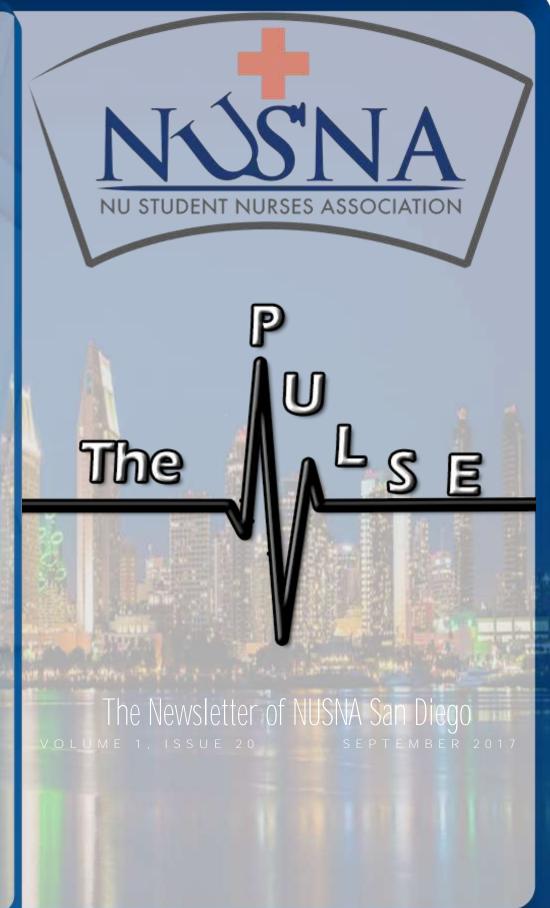
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"The secret to living the life of your dreams is to start living the life of your dreams today, in every little way you possibly can." - Mike Dooley

"The beginning is the most important part of the work." -Plato

"The secret of getting ahead is getting started.

The secret to getting started is breaking your
complex overwhelming tasks into small
manageable tasks and then starting on the first
one." -Mark Twain



"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect." -Alan Cohen

"A journey of a thousand miles must begin with a single step." -Lao-tsu

"Begin at the beginning... and go on till you come to the end: then stop." -Lewis Carroll

"Begin somewhere; you cannot build a reputation on what you intend to do." -Liz Smith

"In creating, the only hard thing's to begin; A grass-blade's no easier to make than an oak."

-James Russell Lowell



Message from the Editor

By Brittany Haradon, Cohort 45

Outgoing Communications Director

NUSNA,

As my nursing school journey is coming to an end, I have been able to reflect on the different opportunities I've had. There are people we meet in school that will be friends for a life time, nurses in clinical we have looked up to, and patients that will always be in our memories. We all started nursing school with a vison of what department we wanted to work and what kind of nurse we wanted to be. Throughout these 22 months, I have changed my mind a 100 times but I do know that regardless, I have a group of strong amazing (future) nurses that I can always rely on. NUSNA has forced me out of my shell, given me confidence in things I had no experience in, and confidence leading. My advice is, do not hesitate to step out of your comfort zone. Try new things with new people and you will be surprised what opportunities come to you! Although I love my position, I am glad Megan will be taking over and continuing to grow this role. I am grateful for everyone who has been a part of this journey and want to thank you all!

Message from the Editor

By Megan Armstrong, Cohort 47

Incoming Communications Director



Hello members of NUSNA,

As I was thinking of what theme to choose for this newsletter, I was thinking about beginnings. Beginnings for me and the other 6 incoming directors. Embarking on a new adventure can often be intimidating. There are always the thoughts of "what if I can't do it?", "what if I fail?". For me personally, I have seen Brittany do an amazing job in this position, and now it is my turn to fill her shoes.

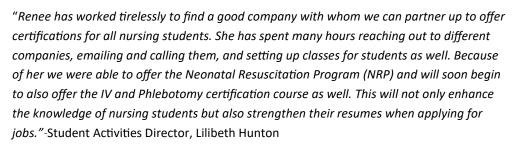
New beginnings are meant to help a person grow; each new experience helps us to mold and shape what our next step will be. I'm very excited about this beginning in front of me. Redesigning this newsletter was my first main task as Communications Director and I have thoroughly enjoyed it and hope that you all enjoy it as well. I'm grateful I was given this position, and that Brittany has entrusted me with this role. I can't wait to see what this position has in store for me.

committee Members of the Month

Renee Jefferson, Cohort 45

Cheri Rhea, Cohort 45

Student Activities Committee



"Cheri was solely responsible for contacting representatives and planning NUSNA's military recruiting day. Because of this event, a longtime Navy nurse was able to share many of her amazing experiences with us and also discussed the many specialties offered to nurses in the military. Students were also able to interact with both Navy and Army nurse recruiters who mentioned the benefits of joining the military while in or out of school, full or part time. NUSNA's military recruiting day was a success due to Cheri's hard work and dedication to National University and NUSNA."-Student Activities Director, Lilibeth Hunton



Geena Demonteverde, Cohort 50

Caryssa Jones, Cohort 50

Mentorship Committee

"They have both taken up the responsibilities of quality assurance officer for the mentorship committee and have continued to help in numerous ways. They have both been a great help and I am grateful for them."

-Maribel Koke, Mentorship Director



Katie Nicoletti, Cohort 48 Hollie Baptista Saldana, Cohort 50

Fundraising Committee

"Both of these ladies went above and beyond last month helping with Fundraising and Orientation!"

- Holly Kreczkowski, Fundraising Director

Our Board of Directors has six students from Cohort 45. Since graduation is only a month away, their positions were placed up for election. After a candidate Q&A at our membership meeting, a week of voting and our meet the candidates page on our website, the winners have been determined. Below are the outgoing and incoming director for each position. We also had one director appointed to fill the place of a director who was elected into a new position.



Stephanie Fraenzl Cohort 45

President



Allison Calderon
Cohort 48



Amanda Robbins
Cohort 45

Vice President



Jade Evans Cohort 49



Brittany Haradon Cohort 45

Communications Director



Megan Armstrong
Cohort 47



Maribel Koke Cohort 45

Membership Director



Charlie Whitney
Cohort 47



Kat Johnston-Woo Cohort 45

Community Service

Director



Kyle Roloff Cohort 50



Lilibeth Hunton Cohort 45

Student Activities Director



Kaila Pascua Cohort 49



Allison Calderon Cohort 48

Student Faculty Liaison



Allen Nisperos Cohort 49

OCTOBER ELECTION!

Workshops Director will be up for election this October. DUTIES AS OUTLINED BY THE BYLAWS (include but not limited to):

- 1. Chair the workshops committee to ensure that the operations of the Peer Workshops Program conforms to established procedures.
- 2. Ensure that the operations of the Peer Workshops Program correspond with the organization's purpose and function as outlined in the NUSNA Bylaws.
- 3. Coordinate with the Membership Director to determine eligibility for nursing student participation in leadership roles within the Peer Workshops Program.
- 4. Coordinate with the designated NU administrative staff to

determine academic eligibility for nursing student participation in leadership roles within the Peer Workshops Program.

- 5. Oversee operations and quality assurance of Peer Led Workshops.
- 6. Submit written article(s) for the NUSNA quarterly newsletter as appropriate.

REQUIREMENTS:

- Be a NUSNA Member
- For all other positions, have at least 9 months left in your program as of October 2017.

For more information about this position, email nusna.workshops@gmail.com.

Getting to Know the Faculty: Hope Farquharson, PhD, RN, PHN

Interviewed By: Brittany Haradon, Outgoing Communications Director



Please tell us about yourself. Where are you from, go to school, family life?

I was born in the island of Jamaica. I went to elementary and high school in Brooklyn, New York.

I received my Bachelors and Master in Nursing with an emphasis in Nurse Educator at California State University, Dominguez Hills. I obtained my PhD in Nursing Research and Education from University of San Diego. I have been a nurse for 32 years where I have had the pleasure of working in various areas in the field of nursing. Some areas I worked in the hospital include Telemetry Unit/Step-Down ICU, High Rick Labor and Delivery, Postpartum, Pediatrics, NICU and the OR. Outpatient settings include Home Health, Community Nursing, Public Health Nursing and School Nurse.

I have been a director of two nursing schools and led the team at both colleges to successful accreditation visits. My areas of research include Pregnancy Weight Gain

Patterns, Cancers of the Colon, Breast, and Cervix.

I moved to San Diego 30 years ago from Brooklyn, New York and have been married to my husband Wayne for over 30 years with two grown college graduate children, Jamall and Monique.

I enjoy reading, hiking, traveling, cooking, going out to dinner and movies with friends and family.

Did you always know you wanted to be a nurse or what lead you to this career?

Doctor Farquharson teaches
Community Nursing at National
University and has 32 years of
experience as a nurse in a
multitude of specialties.

I knew I had to be a nurse or a doctor since in my family it is expected I go into one of these health care fields. My aunt was a nurse and I admired her dedication to the field of nursing so when I went to college I decided to pursue a career in nursing because nurses seem to be the ones spending most of the time with the patient and their families. In addition, I felt being a nurse would give me more flexibility and afford me the opportunity to have a healthy family life while juggling a rewarding career. During nursing school, I enjoyed working with patients, families, and other members of the healthcare team and soon realized this is the career for me. Over the years, I mentored new nurses and soon realized I had a passion for educating nurses. This led to me advancing my degrees in nursing which opened many avenues in nursing for me to pursue. I am very happy I chose Nursing as my career path and have no regrets. I feel blessed to be part of this wonderful profession and in turn serve as role models for future nurses.

How did you end up in the community as a Public Health Nurse (PHN)? What is the best part of being a PHN?

While in nursing school, I completed rotations in the community working with underserved population ranging from newborn to the older populations. This sparked my interest in pursuing Community Health/Public Health Nursing. Over my 30 plus years, I have worked in home health, school nursing, worked with community clinics to deliver preventative care using the three levels of prevention.

I have worked closely with the Public Health Departments to deliver vaccines, screenings, and home health services to those vulnerable populations. I worked with pediatric clinics to conduct home visit for those children who were already obese or at risk for obesity.

I am currently involved with community partners to assist the homeless in San Diego by providing food, health screenings, and advocating for those who need assistance navigating the health care arena. The best part of being a Community Health/Public Health Nurse is working to find resources to better the lives of my clients that come from varied backgrounds also working with community partners to help the homeless.

Patch Adams said "You treat a disease, you win. You lose. You treat a person, I guarantee you win no matter what the outcome". Your thoughts on this?

When we only focus on the disease sometimes we win the fight and other times we lose even with our best efforts. On the other hand, if we treat the whole person not just the disease then this leads to win-win situation because we are caring for the person who comes to us with varied circumstances. As healthcare providers, we should provide care with compassion, dignity, and use our gained experiences and knowledge to improve outcomes of our patients by providing quality nursing care to make them better or help them progress to a dignified end. It is imperative to recognize that all individuals under our care are human beings that come to us with varied background and experiences. We must always look beyond the disease and see the person. This will help us to provide a more holistic approach when caring for the person to include their families, communities, spirituality, and environment etc. If you care for the person taking into account all aspects of this being then this promotes a long lasting impact because this person will feel comfortable having someone who cares about them and not just their disease.

What influenced your decision to teach at National University?

I started at National University in the Nursing Department in 2007 as an Adjunct then Associate Faculty. I have enjoyed my experiences over the years, which led to me becoming a full-time faculty in July 2017. I have had the pleasure of working with some remarkable students and faculty from diverse backgrounds.

National University is moving in a direction that is aligned with my vision and teaching philosophy. I enjoy collaborating with both faculty and students. I believe students bring a lot to the learning environment and they should be heard as they have incredible things to share from their past experiences as well as expressing their opinions about their present learning environment.

I value professionalism and diversity and I feel this is promoted at National University. The move towards the Planetree designation is one of the many incredible opportunities that the university offers its students, alumni, staff, and faculty.

I am allowed to be creative in the classroom so my students can gain the most out of their learning experiences. I strongly believe in student-centered learning where I am able to engage my students in the topics being taught. They are encouraged to be active participants in the classroom. Empowering my students to be more engaged and not only using PowerPoint format helps students to expand their knowledge base and retain the information to make them better nurses who are able to use high levels of critical thinking and clinical reasoning skills. I want my students to stand out when they apply for jobs.

Another reason I chose National University is the support I am given to pursue my research studies so I can hopefully add new findings to the scientific community and assist with more evidence based results.

Do you have a favorite teaching moment?

My favorite teaching moment is when my students and I role play a difficulty concept and during that session I am able to see the light bulbs going off because the students are finally getting a better understanding of that concept. I believe in broadening my students' views of topics/concepts as this allows them to think out of the box, which in turn helps in their critical thinking and clinical reasoning skills. I strongly believe if students understand concepts more than just memorizing them they will be able to perform at higher levels in the clinical settings and the test-taking environment.

What is the one thing you want students to know about you?

I care about my students' learning so I try to help them be the best nurse possible and I am very approachable believing we (my students and I) are a team working together for their success.

Meet the Board:

Kyle Roloff, Incoming Community Service Director

Interviewed by Brittany Haradon, Outgoing Communications Director

Tell us about yourself. (Where you are from, family life, hobbies, first career, animals etc?)

Well...I'm not going to lie, I literally sat at my computer thinking, "What the heck am I am going to say about myself!?" So here we go...I am a born and raised San Diego native (well if you count Ramona as San Diego) and couldn't imagine living anywhere else! I was very fortunate to receive a swimming scholarship when I graduated high school and got the opportunity to go out to the east coast to swim and pursue my first degree. I attended Southern Connecticut State University and graduated early with a BA in Psychology with the hopes of doing...I have no idea! Shortly after graduating, while I was working teaching children with special needs how to swim, my dream job of all the dream jobs became a reality for me: I became an assistant horse trainer to a well-known reining horse facility down in Imperial Beach where I got to ride, train and show horses all over the west coast. I mean don't get me wrong, it was INCREDIBLY hard work riding anywhere from 10-16 horses a day and traveling all the time catering to our very "well off" clients, but I wouldn't have changed it for the world. Fun fact, the most expensive horse I ever had the privilege to ride, the owner paid \$80,000 for him...you heard that correctly, \$80,000! It was crazy, but so much fun.



Obviously, my hobbies include riding horses but I am also a huge theater fan, LOVE eating at new and interesting restaurants and, I'm not going to lie, my guilty pleasure is binge watching some silly show on Netflix for hours on end! I

have one dog named Lexi, who I am kind of obsessed with! She seriously is the silliest, most spoiled, best dog ever! I am also a brother of two sisters and have an amazing niece and two nephews who I love spending time with

more than anything. I recently got engaged this past April and am looking forward to starting a life with my fiancé,

Ryan, once I get through nursing school!

What led you to choose a career in nursing?

Nursing is something I feel I was meant to do—it just took me a lot longer than some to figure it out!



Before starting the program, I worked at a therapeutic riding center teaching children and adults with special needs how to ride a horse. It was there that I got to work with children as young as 3 and adults as old as 55. They all ranged in abilities and had many different diagnoses but each one of them holds a special place in my heart. It was there I got to experience some life-changing experiences, from watching a 4-year-old with Down Syndrome walk for the first time and hearing a 13-year-old boy with autism speak his first words ever! It is because of this program that I love making a true difference in someone's life. I knew that working with children was "my calling" and that it was the first thing that truly gave meaning to my life! I want to work in pediatric oncology, because I think that childhood cancer is one of, if not the most unfair thing in this world, and if I can help even just one kid recover, put a smile on his face during a very tough day or even possibly be there to save his life, it would make my life so much more complete!

NUSNA has a lot to offer students, what would be one aspect that has helped you the most?

This is a hard question for me, because I am still new to the program and just recently got elected to the board, so I don't think I've even had a chance to skim the surface on all NUSNA has to offer. One thing I know for certain is that NUSNA has offered me opportunities I may not have been able to have on my own, yet I'm already able to begin my journey of helping others in and around our community! It has given me the chance to grow as an individual,

opportunities to meet some amazing people in our profession and make connections that may one day help me achieve all my goals.



What does Community Service mean to you?

Community Service is all about people caring enough to just stop for a moment and put the needs of someone else above their own. We live in a world that's driven by success, material objects and sometimes being so absorbed in our own day-to-day lives that we forget to stop and take it all in. Being a part of community events gives

people a chance to learn from others who may come from different walks of life or even who have been in similar circumstances compared to our own. Having the opportunity to share each other's experiences and just having a caring face to sit and talk with is sometimes all that's needed to put our lives back into perspective. I love going to all the events NUSNA puts on as well as the events I attend outside of school. It gives me that "feel good" feeling that we CAN make a difference in someone's life, and that no matter how busy I get, I'm never too busy to be kind to someone else!

While being a Community Service Committee member, what is one experience or event while volunteering that has stood out?

The Shower of Blessings event NUSNA hosts at St. Marks's Episcopal Church has truly been a highlight of mine. I haven't had many opportunities to interact with our homeless population and being involved with this event has really opened my eyes to a whole different world. It was fascinating to get to know some of the individuals who routinely come to the event and learn their personal story. It was interesting to see how tightly knit the homeless community is and see how they have each other's back. I'm looking forward to the next event date and hope to continue to build the relationships I've already begun to form!

There are students that are hesitate or nervous to join committees due to time commitments, what advice would you have for them?

I firmly believe that there is always time to do something you are passionate about. I understand completely as nursing students we have A LOT on our plate with school alone and that many of us have jobs, families to support and even children to raise. I think that the best thing about

these committees are that they allow students to get involved in any way we possibly can even if it may be for only a few hours a month. Being involved with members of our program, professionals in the field and members of the community who we may one day be caring for is critical in maintaining the



drive and passion for being a nurse. I am the first to admit I get a little discouraged sometimes with the amount of studying and information we get bogged down with, but when I get the chance to work with other committee members and hear their stories or help out at an event, I'm rejuvenated and ready to hit the books again! It reminds me why I'm going through all the stress and intensity and that one day I will be able to do what I love every day. So, if you're even remotely interested in any of the committees that NUSNA offers, I say go for it, make that leap of faith and know that whatever time you are able to invest will only help you in the long run!



Tell us about yourself.

I am born and raised in San Diego and have one older sister, Tiffany. I was a gymnast until the age of about 12 and then I played golf up until around 17. I played at SDSU for a year and decided I was not into anymore. I did not know what I wanted to do right out of high school and I guess I could say I have never been the school type.

What lead you to a career in nursing?

I wanted to do psychology first, but then realized I would need my doctorate and that is even more school! My sister ended up getting into nursing before me and I have always admired my older sister and wanted to follow in her footsteps. She started in the LVN program at Concord and I started after her. She helped push me to do nursing. Our grandmother was very sick and we helped take care of her and manage her care. We were the ones who took care of her on hospice as well which brought nursing full circle. We figured out from there, this is what we wanted to do. My grandmother and family always wanted us to be in healthcare too.

When did you start working in the emergency room?

I was working at Ashford University prior to starting my LVN program full-time. My sister and I both started working at Sharp Healthcare in Registration. Tiffany got hired in the Emergency Department and tried to convince me to apply. I thought I wanted to do Pediatric Nursing and did not think I wanted to be in the ED. I applied and started around six months after her. We have been there about six years now.

Do you think you want to stay in the ED now?

People always ask me that and I think if I left I would like to go to the ICU. Just for the pure learning experience and

Getting to Know Our Members:

Brittany Tulao, LVN 9

Interviewed By: Brittany Haradon,
Outgoing Communications Director

being able to see the disease process all the way through. In the ER, we stabilize our sickest patients, you can do CPR on someone and get pulses back but now they are upstairs and you do not see what happens to them. Being in clinicals I get to see more. I had this patient that was septic and so sick, but when I came back the next week he had done a 180. I thought wow, that was so interesting to see since I do not see that. So, if I left, it would be for the ICU but I would come back to the ED. It ended up feeling like home even though I never thought I would do it.

What tips or advice do you have for people who are nervous about an accelerated program?

It is hard for me to answer this, I do not have a family or kids, so it should not be as hard for me. I compare myself to people in my cohort who have multiple kids, or sole supporters of their family. I think being an LVN has made it easier for me. The cool thing about the LVN to BSN program is everyone is starting on the same page. We have all been in nursing school, are working professionals

and everyone has each other's back.



Career Day: July 13th, 2017

By: Lilibeth Hunton
Outgoing Student Activities Committee Director



NUSNA's annual Career Day, in partnership with the Vets2BSN Project, was held on Thursday, July 13 thinside our very own National University library. This is the second year we've held the event at this location and it again proved to be an excellent decision. Career Day presented an excellent opportunity for current students and alumni to formally meet with nursing professionals, educators, and job recruiters as well as benefit from their vast knowledge, employment opportunities, and expertise as they enter the profession as licensed nurses. NUSNA received an outstanding amount of support from library and multimedia staff, our very own nursing faculty, 20 of our nursing student body volunteers, Student Engagement and Leadership (SEAL), the alumni and career services department, and, of course, the Vets2BSN program. Services offered included passport and portfolio photos, resume reviews, portfolio examples, mock interviews, and even a delicious lunch. These were all free of charge and would not have been made possible without the support and dedication of our sponsors and collaborators. Students also had the opportunity to speak with Navy nurse recruiters, Sonata Hospice, nurse recruiters from Sharp and San Ysidro Health Center, Nurses Educational Opportunities (NEO), Livescan fingerprinting, and Kaplan NCLEX-RN prep. It was my and the overall Student Activities Committee's please to ensure 35 students obtained free portfolio and passport photos, 20 undergo mock interviews, and 35 more receive assistance with resume reviews. For those of you who attended the event, I'd like to personally thank you for taking advantage of this unique opportunity and giving my committee and me the satisfaction of knowing we contributed to your personal and professional growth. Please know that the Student Activities Committee is always here to help you and your fellow students and we are also open to any suggestions or comments you might have for us.





By Kat Johnston-Woo
Outgoing Community Service
Director



Over the weekend of July 21-23, hundreds of homeless veterans and their dependents filled the athletic field of San Diego High School to receive much needed care, services, and respite from their lives living on the streets. Organized by Veterans Village of San Diego, and the VA Hospital - La Jolla, in conjunction with branches of the armed services, Stand Down for Veterans serves those that served our country, and provides access to several social services that these individuals rarely receive.

NUSNA first became involved with this incredible event in 2016, and assisted with triaging and patient care at the field hospital tent. Last year, we struggled to fill both the volunteer and faculty shifts. However, it was different story this summer. The outpouring of enthusiasm from both faculty and students was phenomenal. Between 6 faculty leads and 35 students from several cohorts, there was a team from NUSNA present for almost the entirety of Stand Down, with the exception of the overnight shifts. During this time and under the guidance of our NU faculty leads, our nursing students assisted with the care of over 300 patients, with complaints ranging from mild to acute.

Stand Down is a unique experience in itself for all volunteers. As students, we are not only able to volunteer our budding medical skills and knowledge, but we are able to learn and grow. This



experience brings together small groups of students, spanning different cohorts, and forces them to work together in order to provide the best care possible for the patients. Students and faculty, many of whom have never met before, leave with a shared experience. Their eyes are opened to the realities facing our homeless veterans and their dependents, and we all grow together as a team showing a little more compassion and empathy with every interaction.

On our final day, as the last NUSNA team was saying their goodbyes to the VA medical team, the nursing staff from the VA offered their praise and thanks to the professionalism and knowledge exhibited by our students and faculty. NUSNA has been invited, and encouraged, to participate in the next Stand Down, which will be occurring in January in the Vista/Oceanside area. If you are interested in volunteering as a faculty lead for a 4 or 8-hour shift, please email nunsa.communityservice@gmail.com.

Lastly, NUSNA would like to thank the faculty for their unwavering support for our community service events, and especially Professors Farquharson, Woody, Kurz, LaLicata, Daniels, and DelaCruz for their participation in Stand Down for Veterans.

NUSNA in the Community



Shower of Blessings
July 12th & August 9th





Chula Vista

5K Challenge

August 13th





Upcoming NUSNA Community Service Events



Come support the refugee and homeless population in San Diego!



St. Mark's church runs a program where they shower the homeless once a month, and provide breakfast, health education, health screening, and dignity bags. As part of Community Health, NU nursing students assist in this event and pledged funding and commitment to run a second shower event per month.

NUSNA has pledged their support for our fellow students

and this wonderful program.

This is a great opportunity to get involved in the community, and help out your fellow students!!

Volunteer registration for September is full; please sign up for October's here.

The event will be held at St. Mark's Episcopal Church, 4227 Fairmount Ave, San Diego, CA 92105 on October 11th from 0810-1200.

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.











Starting

Psych





















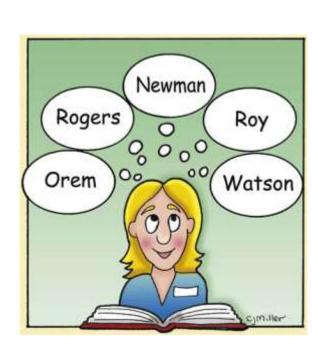












Starting Theory in October!



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 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!

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.

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.

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 49, CONTACT
WORKSHOPS ABOUT
BECOMING LEADERS!

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 48, YOU ARE NOW ELGIBLE TO BECOME MENTORS!

MEMBERS NEEDED FOR THE HOLIDAY CHEER COMMITTEE!

NUSNA will be sponsoring 5 families this upcoming holiday season for our Holiday Cheer event. This committee needs members to help make this event as successful as possible. Some examples of duties for this committee include wrapping gifts, planning and setting up the event.

Contact the <u>NUSNA President</u> for more information about this committee and to sign up.

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.

MEMBERS NEEDED FOR FUNDRAISING COMMITTEE!

NUSNA is looking for members to join the Student Activities Committee. Some duties for this committee include helping seek out fundraising opportunities within the community and assisting in planning, organizing, and coordinating NUSNA fundraising events

Promote fundraising events to students and faculty. If you are interested in this committee you can sign up on our website here, or contact nusna.fundraising@gmail.com for more

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

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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.

NUSNA San Diego Board Members

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CHAIRPERSONS

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Scholarships Chair-Mia Hansana

scholarships.nusna@gmail.com



35th Annual MidYear Career Planning Conference

Visit midyear.weebly.com for future updates!

November 2-5, 2017 · San Diego, CA Town and Country San Diego



2017 CNSA CONVENTION

October 6-8, 2017

Sheraton Fairplex Hotel • Pomona, CA

CNavigating 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

September Workshop Schedule

* Please make sure to RSVP on the NUSNA Facebook page if you plan to attend a workshop. We must have at least 3 people confirmed to be going (not just "interested") to proceed with the workshop. Make sure to indicate if you plan to attend by ZOOM in the discussion portion, the workshop leader will email the password needed to access the workshop the day before the scheduled workshop to those members who have requested the password. The actual ZOOM link will be found in the discussion portion of the event page as well. Please email me at nusna.workshops@gmail.com if you have any questions or would like to schedule a private or group tutoring session with a workshop leader.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	MedMath- Leah 10am-12pm Spectrum	EKG- Leah 10am-12pm Spectrum	14	15	16
17	18	EKG- Leah 10am-12pm Spectrum	MedMath- Leah 10am-12pm Spectrum	21	22	23
24	25	26	27	28	29	30

NUSNA Meeting Schedule

September 25, 2017

14:30-16:00

October 30, 2017

14:30-16:00

November 27, 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.

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.