at one of these churches that was doing the program. And it was great, it was very gratifying for me to actually see so many people trying to help so many other people.

What’s one thing you want students to know about you?

An important thing that I want to know about me is that I practice tough love, even in the classroom. I’m a firm believer in making you work hard. You earn your grade and I help you all the way, but you have to give in because if I’m working harder than you are, then you’re not working.



Meet the Board:

Sarah Barrett, Treasurer

Interviewed by Megan Armstrong, Communications Director



Tell us about yourself. Hobbies, family, etc.

Hi! My name is Sarah and I am your treasurer. I have a 6 year old son, a fiancé, and a 2 year old puppy. Most of my life outside of school revolves around them. We enjoy outings to the beach, zoo, aquarium, etc. I currently work at Sharp Grossmont Hospital as a nurse assistant. It's a great job that gives me more experience in a hospital setting.

What lead you to choose a career in nursing?

I have wanted to become a nurse since I was a little girl. I used to volunteer with my grandma at my great grandma's nursing home and I remember telling her all the time that I would be a nurse when I grew up. I even have a picture I drew of myself in 2nd grade as an "old people nurse"!

What is your favorite thing about the NUSNA?

My favorite thing about NUSNA is getting to meet, collaborate, and become friends with other nursing students from different cohorts.

What lead you to run for your BOD position?

I ran for the treasurer position my first month of nursing school! The election that month was big and I knew I wanted to be involved. I felt like that was my chance to get into NUSNA and make the most out of nursing school.

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

I rely heavily on my trusty planner! I write down everything I have to do for my classes, NUSNA, work, and home life. It helps me to stay on track and not get overwhelmed. Things don't pile up and I am left with time to have a life with my family.

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

Just go for it! It might seem daunting but it is well worth it. NUSNA is a great way to get involved, help fellow students, and make great friends.





Getting to Know Our Members:

Anessa Daley, Cohort 46

Interviewed By: Rizza Angadol

Communications Committee Member

Please tell us about yourself.

Hello, my name is Anessa Daley. I am in Cohort 46 and will be graduating in February 2018. I live in Poway with my parents and our dog, cat, and two pet rats. In the rare time that I'm not studying or working, I love to go on hikes with my dog or just relax and watch Netflix. I've recently taken up learning to play piano and I'll put my rats in my sweatshirt pocket and play songs for them. I think they enjoy it.

Congratulations on achieving one of the highest GPAs in your cohort! That is an amazing achievement. What are/were your motivations that lead you to this success?

Thank you! One of the main things that helped me push through this program was thinking about how I will be able to help people one day as a nurse. When I was tired, stressed, and wanted to just lay down and watch TV I would think about my future patients. Would you want to be taken care of by a nurse who did the bare minimum just to pass the class? Studying for even an extra ten minutes might help me learn something that makes the difference between the life and death of my patient. I also think about when my parents get old and might have to be in the hospital, I want to know the best way to treat them and make sure they are receiving the best care.

What motivated you to pursue a career in nursing?

Originally I wanted to become a criminal defense attorney and started working in a law office, but I quickly figured out that wasn't my real passion. I took a year off of school and started researching

different jobs and volunteering at different places. I had always been interested in health and the healthcare system so I started volunteering at Pomerado Hospital. I remember one of my first days I was asked to give a patient a blanket and as I tucked her in and helped make her more comfortable, she gave me the biggest smile and it was like a light bulb went off and I had finally found what I was meant to do. That same day I went home and scheduled an appointment to come into National and speak with an advisor about enrolling.

What is your favorite and most challenging part of being in the program thus far?

My favorite part has been learning about different diseases and health conditions and how they affect the body. It's really interesting to be out in public and see people with the symptoms of something we just learned about in class. Applying what we learn in school to the real world is the neatest thing ever! The most challenging part about this program has been managing stress. Especially in the first year when I was still trying to get the hang of how to study and all of the school's requirements, I just hated life. There were definitely times I thought about quitting and nights I seriously questioned how I was going to pass a class. But after a few months I got into my groove of studying, navigating the school system, and managing my time.

How do you study? What are the study techniques you think worked really well for you?

I've tried all sorts of study methods like making concept maps, reading NCLEX review



books, and attempting to make flashcards which, unless it's for basic things like memorizing lab values, I really



wouldn't recommend because you won't have enough time to review them and you'll probably develop carpal tunnel in the process. What really works for me is reading the assigned

chapter out of the textbook and highlighting the most important things (yes, there are a few pages that are almost completely highlighted). Then I will go back and re-read the highlighted parts every day. If there is a concept that I still have trouble understanding I will watch YouTube videos about it; it's helpful to hear the same information presented in different ways and by different people. YouTube is awesome, when you're exhausted and too tired to read just lay down and listen. Another tip I once heard is that you're more likely to memorize something if you study it in different places. So I will take my book with me to the library, outside, on long car rides, even to different places in my house and read the highlighted parts. It sounds weird but it really works!

Many people like to reward themselves after graduating nursing school. How do you plan on celebrating when you are done with your program?

I really don't plan on celebrating anything until I pass my NCLEX and am hired as a nurse. Until then I will be studying and preparing for interviews. Once I get the word that I am accepted into a new-grad program, now that is when I will jump for joy! I think I will take a week off, just relax and take a short vacation to Palm Springs.

Is there an area of interest you want to work in when you become a RN? And/or are you planning to go for a Masters or Doctorate someday?

I did an internship in the ER and I really enjoyed the fast-paced environment and always having something new walk through the door. When I first start out though I think it would be best to start on a Med-Surg or Tele floor to get the hang of general nursing and develop a solid foundation. My goal is to eventually become a flight nurse and also go to disaster areas and provide relief for victims. When I get older and am ready to settle down a bit I plan on getting my doctorate and teaching nursing students.



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

As long as someone is truly passionate about becoming a nurse, I would absolutely say to go for it! Before I was accepted into National I remember reading online how difficult nursing school was and how many students fail out. Given that National was an accelerated program I was even more terrified that I wouldn't be able to handle it. But, if you are able to score well enough to be accepted into the program, as long as you do your part and study, it would be pretty difficult to fail out. One great thing about this program is that you take one class at a time, so you are able to focus on mastering one subject and it doesn't become too overwhelming. The teachers are also amazing and really want to help you to succeed. They are willing to stay after class and work with you and there are also tutors available. Nursing is a grueling job and I think the difficulty of school helps toughen you up for the real world. Nothing worthwhile comes easy and being a nurse is both an honor and responsibility, so it is important to make sure students are prepared and able to handle the challenges that come with the profession.

What is your favorite motivational quote? Please share what this quote means to you.

I was at the gym once and a trainer said, "The difference between successful people and unsuccessful people is that some people make excuses while others don't!" That quote always stuck with me and it helps remind me that most successful people whether they are body builders, nurses, or billionaire CEOs aren't just lucky or born smarter than other people. They keep going even when they want to stop, set goals and spend time each day working to get closer to that goal. Another quote I like is, "Let them sleep while you grind. Let them party while you work. The difference will show." I printed out this quote and taped it to my desk to help motivate me to study on Friday nights when my friends were out, when I felt like being lazy or giving up. Nursing school has been the biggest challenge of my life, but we put in the work and it will all be worth it!





If they can do it...So can we!

Alumni Interview: Jamie Kuhn

Interviewed by: Christopher Walinski,
Alumni Chair

What cohort did you graduate from? When did you graduate?

I graduated in March 2017 from Cohort 42.

Were you involved with NUSNA?

I was involved with NUSNA on several levels. I first joined NUSNA during our cohort orientation and became an active member. In June of 2016 I ran and was elected the Community Service Director for NUSNA. I was very excited to continue building on the foundation that previous directors laid before me. While on the board I also was able to attend both NSNA and CNSA annual conventions. It was a great experience and I am so thankful for the opportunities NUSNA afforded me.

What background/experience did you have coming into the nursing program?

I came into nursing school from a previous career, I was a firefighter and paramedic for 10 years, of which 5 of those years were located in San Diego County.

Where do you currently work/What RN specialty are you?

I am currently in the New Grad Residency program with Palomar Health and I work in Trauma Intensive Care Unit (TICU) at Escondido.

What advice would you give to current nursing students in the program?

Some advice I would give current nursing students is to invest in coffee, lots of it. No, seriously I would say to enjoy the journey and try to see, learn, participate in as much as possible while you're a student. Take

advantage of your student discounts for professional organizations that you're interested in or passionate about. Find a mentor or someone who will be there for support, and for the brutal honesty when you need it.

How has becoming a nursing tutor help to shape your nursing career (or vice versa)?/What prompted you to become a tutor?

That is kind of a which came first question, the chicken or the egg? I believe that they both play off each other and help me to continue to grow both as a nurse and a tutor. I have previous experience as a Paramedic Skills instructor and spent a lot of time working in training for the fire service. So, I knew I enjoyed working in an educational/academic aspect. I always enjoyed leading workshops for NUSNA so when I saw that there was a position open for a tutor spot I knew it was perfect for me. As a tutor, I enjoy being able to help connect the dots and guiding students to finding what works for them. We all started somewhere, so I am glad I have the opportunity to give back. Besides I think it helps me be relatable to the students when they find out that it wasn't that long ago I was wearing those blue scrubs, spending endless hours writing care plans, and nervous before every ATI proctored exam! I know that all the tutors are here because we enjoy helping and want students to not only succeed but enjoy this crazy journey of nursing school. My hours are located outside the skills lab, as well as my email address if students ever need anything.





Holiday Cheer 2017



**By: Allison Calderon,
President**



This year was NUSNA's fifth year participating in the annual SHHS Holiday Cheer event. This year was our first year utilizing our newly attained 501(c)3 status to collect more donations. I had the pleasure of being Chair of the Holiday Cheer Committee, and we had a wonderful turnout of 53 students between the nursing and public health departments!

We utilized our Wishing Trees set up in Admissions and the Spectrum Library, four opportunity baskets, and business donations to exceed our fundraising goal of \$5000! This allowed us to purchase almost every item from each family's wish list. We had fifteen students work together three days before the event to wrap all of the gifts, and just like that, we were ready to host these families!

On Thursday November 30th, room 150 at the Spectrum campus transformed into a warm, inviting, festive room with over forty people sharing in the holiday cheer. We had delicious catering for all of the families, students, and faculty who attended, and we ended up being able to send all of the families home with leftovers.

We set up craft tables for the children with festive gingerbread houses and other holiday-themed crafts. This was a huge hit, and the kids loved getting their hands dirty while we waited for the rest of the families to arrive. Unfortunately, one family was unable to join us for the festivities, but we were able to personally drop off their gifts after the event.

The moment everyone was waiting for finally arrived - the presentation of the gifts! Each student got to present a single family with their ceremonial gifts accompanied by Santa Clause! After the presentations concluded, the children all started tearing into their gifts and playing with their new toys. The parents enjoyed more food and their own gifts as well. It was truly special to see the gratitude and excitement from all of the children and parents. One could not help but feel emotional and thankful during this experience.



As quickly as it began, it was over, and we packed up all of the families in their vans with their gifts. Another year of Holiday Cheer was accomplished, and seven more families received a memorable holiday experience. I am grateful for every student who lent their efforts to our wonderful committee, I could not have done it without any of you. Now we get to celebrate with our own families and give thanks for everything we are so lucky to have. Happy Holidays everyone, and see you next year!





The CNSA conference was the second convention I was able to attend, and my first convention through CNSA. I think that my favorite part of attending these conventions is to see how our chapter is so

well recognized at the state and national levels. It goes to show that all of the work that NUSNA members put in to making our association great does not go unnoticed. I always leave these conventions with a big sense of pride in the work that we do and the direction that our association is going in. At the convention we were able to serve as delegates and vote in the house on resolutions that will effect the curriculum for nursing

students at the state level. It is always interesting to hear different points of view on controversial topics, and to be a part of the conversations that will potentially change the future of nursing education. I am very thankful that I was able to experience serving as a delegate for the second time, and I hope to continue to have

opportunities to attend things like this in the future and throughout my nursing career.

—Kylie Clower, Membership Director



In October, I had the honor of representing NUSNA at the California Nursing Student Association annual convention as the lead delegate. We had a jam-packed weekend, but NUSNA accomplished so much, and it was completely worth it! I took the opportunity to network with the

exhibitors at the convention, as well as network with other chapter Presidents during the Council of Presidents. We all got to share ideas and advice for struggles that other chapters may be having or ways to diversify our activities. Many of the other chapters were impressed with our fundraising table and the fact that we have a Fundraising Director. I never realized how fortunate we are to have such a diverse and accomplished Board of Directors. I enjoyed being a delegate and seeing the legislative side of CNSA, which is

so important to how our organization runs. Honestly, this experience was so positive, and I am so happy that I got to attend the CNSA convention to see our resolution pass, Jade get elected as state Vice President, and Holly get elected as state Community Health Director.

—Allison Calderon,
President





NSNA in Review

By: Nicole Davis, Secretary

This year, San Diego had the pleasure of hosting the NSNA Midyear Conference at Town and Country Hotel & Convention Center. I attended the Friday and Saturday sessions and, as a nursing student within six months of graduation (but who's counting?), feel that it was time well spent. My first stop was the exhibit hall where there were nursing schools, NCLEX review companies, and hospital recruiters. Hospital recruiters are generally the first people to see your application and it provided a great opportunity to ask questions. I also got their opinion on how to make myself a more attractive candidate and what they like to see in a resume.

There were also panels, discussions, and review sessions. Specifically, I attended the Pharmacology Made Insanely Easy and Medical-Surgical Nursing Made Insanely Easy review sessions conducted by Loretta Manning, MSN, RN, GNP and Lydia Zager, MSN, RN, and truly appreciated the variety of learning techniques they used to teach us the information: they literally got an audience of 300 nursing students to sing and dance to learn the information!

I also attended a session called Marketing Yourself in

a Competitive Job Market run by Sheri Monsein, MS, RN. She is in charge of talent acquisition for UCLA Health Sciences and was very informative with what to include in resumes and cover letters. She also gave tips for the interview, such as knowing the hospital's mission, vision, and values.

Finally, I attended a nursing specialty showcase where there were a variety of associations present. My panel had representatives from American Association of Critical-Care Nurses, American Psychiatric Nurses Association, Association of periOperative Registered Nurses, National Association of Pediatric Nurse Practitioners, Navy Nursing, and Wound Ostomy Continence Nurses' Society. All the panelists were passionate about their society and were inspiring to listen to, though my personal favorites were Critical Care, Psychiatric Nursing, and periOperative nursing.

Overall, this midyear provided a great opportunity to learn, network, and better yourself as a new grad entering a competitive job market. I would highly recommend attending the upcoming Annual NSNA Convention on April 4-8, 2018 in Nashville, TN.



On November 10, I had the privilege of attending the first White Coat ceremony held at the Gaslamp Westin. Cohorts 45 and 46 all received their white coats and pins, and it was such a joy to watch them all take the next steps in their nursing careers. The ceremony was beautiful, and the speakers were great. I especially enjoyed Professor Soliman's keynote speech. It was very special to see each graduate's family accompany them for the white coat -ing process and share that moment of triumph. Many of them brought their spouses and children, and others brought their parents or a Professor that was particularly important to them.

I was honored to get to speak about the seven amazing Directors who were graduating that day as well. Stephanie Franezl, Amanda Robbins, Kat Johnston-Woo, Lilibeth Hunton, Brittany Haradon, Maribel Koke, and Ashley Kaufman all received a special certificate for their unique service to their

school and student body. I was lucky enough to work with these wonderful ladies throughout my first year as an NUSNA Director, and they all helped shape me into the President I am today. They also made a lasting impact on the students by improving the student experience here at NU.

Seeing the White Coat ceremony made the reality of our collective future as nurses much more real. We are all going to reach that point, and it will have made this journey worth it. Whether you are just starting your nursing school journey or about to finish, we have all accomplished something great! I look forward to the next White Coat ceremony and recognizing the next group of accomplished students as they take their first steps as nurses.

-Allison Calderon, President

Blood Drive: November 27, 2017

By: Kaila Pascua
Student Activities Committee Director



Our collaboration with the American Red Cross to run this blood drive was an absolute success! After the Thanksgiving holiday, people were in a generous spirit! Since our start at 9 am we had eager students and staff arriving to make appointments to donate blood in between classes and meetings. Cookies, juice, and free shirts were given to those who donated with the caption on the shirts reading "Give blood, eat cookies. Everybody wins." The blood inventory piled up quickly and the Red Cross staff were taking donors back to back to accommodate. Tragedies like Route 91 and the recent hurricanes remind us how important it is to make sure the blood banks are prepared to help every person in need in the face of adversity. I am honored to be a part of that mission. Special thank you to all of the donors who helped save a life and to the American Red Cross for providing the resources to do so. We look forward to hosting their blood drives throughout the year!



NUSNA in the Community: Eric Paredes Save a Life Foundation - Teen Cardiac Screening

By Kyle Roloff

Community Service Director



On October 15, 2017 NUSNA got the opportunity to take part in the Eric Paredes Save a Life Foundation - Teen Cardiac Screening. This event was designed to offer free cardiac screenings to teens ages 12-25 in the hopes of early detection of heart abnormalities and discovering teens that may be at risk for more severe heart problems. Our volunteers got to be a part of a team of individuals that placed the EKG leads on participants and run the cardiac screenings. We had a total of 613 total individuals screened with 3 being at risk and 6 had undiagnosed cardiac abnormalities.

In addition to working the EKG station we also got the chance to help lead CPR sessions teaching the teens and their families how to perform life saving compression only CPR. This was a very fun and interactive activity for both our student volunteers and the participants. We allowed them a chance to feel what it's like to give a compression on a manikin and also showed them how to place an AED. We want to thank Professor McLaughlin for being our faculty advisor and helping get NUSNA involved with this wonderful organization. We all had such a wonderful time working with all the teens that came through our stations and look forward to getting involved with more events in the future.



NUSNA in the Community:

Giro di San Diego GranFondo

By Kyle Roloff

Community Service Director



On Sunday, October 22, 2017 the NUSNA students and staff volunteered their time in support of the Giro di San Diego GranFondo bike ride as they helped to raise money for Challenged Athletes Foundation's Operation Rebound. They worked in collaboration with Professor McLaughlin, Professor Setayesh and a team of other medical staff, to provide first aid and nursing care at the medical tents stationed throughout the course and at the finish line. They served as medical volunteers and were part of a cohesive team that provided care and relief for many bikers who participated in the event.





NUSNA in the Community:

STEM Day

By Kyle Roloff

Community Service Director



National University and the Hispanic Association of Colleges & Universities (HACU) collaborated to offer a STEM Youth Leadership Development Form. STEM events are designed to help educate our younger generations about these four disciplines: Science, Technology, Engineering and Mathematics. The Youth STEM day was hosted at National University Spectrum campus on October 27th and had over 600 middle school and high school student minorities attend! NUSNA provided students the opportunity to explore 5 different stations with interactive, hands on activities that engaged the students and gave them a generalized idea of the nursing profession.

Student participants enjoyed getting to learn about compression only CPR, and having the opportunity to try out compressions on our CPR training mannequins! Other stations included hand washing, managing stress through alternative methods (oils, music therapy, guided imagery), and auscultating breath sounds on our very own mannequin, Nursing Anne. The station that was the biggest hit was teaching students about Personal Protective Equipment (PPE). During this activity students were taught about the importance of gowns, gloves, and masks for maintaining infection control and keeping themselves safe while working with their patients. They were given their own PPE to dress up and had the opportunity to take a photo in our creatively designed nursing selfie station!

NUSNA in the Community

**"Teal Steps" Ovarian
Cancer Awareness 5K
September 10th**



**Eric Paredes Save a
Life Foundation -
Teen Cardiac Screening
October 15th**



**Silver Strand
Half Marathon
November 12th**



**Giro di San Diego
GranFondo
October 22nd**



NUSNA in the Community



Sharp Disaster Drill

November 16th



Holiday Home Tour



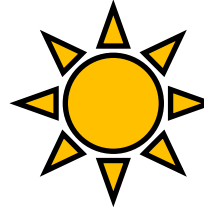
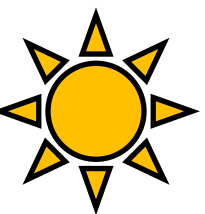
San Diego Food Bank



December 7th



December 3rd



Upcoming NUSNA Community Service Events

North County San Diego Stand Down

When: January 26 -27, 2018
Time: Multiple Medical Shifts Available (8am-5pm)
Where: Green Oak Ranch, Vista, CA

What is Stand Down?

A four day event in a serene, wooded retreat setting for our homeless Veterans to enjoy cabin living, catered dining, indoor VA services, medical, dental, legal aid, clothing distribution, housing assistance, other Veteran and homeless assistance and services, entertainment, and more! This is the ideal setting to assist a Veteran needing to enjoy a respite from the streets and alleys of our County. Most of all, it is our goal for them to feel the respect and dignity absent from their lives.

North County San Diego Stand Down Mission:

To raise awareness of the plight of homeless veterans in our community, connect them with needed service providers, and end veteran homelessness in North County San Diego.

Vision Statement:

Ensure that our homeless veterans are respected for their service, receive their earned benefits, and become self-sustaining members of our community.

NUSNA also has other community service events not listed in this newsletter. For a complete list of community service opportunities and to sign up to be a volunteer for any of these events, visit our website [here](#).

Cohort Updates: Where are they now?



Leadership



Community



Cohort Updates: Where are they now?

LVN



Community



Psych

48



Cohort Updates: Where are they now?

49 Maternal/Newborn



Med-Surg II 50



Cohort Updates: Where are they now?

51 Fundies



Pharmacology 52



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.

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 dates, requirements, and award amounts.

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!

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.

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 66th Annual Convention is being held in Nashville, TN on April 4th-8th, 2018.

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](#).

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](#)!

Certifications

National University is offering Continuing Education Classes, including BLS, ACLS Prep, ACLS, PALS, and PHTLS courses. For a schedule of offered courses and to sign up, see our website [here](#) for directions on signing up.

*NU students are also offered a discount on these courses (excluding BLS) when registering through our links. See our website for a discount code.

NUSNA Meeting

Schedule

January 22nd, 2018

February 26th, 2018

March 26th, 2018

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.

MENTORS NEEDED!

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

- Must be a NUSNA member
- Successfully completed Med/Surg II
- Must not have started Psych

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

**COHORT 49, YOU ARE
NOW ELIGIBLE TO
BECOME MENTORS!**

**MEMBERS NEEDED FOR THE
WORKSHOPS COMMITTEE!**

Positions currently available in the Workshops Committee are as follows:

- Workshop Outreach Coordinator
- Workshop Planning Coordinator
- Workshop Quality Coordinator
- Workshop Communication Coordinator

Contact the [Workshops Director](#) for more information about these positions.

**MEMBERS NEEDED FOR STUDENT
ACTIVITIES COMMITTEE!**

NUSNA is looking for members to join the Student Activities Committee. Some duties for this committee include assisting with brainstorming new student activity opportunities

And helping with planning and organizing various student activities, such as certification classes, guest speaker forums, blood drives, and career fairs. If you are interested in this committee you can sign up on our website [here](#), or contact nusna.studentactivities@gmail.com for more information about this committee.

**COHORT 50, CONTACT
WORKSHOPS ABOUT
BECOMING LEADERS!**

NUSNA SAN DIEGO FACULTY ADVISORS

Professor Kristine Ledesma (MSN, RN)

Leadership Instructor

NUSNA.Facultyadvisor@gmail.com

Professor Tammy Tade (MSN, RN)

Med-Surg II Instructor

NUSNA.Facultyadvisor@gmail.com

COHORT REPRESENTATIVES**Cohort 46**

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Cohort 49

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Cohort 52

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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.