



The Pulse

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NATIONAL UNIVERSITY STUDENT NURSES ASSOCIATION

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I'm not telling you it's going to be easy. I'm telling you it's going to be worth it.
-Art Williams

Congratulations to our Graduates!

Cohort 32, RN

The Department of Nursing at National University Rancho Bernardo recognized Cohort 32 during a white coat ceremony held on Thursday, August 21, 2014 at the National University Headquarters in Torrey Pines.

The Pinning Ceremony has been a tradition of nursing schools around the world that represents the transition of nursing students to nursing professionals. However, other academic institutions have adopted the tradition of a "white coat" ceremony, which also symbolizes the transition from students to professionals in the medical community. Recently, National University decided to implement this practice with a white coat ceremony held immediately after completion of the nursing program- in addition to a pinning ceremony held with multiple cohorts near the time of school-wide commencement. Cohort 32 is the first cohort in the NU nursing program to have this kind of ceremony. The new graduates were presented with white coats embroidered with their names by family, friends, and National University faculty.

Recognized during the ceremony were outgoing community service director Ernest Banes for clinical excellence and student-faculty liaison Alyce Sugita, who was awarded the Hippensteel Award. Also recognized was Karen Mangiduyos for academic excellence.

Best of luck to the students of Cohort 32 in their future nursing careers!



Student Interview: Angel Lee Elliott

Whether you are a senior nursing student on the verge of graduation or a brand new student to the NU nursing program, you have probably heard of one particular student's name in the halls- that is, if you have never met her yourself; that student is Angel Lee Elliott.

Angel is an ambitious student from Cohort 33. She has served NUSNA as one of the representatives for her cohort and in other functions within the association. She is mostly known for her role in founding and directing the NUSNA Peer Workshops Program, along with fellow classmates Jamie Gadowski and Kassidy Cervantes. In October 2013, the first few peer-led workshops were introduced with focus in areas of Pharmacology and Med-Surg. Not even a year later, the program has expanded to include workshops focusing on health assessment, fundamentals, care plans, and individual student needs. Additionally, Angel and the Peer Workshops team have been working very hard with the nursing faculty to incorporate peer-led simulation labs into the program. It has been quite a success so far, receiving positive feedback from both students and faculty.

Angel has certainly left her mark at NU and soon she will be expanding her horizons as a new graduate. If you have ever spoken to Angel on a personal level, you will know that she has not reached this point in her life without struggle and perseverance. As she is preparing for graduation, we thought it would be fitting to interview her to reflect on her experience as a person, a student nurse, and workshop leader.

Angel, you are one of the most well-known and well-respected students on campus. While we see you leading workshops and tutoring, we would like to know more about you. Please tell us about yourself.

Thank you for the compliment. I am learning how to take compliments. I have always had the program's success in mind and at heart, any personal recognition I tend to re-direct in that direction. Maybe that is something you do not know about me: I often feel uncomfortable with compliments!

Aside from who I am at NU, I am a very proud mommy of three beautiful kids. Stetson is my oldest son; he is 14 and a freshman in high school this year. Avery is my princess, she is 11 and loves to play volleyball and be creative like me. McKinly is my baby; he will be 5 in October. He is super smart and funny- quite a character! I have two dogs that own my heart- Tobi, my blue heeler, and Rupert, my wiener dog. I am a military wife of 8 years. With nursing school, my family has seen many trials and challenges, I am thankful for the love and support my family has given me during this journey.

Before nursing school, I enjoyed many hobbies! I was an avid kick boxer and runner. I enjoyed running half marathons and training for fights. I enjoy going dancing, but miss the dancehalls in Texas. I love interior design and all its facets. I am a freelance floral and event designer, and have been for many years. I do "old lady" things like quilt, crochet & collect antiques. I love creative photo shoots with my family. I surfed a bit, something I have taken back up recently. And I'm sure you all will not be surprised to know that I am pretty nerdy. I like reading and watching documentaries. Hit me up for the latest nursing journal lying around my house.

What made you want to become a nurse?

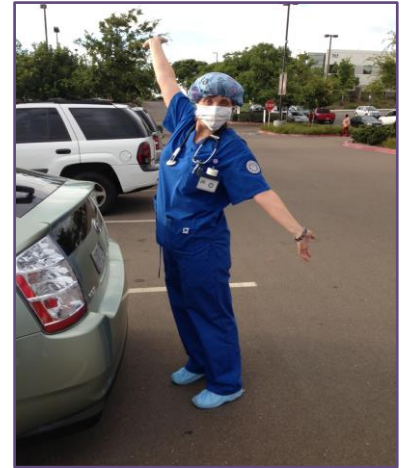
I have had many experiences in my life as a patient myself, as well as being the family member of a patient. I remember many nurses by name- some for being remarkable in moments of need, for being the person that supported me, and helped see me thorough; while there were others I will never forget for the very opposite reason- for making me feel like a burden, not giving credit to my perspective, and for belittling me.

I set out to become a nurse so that, at the very least, there was room for one less person to ever treat a patient in such a terrible way when they are in perhaps their weakest and most vulnerable states. I remember very clearly in the moment, while in labor with my oldest child, thinking that I would not only find a better way, but I would be a part of it. It is not too often that a person has the opportunity to do something every day that allows them to make a forever-lasting impression on the life of another human being. Nursing has that impact, and I am addicted to leaving positive impressions in hopes that they become contagious.

Is there a particular area of nursing you would like to work in once you have your RN license?

I most definitely will see my way to the emergency department. I enjoy the fast paced critical environment. I love the variation in people you are able to reach as well as the close-knit teams you work within. It might sound funny, but my love for Med-Surg, Critical Care, and Psych nursing all come together right in the ED- it's my perfect storm. Never bored and always ready! I'll do whatever it takes to get there.

I can honestly say that there is not one clinical rotation that I did not enjoy and see myself able to do. The possibilities are endless- so I am just excited to see where nursing takes me.



Student Interview: Angel Lee Elliott (continued)

What is your favorite course in nursing school?

I loved Med-Surg 2. I really got excited about it and couldn't get enough. I suppose that would be the obvious choice for my favorite, but I would have to say that my other favorite was Psych. It was extremely therapeutic for me, I learned so much, I had an stellar line up of influential and supportive professors, and above all- I felt like that was the clinical rotation that I saw the greatest need and was able to make the biggest difference.

What influenced you to start the Peer Workshops program?

My first 63. Ha! No, really. I got a 63% on the first "Fundies" exam and completely freaked out. I knew it was test taking because I knew the material inside and out. So I did what I always do- I reached out for help and resources. I remembered that Dr. [Rebecca] Dahlen worked for ATI and told us that she would be with us reviewing for the NCLEX in the end. She gave us many jewels in theory that I still carry with me. So anyway, I went right to the source and asked her for help with test taking strategies- she suggested she give my class a workshop! Nearly 40 members of cohort 33 crammed in Room 113 like sardines hanging on every word – wanting to succeed more than anything. That is when I knew that there was a need. I was contacted by NUSNA Mentorship and asked to join the committee. I researched the success of peer teaching and its relatively recent integration in nursing schools. I was certain that our accelerated program would benefit from it. With his graces, I utilized and magnified Ryan Rickley's model from NU Fresno to tackle the needs at NU San Diego. I am grateful that the faculty and administration supported the idea. All involved have benefited from it. It was a team effort from the get-go; there is no way I could have done it and nursing school alone.

What is your favorite workshop to teach and why?

EKGs! Because it really is all about PERFUSION! The basic concepts of the cardiovascular system tie into everything we study and assess. EKGs were my "Ah Ha!" moments. I enjoy un-puzzling the puzzle for students and seeing light bulbs light up during the workshops. I also like tutoring shock, burns-- critical Med-Surg 2 stuff overall. I also think concept -mapping is key.

What do you hope to see for the future of workshops?

I simply hope to continue to see students supporting one another with the goal of overall success at NU. I already see this and am humbled by the team that stepped up to take the lead. I hope that students continue to have the avenue to be proactive and obtain support. I hope that students increasingly see the value in stepping up to lead, while remaining fresh in their knowledge and skills throughout the program.

What do you feel has been your greatest victory in nursing school?

Wow. This is a tough one. I guess I would say my greatest victory in nursing school was not giving up. I truly believe that we all have those moments when we sincerely consider throwing our hands up. I had many. Whether it was from exhaustion, frustration, lack of motivation, or rationalizing the worth of sacrifices, I wanted to quit too. As a matter of a fact, I have a history of giving up when things get tough. This was by far the toughest experience I have taken on, and I am so stinking proud of myself for seeing it through and not letting temporary moments of weakness get the best of me. I have to give all kinds of "props" to my nursing family for helping to see me this through.

Do you have any advice you would like to share with NU nursing students?

Yes, I have a few pieces of advice.

- 1) You CAN do it. Oh yes you can.
- 2) Hallway hearsay is a destructive fire. Extinguish it every chance you get.
- 3) Your NU experience is what YOU make of it. Make it positive. Be proactive. Kindness and respect will take you far.
- 4) Oh Yeah! Participate in workshops! Support your peers- don't pull them through.
- 5) Last but not least- have some fun & don't forget to take time for YOU!

We appreciate your taking the time to share your experiences and imparting your wisdom with us. Is there anything else you would like to add before we conclude this interview?

I have to say "Thank You" to all of you. It sounds cheesy I am sure, but I truly am thankful for everyone at NU. It is very hard to put into words. So many people thank me for helping them, and never realize how they have helped me. Sometimes my commitment to helping others was the motivation I needed to keep going and the confidence booster that kept me believing in myself. I learned so much about myself, good and bad. I found passion and purpose. Most importantly, I grew. I am a better and stronger person for having gone through this journey with you. Thank you. Thank you. Thank you.

Angel, thank you for your service to National University and NUSNA. We wish you nothing but success as a nurse!

"I would say my greatest victory in nursing school was not giving up. I truly believe that we all have those moments when we sincerely consider throwing our hands up. I had many."

Instructor Interview: Professor Nicole Sevilla-Zeigen



Sometime during the fall of last year a new face was seen around the Rancho Bernardo campus. Students wondered who this person was as she had a pleasantly warm disposition and walked around campus with a blue NU nursing jacket. Students learned not too long after that this woman was Professor Nicole Sevilla-Zeigen and she was the new simulation lab director for all NU nursing campuses. In addition to running simulation lab experiences, she was also assisting in open skills lab and tutoring when she could. During the May-June semester, Professor Sevilla-Zeigen stepped up as the lead instructor for the NSG 320 (Med-Surg 2) course. Nursing students around campus comment on how much they enjoy their learning experience with Professor Sevilla-Zeigen both in Med-Surg 2 classroom lecture and clinical, and how approachable she is. Professor Sevilla-Zeigen comes to National University with an impressive background in nursing, and while she is no stranger amongst the nursing students, it is nice to learn a little bit more about her professional background.

Please tell us about yourself.

I have been a nurse since 1976. I started out as an Associate degree, but continued with my Bachelor's and Dual Master's degree. I have a Master's degree in Nursing (MSN) and Business (MBA). I was a Critical Care Nurse for 20 years. During my time in critical care, I also moonlighted as a home health nurse. I was part of the Infusion team for patients with cancer and HIV. I was also a PICC nurse for home health. During this time, I worked on weekends for the ambulance as a Medical Intensive Care Nurse (MICN). After I left bedside nursing, I went into management. I was the Department Administrator for Internal Medicine (Nephrology, Oncology, Cardiology, Infectious Diseases, Rheumatology and Endocrinology). I retired after 25 years. I missed nursing so much that I went back to work and worked for Sharp Grossmont Hospital. I was the Director of Critical care Services and I managed 600 employees- a majority of them were registered nurses.

I'm currently in a PhD program, and will hopefully graduate May 2015. I believe in lifelong learning. I'm passionate about nursing and I feel that I can contribute to our next generation of nurses.

What made you want to become a nurse?

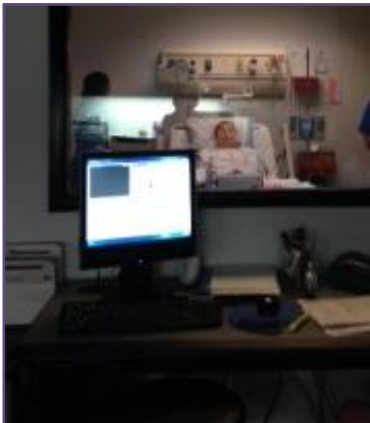
When I was 17 years old, I volunteered at a nursing home, and I was given the title "Director of Recreation". The residents taught me to do embroidery and crochet. The projects we completed we sold to other family members, and I used the money we earned to buy more supplies for the residents. Being around patients was such a good feeling; I wanted to become a nurse so I could be around people and take care of them.

What is your favorite aspect of nursing?

I love getting to know my patients on a personal level. They aren't just patients to me; they are fathers, mothers, brothers, sisters etc. Seeing that smile on their face when the shift is over and saying, "I can't wait to see you tomorrow" means a lot. It gives you the feeling that you are making a difference.

What made you decide to teach at National University?

National University is known for teaching adult learners. They have many opportunities for people to get quality education. National University also cares about our veterans. I was a military "brat", so it means a lot to me.



Professor Sevilla-Zeigen is the Director of Simulation Labs for all NU nursing campuses.



Professor Sevilla-Zeigen's first NSG 320 clinical group with students of Cohort 34.

Instructor Interview: Professor Nicole Sevilla-Zeigen (continued)

What has been your favorite teaching moment here at National University?

I love teaching about Critical Care to students. I was a Critical Care Nurse for 20 years and it brings back so many good memories when I teach about it.

Are there any projects you are taking on outside of National University?

I'm trying to finish my research study and hopefully get it published. My study is on barriers that prevent nurses from reporting errors.

Is there any advice you have for surviving Med-Surg 2?

Yes, READ your chapters and do the practice exams after each chapter. Ask questions and seek assistance from our tutors and student mentor program. National University is the only school I know that provides this many resources. Students are very lucky to have them.

Is there any advice you have for nursing students as they make their transition into becoming nurses?

Work on your portfolio and your resume. Practice interviewing with family and friends. Get letters of recommendation from your clinical instructors and faculty. Remember, your interview started the first day of your clinical.

We (the student body) have heard that improvements are being made to the NSG 320 course that you have recently been the lead instructor for. What kind of improvements or plans do you have for future NSG 320 courses?

I'm actually only filling in until they hire a full time instructor to teach NSG 320. However, with cohort 37, I've started to do the "flipped" classroom, where students do classwork at home and homework is done in the class. I'm engaging the students more versus sitting taking notes. I'm also working with Professor Lisa Delacruz, our Director of the Skills lab. Skills competency seems to create a lot of anxiety with our students, and after many observations, I've seen that students are not given enough time to do skills before the next class. They are then rushed to pass before they can do any skills in their clinical setting. Professor Lisa and I want to develop a schedule for the students- to practice skills for Fundamentals, Med-Surg 1 or Med-Surg 2. We would like to dedicate a time strictly for students to do nothing but skills- and we can observe and provide feedback. I think that students only memorize the skills to pass and then forget about them afterwards- doing it hands on without fear of testing is the better way.

Thank you for taking the time to let us interview you. Is there anything else you would like to add before we conclude the interview?

Yes, I want students to know that I truly enjoy what I do, and I especially enjoy teaching pre-licensure nursing students.



Professor Sevilla-Zeigen teaching lecture to students in NSG 320 Med-Surg 2.

I love getting to know my patients on a personal level. They aren't just patients to me; they are fathers, mothers, brothers, sisters etc. Seeing that smile on their face when the shift is over and saying, "I can't wait to see you tomorrow" means a lot. It gives you the feeling that you are making a difference.

NUSNA Delegates for the 2014 CNSA Convention

NUSNA is proud to announce the delegates that will be representing National University and the NUSNA San Diego Chapter at the 2014 California Nursing Students' Association (CNSA) Convention held in Pomona on the weekend of October 17-19, 2014. After careful consideration, twelve students were selected to represent the school in this state-wide event. Congratulations to our delegates!



Kailyn Anderson, Cohort 38
Samantha Combs, Cohort 37
Tanya Davis, Cohort 38
Victoria Flor, Cohort 34
Michelle Fosdick, LVN Cohort 6
Elizabeth Gomez, Cohort 36

Walker King, Cohort 38
Jimil-Anne Linton, Cohort 35
Zach Miller, Cohort 34
Nicole Rumpf, Cohort 38
Gina Smith, LVN Cohort 6
Brian Walker, LVN Cohort 6

Thank You to our Outgoing Board Members

NUSNA would like to recognize the following board members for their contributions to National University and NUSNA. Thank you for your time and service!



Angel Lee Elliott, Cohort 33
Peer Workshops Director

Welcome New Board Members

NUSNA would like to welcome the following board members. Congratulations! We look forward to getting to know you over your term!



Elizabeth Gomez, Cohort 36
Peer Workshops Director

Upcoming Elections!

The following board member positions will be open for elections on October 20-26th, 2014.

Treasurer
Student-Faculty Liaison
Mentorship Director
Fundraising Director
Membership Director
Student Activities Director

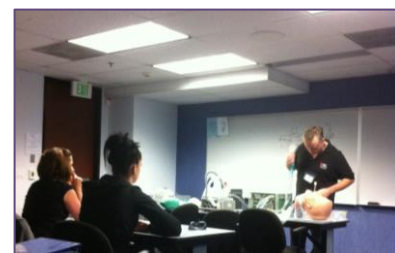
Candidates wishing to run for a position must have equal to or greater than 9 months remaining in the nursing program. If interested, please submit your biography to NUSNA Vice President, Brian Walker at nusna.vp@gmail.com no later than October 15th, 2014. Results will be announced at the NUSNA meeting on October 27th, 2014.

Feel free to email nusna.vp@gmail.com for any questions.

NUSNA Student Activities

Ventilator and Pulmonary Education Certification

On July 19th, several NU nursing students participated in a ventilator training course, which included pulmonary education. A variety of students attended this course. Half of the students present were from Cohort 38, who had just completed Pharmacology at the time and were still fairly new to the nursing program. Other students were from Cohorts 33-35, all of whom were further along in the nursing program and had already completed Med-Surg 2. While most of the content discussed during this class reviewed pulmonary subjects covered in NSG 320, the students of Cohort 38 caught on very quickly to the content! During the course, students were taught about the components of the ventilator, its functions, and how to troubleshoot and respond when a ventilator malfunctions. Some students were even taught how to intubate and were able to practice intubation with a dummy! At the end of the course, students took a written exam and a hands-on test that allowed them to identify and manage ventilator problems. Students received a certificate upon completion of the course.



NUSNA in the Community

Solana Beach Triathlon 2014

The Solana Beach Triathlon was held on July 27, 2014. The first part of the event was a swim in the open ocean at Fletcher Cove in Solana Beach. Athletes then biked 9 miles on a flat, double-lapped course on Highway 101 and ran a 3 mile course also on Highway 101. The medical tent was set up at the finish line. NUSNA volunteers worked with medical tent director Dr. Paul Marsh. Volunteer responsibilities included treating minor scrapes, cuts, blisters, providing ice to injuries, and providing hydration.



San Diego Blood Bank 5K

On August 3rd, NUSNA volunteers enjoyed a morning of volunteering with the San Diego Blood Bank at their annual 5K walk/run. Volunteers assisted with registration and runner organization, ensuring a smooth and successful event.



VOLUNTEER EVENTS & OPPORTUNITIES

CASA DE AMPARO (WEEKLY)

Dates in September: Every Monday
Time: 11am - 1pm
Positions: Varies

SUPERFROG TRIATHLON

Date: September 28, 2014
Time: TBD
Positions: Medical tent

DEL MAR MUD RUN

Date: October 4, 2014
Time: 6am - 11am and 11am - 4pm
Positions: Water station, finish line
Deadline to sign up: September 1, 2014

LIGHT THE NIGHT WALK

Date: November 7, 2014
Time: Morning-Afternoon and Afternoon-Evening shifts. Exact times TBD.
Positions: Set-up/Tear-down, organizing, shirt and lantern hand-out
Deadline to sign up: October 11, 2014

DISNEY'S AVENGERS HALF MARATHON

Date: November 16, 2014
Time: TBD
Positions: Medical tent
Deadline to sign up: September 31, 2014

Weekly Volunteering at Casa de Amparo

August was the first month that NUSNA members were able to volunteer at Casa de Amparo on a weekly basis. During the month of August, volunteers offered their time for 2 hours each week on Thursdays. Volunteer duties included various tasks, such as writing thank-you letters, setting up for events, and interacting with members of the Casa de Amparo community.

On August 14th, volunteers were able to help set up for a special evening event that featured New York Times best-selling author, Cupcake Brown. The author was a former foster care child who experienced hardship with the system, but ultimately prevailed. NUSNA volunteers set up tables, beverage stations, and arranged flowers and centerpieces. Aside from setting up tables, volunteers had fun socializing with fellow NU students and other Casa volunteers. NUSNA volunteers were happy to help with making such an inspirational event possible.



For more information,
e-mail NUSNA Community
Service:

nusna.communityservice@gmail.com

OR

Visit NUSNA on the web!
www.nusnasd.org

**When you give yourself, you
receive more than you give.**
-Antoine De Saint-Exupery

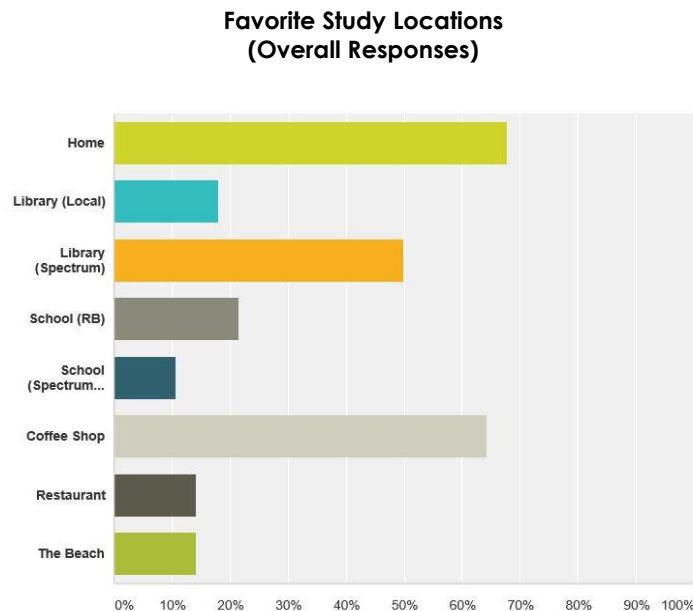
The Hot Spot: Favorite Study Areas for NU Nursing Students

By Jimil-Anne Linton

Yes, I am a nursing student, but who am I beyond nursing school? Like many of my fellow nursing students, I have other roles outside of school. At home, I am a wife and a mother of two children (ages 5 and 9). As much as I wish I could study at home all the time, the fact of the matter is that my kids drive me up the wall (I say this with love). I often find myself in that scenario where the kids come into my room complaining about how bored they are and telling me about who did what to who. My husband is not home and I am on the verge of ripping my hair out preparing for the next exam. I have to study but I can't get the kids watched. I can't go to the library because my 5 year-old can't stay quiet for even a few seconds, so what do I do? I load the kids into the car and drive to my sanctuary: the local indoor playground. They have Wi-Fi connection and a café for me, and a gigantic playground with tons of space for the kids to run and scream to their heart's content. When I get settled in, I find my Zen moment and I crack open the books. During my time as a nursing student, I have had the opportunity to explore various types of indoor playgrounds- those that are ginormous jungle gyms, those that allow the kids to be more creative and play "pretend", those that have various engaging activities going on throughout the day, and those that are a combination of all these things. I go to these various places based on what the kids feel like doing and the playground's hours. I'd like to think I've become quite the indoor playground connoisseur.

Now, I know that not all my fellow nursing students are parents- and those who are may have children younger than mine that bringing their kid to an indoor playground would not benefit them at all. Every student has their own situation. Some need to get outside of the home to concentrate- to get away from the spouse or roommate to have those moments of focus. Others feel quite comfortable in the home; they find a corner somewhere and study away. Some want a tan on the beach and open a book while doing so, while some prefer the traditional library setting to really get their brain going. Whatever it is-- "You do what you gotta do."

So my question to fellow NU nursing students is: *Where do you go to study?* A little over a month ago, the communications team sent out a survey to NU San Diego students from all cohorts asking them about their favorite study spots and why they choose to study there. Additionally, they were asked a little bit about their background to see if some of this information influenced their study spot selection. 28 students from cohorts 32-39, including LVN 6, completed the survey. Here are the results.



It is apparent that the top three favorite study spots were Home (1), Coffee Shop (2), and Spectrum Library (3). When reviewing the specific responses of each student, we found that those who liked to study at a coffee shop or restaurant liked studying at their local Starbucks (1) and Lestat's Coffee House (2) on Adams Avenue. Other popular coffee shops and restaurants included Panera Bread, Denny's, Twiggs Café, the Coffee Bean, and Mc Donald's. A majority of the respondents who chose these study places liked them because the hours were convenient. Lestat's Coffee Shop, for example, happens to be open 24 hours- as well as Denny's. While Spectrum Library was the top choice for libraries to study at, some respondents liked the UCSD Giesel and UCSD Biomedical libraries. Interestingly, a couple of the respondents stated that the reason why they like going to the Spectrum Library is because they have children and it is kid-friendly. Other students mentioned that the reason why they like Spectrum Library is because they have many nursing resources, including a vast selection of care plan books.

At the end of the survey was a section for the respondents to leave open comments. Interestingly, more than half of the respondents stated that they would want to study on the RB Campus more, but that there are not enough classrooms available and that the student lounge can get noisy. These respondents said that they would like to see a large designated study area located at the RB Campus in the near future. One respondent stated, "It would also be nice to have small group study rooms similar to those at the Spectrum Library." These suggestions are quite valuable as they help in improving resources for students.

While the number of our respondents was small, it was interesting to see these results as we saw quite a bit of variety in preferences and reasons for those preferences. Thank you to those who participated!

Cohort Updates

Cohort 33 is currently in Leadership with Professor Cynthia Parkman. They are excited, tired, and nervous all at the same time. As they near the end of the program, they are reviewing comprehensive ATI content weekly, completing their last clinical rotations at Kaiser and Scripps Memorial, and learning how to be effective leaders. As future RNs they know that even at entry level, they will be leaders. The new grad job search and application process has already begun for cohort 33. They are all counting down the days until completion!

Cohort 34 is currently in NSG 412 Nursing in the Community: Health care delivery. They have two different instructors: Professor Hope and Professor Estrada.

Cohort 35 just completed their Pediatric Nursing rotation with Professor Maureen Evans. They had a great time learning about how to care for infants, children, and adolescents at their clinical sites, which were Kaiser and Rady Children's Hospital. Cohort 35 is preparing to start their Psych nursing rotation with theory Professors Karen Sagisi, Ann Kelly, and Beverly Wilson. LVN Cohort 6 will be joining Cohort 35 during this rotation. Clinical sites are Naval Medical Center San Diego (Balboa Hospital), VA Medical Center, Sharp Mesa Vista, Sharp Grossmont, and Scripps Mercy. Cohort 35 is very excited to learn about the world of Mental Health.



Cohort 35 Pediatric clinicals with Professors Catherine Dionisio and Tamara Coca.

Cohort 36 is having a fantastic time in OB Maternity Nursing! They have theory with Professor Michelle Goldbach, who has a lot of good insight and wisdom to share with the class. They are learning so much in the clinical setting as they get to see firsthand the miracle of life. Cohort 36 cannot believe how fast time has gone as they are already halfway done with this class and looking forward to Pediatrics in October!

Cohort 37 is glad to be done with Med-Surg 1 and extremely excited to tackle Med-Surg 2. The cohort just finished Med-Surg 1 with Professor Tina Ho and is now ready to have some fun in Med-Surg 2 with Professor Nicole Sevilla-Zeigen. The clinical sites that the cohort will be visiting include Scripps Mercy, Kaiser, and Sharp Chula Vista.



Cohort 37 celebrating the survival of Med-Surg 1 clinicals.

Cohort 38 is finishing up Fundamentals with Professor Lisa Dela Cruz. It's been a fun two months for them with their first hands-on experience with patients in the skilled nursing facilities and their first ATI test successfully completed. Also, Cohort 38 will be welcoming 9 new members to their cohort as they head into Med-Surg 1 with Professor Melodie Daniels! They are looking forward to working with patients in a hospital setting, applying the knowledge and skills they have learned so far.

Cohort 39 just completed Health Assessment with Professors Melodie Daniels and Vicki McLeod. They begin Pharmacology this month with Dr. Chun Chow. Also, cohort representatives for Cohort 39 were recently elected. Congratulations to Nelly Cisneros and Diana Vazquez!

Cohort Updates (continued)

LVN 6 just completed Nursing Research online with Professor Stephanie Trueblood. They will be starting Psych this month with Cohort 35.

Cohort 40 is having their program orientation this month and will be starting the program in October. Congratulations to the students of Cohort 40 on their acceptance into the NU Nursing Program!

The Great Donator: Fundraising Event for Casa de Amparo

During the month of July, NUSNA Fundraising held an event called "The Great Donator". The event was a "change war" challenge that involved all cohorts. Change jars were placed in the computer lab to collect loose change donated by students; each jar was labeled for each cohort. The cohort that collected the most amount of change was given the title as "The Great Donator" and the winning cohort was rewarded for their noble deeds with an honorary donut party. Proceeds from the collected change were donated to Casa de Amparo, an organization that is widely recognized in San Diego for their efforts to prevent child abuse and neglect. The winning cohort was announced at the NUSNA meeting held on August 25th. NUSNA is proud to announce that Cohort 38 was given the title as "The Great Donator" with a whopping donation of \$165.19- nearly doubling 2nd place cohort's (Cohort 34) donation of \$87.97! A total of \$315.98 was collected from all cohorts. Congratulations to Cohort 38 and thank you to all those who participated in this charity event!



Chapter Updates

Fresno Chapter

Cohort 9 just finished their final class in August and is looking forward to their pinning ceremony on September 5th.

NUSNA Fresno also has newly elected board members that are currently transitioning into their roles.

Lisa Johnson- Cohort 11 - President
Joty Kaur- Cohort 10, Vice President
Sara Kass- Cohort 11, Secretary
Stefani Porras- Cohort 11, Communications Director
Laura Perez- Cohort 11, Finance Director
Nicole Andres- Cohort 11, Membership Director
Nina Casey-Cohort 11, Student Experience Director
David Halstrom- Cohort 10, Mentor Program Coordinator

Over the summer, NUSNA Fresno did several community service events with the Red Cross. Additionally, NUSNA volunteers were at "The May Day" event with Safe Kids Central California where volunteers provided concussion and brain injury prevention education that included a helmet drop demonstration (dropping a melon inside a helmet while on a ladder vs. dropping a melon without a helmet). In September, the Fresno chapter will work with their local children's hospital at their safety fair. NUSNA Fresno's peer mentoring program was recently handed over to Cohort 10 to lead and direct, and they will begin offering peer workshops as well.



FRESNO

Los Angeles Chapter

Members of NUSNA Los Angeles recently began offering volunteer services at the Inglewood Senior Citizen Center by performing blood pressure screenings for the center's members on a weekly basis. Volunteers serve for 2 hours each week on Wednesday afternoons.

Students from various cohorts will be representing the National University LA nursing campus and NUSNA LA chapter by participating in the 13th annual *Kickin' Cancer!* 5K walk/run held on September 14th, 2014 in Brentwood, CA. Leading the team is NU LA nursing student, Kathy Cuevas, from Cohort 9! Donations will help the Lynne Cohen Foundation's preventive care and education programs for the women and families facing ovarian and breast cancers.



Los Angeles

UPCOMING NUSNA EVENTS!

American Heart Association ECG Course

September 13, 2014 from 0900-1400
NUSNA Members \$45.00; Non-NUSNA Members \$50.00

Building Your Future Career Day

Open to Cohorts 33, 34, 35 & 36
September 19, 2014 from 0900-1300
\$30.00

CNSA Convention

October 17-19, 2014
www.csna.org to register

Airway Management

October 24, 2014 from 1000-1500
\$30.00

The Life Support Academy ACLS/PALS Combo Certification

November 14-15, 2014 from 0900-1700
NUSNA Members: \$180.00; Non-NUSNA Members \$200.00
Optional BLS Renewal only \$20.00

The Life Support Academy BLS Certification

November 21, 2014 from 0900-1400
\$30.00

Register at www.nusnasd.org under the Student Activities tab
Any questions, please contact nusna.studentactivities@gmail.com



September 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	Open Workshop: Did you miss this week's workshop? Do you need some extra help with a care plan or would you like to review? Open workshop is here for you!! It is your hands what we cover!!	
Mr. Pharm: Come and be creative with this fun way to study pharm!! Be prepared to color!!		Mr. Pharm 10-12 Rm 113		Open Workshop 10-12 Rm 113		
7	8	9	10	11	12	13
F/E Workshop: It's all about BALANCE with Fluid & Electrolytes! Grasp this first and foremost & then ABGs and EKGs will tie right into them.		Open Workshop 10-12 Rm 113		Fluid & Electrolytes 10-12 Rm 113	Peer Sim Workshops By Appointment RM 102	
10	11	16	17	18	19	20
All Things Heart: You've got rhythm, come learn what to do with it! EKG basic review plus treatments! Bonus: Cardiac Review!!		Open Workshop 10-12 Rm 113		All Things Heart 10-12 Rm 113	Peer Sim Workshops By Appointment RM 102	
21	22	23	24	25	26	27
		Open Workshops 10-12 Rm 113		Care Plans 10-12 Rm 113	Care Plans: A time saving process for care planning. Come get a heads up or bring in what you have and let us help you streamline your method.	
Schedule a 1-on-1 workshop for individual or group needs! Request form link @ nusnasd.org		30	1	2		
					Peer Sim Workshops!! Come in and run through a simulation!! By Appointment @ nu.simteam@gmail.com	

NUSNA Meeting Schedule

September 22, 2014

1400-1530
Room 119

October 27, 2014

1400-1530
Room 118

November 24, 2014

1400-1530
Room 118

December 8, 2014

1400-1530
Room 119

Meetings are usually scheduled on the 4th Monday of each month. However, the meeting schedule and location are subject to change by the President.

NUSNA Board Members & Cohort Representatives

Board of Directors:

Faculty Advisor- Debra Casey

dcasey@nu.edu

President- Michelle Fosdick

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Vice President- Brian Walker

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Secretary- Walker King

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Treasurer- Mylene Reyes

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Mentorship Director- Shanell Bagley

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Peer Workshops Director- Elizabeth Gomez

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Cohort Representatives:

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Cohort 35- Amanda Henson & Jimil-Anne Linton

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Cohort 36- Kyle Kalkbrenner & Paulina Riedler

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Cohort 37- Samantha Combs & Anneliese Nanquil

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Cohort 38- Melanie Johnson & Kelly Svoboda

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Cohort 39- Nelly Cisneros & Diana Vazquez

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LVN Cohort 6- Steven Henry & Tiffany Lamont

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Thank you to the members of the NUSNA Communications committee, Jessica Cofrancesco & Melanie Johnson, for all of your hard work! Also, thank you to those who contributed their time to make this newsletter possible.