



The Pulse

The Newsletter of NUSNA San Diego

June 2014

NATIONAL UNIVERSITY STUDENT NURSES ASSOCIATION

Volume 1, Issue 10

In This Issue:

1-2	Pinning Ceremonies
2	Outgoing Board Members
3	New Board Members
4	Meet the President
5	Faculty Interview: Dr. Ann Kelly
6	Alumni Updates
6-7	NUSNA in the Community
8	Students Helping Students: Peer-led Simulation
8	NUNHS Induction Ceremony
9	Cohort Updates
9	Chapter Updates
10	Upcoming Events/Announcements

Congratulations to our Graduates!

LVN Cohort 5, RN

The Department of Nursing at National University Rancho Bernardo recognized LVN Cohort 5 during a pinning ceremony held on Tuesday, May 8, 2014 at the Marriot Del Mar.

The Pinning Ceremony has been a tradition of nursing schools around the world that represents the transition of nursing students to nursing professionals. The new graduates were presented with nursing pins by family, friends, and National University faculty.

Recognized during the ceremony was our former NUSNA President, Jessica Roman (who was awarded the Hippensteel award), and Cohort Representative, Michelle Simpson, who was awarded for Clinical Excellence.



Nursing is not for everyone. It takes a very strong, intelligent, and compassionate person to take on the ills of the world with passion and purpose and work to maintain the health and well-being of the planet. No wonder we're exhausted at the end of the day!

-Donna Wilk Cardillo



DEPARTMENT OF NURSING
PINNING CEREMONY
LVN 5

Cohort 31, RN

The Department of Nursing at National University Rancho Bernardo also recognized Cohort 31 during a pinning ceremony held on Thursday, May 10, 2014 at the Marriot Del Mar.

This was a special pinning ceremony as three of our board members have graduated: Holly Berry (Membership Director), Mallory Moore (Fundraising Director), and Marissa Tayaba (Mentorship Director). We also bid farewell to Ryan Hargrove (Cohort Representative) and Elizabeth Richmond (Membership Committee Chair).



Best of luck to both LVN Cohort 5 and Cohort 31 in their future nursing journeys!



Thank You to our Outgoing Board Members

NUSNA would like to recognize our outgoing board members who have contributed so much to the association during their term. Thank you for volunteering your time and talents, and for continuing to expand the horizon of success for NU nursing students in the healthcare community!

Jessica Roman, LVN 5, President

Wendy Huynh, Cohort 32, Vice President

Tina Lam, Cohort 32, Secretary

Holly Berry, Cohort 31, Membership & Recruitment Director

Ernest Banes, Cohort 32, Community Service Director

Mallory Moore, Cohort 31, Fundraising Director

Kristen Zimel, Cohort 32, Legislative Director

Crystal Rivera, Cohort 36, Communications Director

Marissa Tayaba, Cohort 31, Mentorship Director

*None of us got to where we are alone.
Whether the assistance we received
was obvious or subtle, acknowledging
someone's help is a big part of
understanding the importance of
saying thank you.*

-Harvey Mackay



**Board of Directors from Cohort 32:
Kristen, Ernest, Tina, Wendy, & Alyce**

Welcome New Board Members!

NUSNA would like to welcome the following board members. Congratulations! We look forward to working with you and getting to know you over the next year!

- Michelle Fosdick, LVN 6, President**
- Brian Walker, LVN 6, Vice President**
- Walker King, Cohort 38, Secretary**
- Mylene Reyes, Cohort 34, Treasurer**
- Jana Helgeson, Cohort 34, Student-Faculty Liaison**
- Nicole Rumpf, Cohort 38, Legislative Director**
- Jimil-Anne Linton, Cohort 35, Communications Director**
- Tanya Davis, Cohort 38, Community Service Director**
- Jackie Douglas, Cohort 34, Student Activities Director**
- Zachary Miller, Cohort 34, Fundraising Director**
- Vicky Flor, Cohort 34, Membership Director**
- Shanell Bagley, Cohort 34, Mentorship Director**
- Angel Lee Elliott, Cohort 33, Workshops Director**



Michelle Fosdick
President



Brian Walker
Vice President



Walker King
Secretary



Jana Helgeson
Student-Faculty
Liaison



Mylene Reyes
Treasurer



Nicole Rumpf
Legislative Director



Jimil-Anne Linton
Communications
Director



Tanya Davis
Community Services
Director



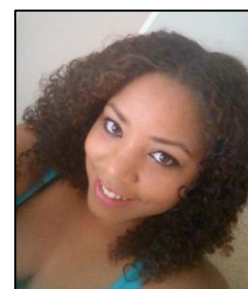
Jackie Douglas
Student Activities
Director



Zachary Miller
Fundraising Director



Vicky Flor
Membership Director



Shanell Bagley
Mentorship Director



Angel Lee Elliott
Workshops Director

Meet the President: Interview with Michelle Fosdick

Recently, NUSNA held elections for new board members, and Michelle Fosdick from LVN Cohort 6 was elected as the new NUSNA President. Knowing that this position has such a significant impact on the association, we thought it might be of interest to our members to sit down with her and ask her a few questions to get to know her.

The NUSNA is excited to have you as our new president and we would like to get to know you. Please tell us a little bit about yourself.

Hi NUSNA members! I appreciate the warm welcome into this position! Just a little bit about me: I was born and raised in Southern California, originally from Walnut, Ca. I entered nursing school for the first time at 17 years old and earned my LVN license at 18. My professional experience is in skilled, long-term care, and sub-acute nursing. It has been my dream to continue my education and I am so happy to be a part of the nursing program here at NU.

What made you want to become a nurse?

My grandfather, whom I called Papa, is the reason I am a nurse today. He suffered his first heart attack at the age of 39 and lived with heart failure for 30 years. He had several surgeries over the years and stayed in the hospital many times. When visiting him, I came across many wonderful nurses. Not only were they VERY intelligent, they were also compassionate, caring, and even funny at times. They made all the difference for my Papa, and I want to make that kind of difference in other's lives as well. I feel that nursing gives me purpose in life.

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

Yes, I would love to work in the ER and ICU after I earn my RN license because I think I would enjoy a fast-paced environment with high acuity patients. Then, after I get enough experience, I want to go back to school to become an Advanced Practice RN.

Being the NUSNA President is no small feat, what made you want to run for this position?

I wanted to run for a position in NUSNA because I enjoy being a part of a team. In the past, I have been an active member in many clubs and organizations, and have always had a positive experience. My participation has helped me to strengthen my leadership skills as I put in the time and effort to make my team better. At one point, I was even nominated and attended the Junior National Young Leaders Conference (JrNYLC) in Washington D. C. This has had a lasting impression on me and I strive to continue the effort to make a difference in NUSNA as well with other teams I become a part of in the future.

What plans do you have for NUSNA over the next year?

Over the next year, I envision graduating NUSNA to the next level through increased membership, heightened presence at the state (CNSA) and national (NSNA) student nurses conventions, and throughout the community. As NUSNA is the second largest student nurses association in California, our organization has great potential to change the future of nursing. I hope to achieve this through another successful resolution presented by NUSNA, following in our previous years' accomplishments. Additionally, I would like to maximize our delegate's potentials and ensure all chapter delegate openings are filled at the state and national conventions. Ultimately, I want to ensure National University will be recognized! Another goal I have as NUSNA president is to promote effective communication between the board, cohorts, and faculty to ensure that NUSNA members have the information, accessibility, and opportunity to achieve maximum gains while attending National University. While striving for this goal, which is no small feat for an accelerated program, I also plan to create a NUSNA Alumni Club and launch the scholarship program that the previous interim president, Jessica Roman, brainstormed earlier this year. It will be a busy year, but I am excited!

We are equally as excited to see you take NUSNA to new levels of opportunities during your term. We appreciate your taking the time to let us get to know you. Is there anything else you would like to add before we conclude this interview?

Yes, one last thing, I would like to leave you with a quote from Maya Angelou: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Thank you Michelle for introducing yourself to NUSNA and we wish you nothing but success during your term!

"Over the next year, I envision graduating NUSNA to the next level through increased membership, heightened presence at the state (CNSA) and national (NSNA) student nurses conventions, and throughout the community. As NUSNA is the second largest student nurses association in California, our organization has great potential to change the future of nursing."



Michelle Fosdick states a warm farewell to the graduating students of LVN Cohort 5.

Faculty Member Interview: Professor Ann Kelly

Professor Ann Kelly has been a professor at National University since the San Diego nursing program started in spring 2005. She has primarily taught Psychosocial Nursing (NSG 325) at NU and she has also been the lead faculty member for the course. However, she has taught other nursing courses at NU, such as Pharmacology (NSG 304) and Professional Nursing Values (NSG 310) which is a class that is included in the LVN to RN/BSN program. Professor Kelly will be retiring from nursing on June 30th, 2014. Since she has been a much admired teacher by many of the students, we felt it would be appropriate to interview her and reflect on some of her experiences during her tenure as an educator and nurse.

Please tell us about yourself.

I've been a nurse for 44 years. I have been married for 42 years, and have 3 children. I grew up in Chicago, and I actually graduated from one of the 1st associates degree programs in Chicago. After that I moved on to get my Bachelors at Pepperdine University at their extension campus in San Diego (which doesn't exist anymore) and was a part of the 2nd bachelors graduating class there. After that, I got my Masters at USD (2nd graduating class as well). From then on, I have done every type of psych nursing you can do, except for children, they scare me. I was at the VA for 29 years, not only nursing but doing all types of jobs within the hospital. I have been teaching since 1985, as an adjunct if not full time since then. I've worked at Southwestern, USD, Grossmont, and finishing at National.

How did you decide to become a nurse?

Well, to be honest it was because I couldn't get into the Peace Corps, I was too young. My mother wanted me to go to college and told me to at least get my RN. My RN program was definitely as rigorous as our [NU] program, which might be why I have empathy for students in our program.

What is the best thing about being a nurse?

With psych nursing I think it's the intimacy with humans and being able to get nosy and into their lives, where no other jobs do that, not even doctors. Nurses get close to people very rapidly with the nature of the role and position of people. And of course, it's the helping people aspect that keeps you in the job.

Why did you choose to teach at National University?

I liked that it is really an adult program (at least more than ½ have their previous bachelors) and I do better with adults than I do with children (let's be honest, 18 isn't far from a child). I also wanted to teach in a BSN program as those types of programs have so much more to offer. Plus, they told me I would only teach psych and I was tired of teaching fundamentals.

What is your favorite moment while teaching at National University?

No single moment, but whenever I see a student say that I helped them get past a tough part of the program or helped them succeed, or get excited about what they are doing, or develop a passion, that makes a great moment!

For example, I had a student that was in psych that thought she made a mistake becoming a nurse because she felt down, not satisfied, not passionate and the program was too expensive to drop out at that point. But I just talked to her about what she loves doing, her passions, her life story, and over the course of the 8 weeks we found out she should become a hospice nurse. And she actually moved on to work in critical care for a few years and stepped into a pediatric hospice care position, where she works today and loves it. So that to me is an awesome feeling!

Is there any advice you would like to share with nursing students to help them become successful?

I have two actually. 1) Focus on your own learning in school; don't worry about the other junk. If you are meeting your learning needs, don't focus on what's going on around you, like teachers and other students' drama. Just stay out of it and keep on track with yourself because you are here for a short time, so you should get your learning in. 2) In practice, always address issues, and don't let them go. They will erode your satisfaction. Find your voice. Address the facts, data, and thoughts with your boss- not your emotions, that's for friends.

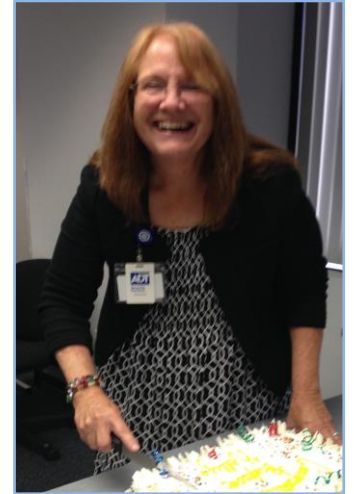
What is the best way to study for your class?

Well, read and listen! Whichever one is better for you. Take the ATI practice tests and focus on what you missed. Focus on what you don't know, not what you already know- makes sense, right? And lastly just do the work required; because you will learn enough to pass the tests, it's about putting in the work to get those points.

Now that you are officially retiring June 30th, what are you going to do?

Well, for 6 months I am going to do absolutely nothing professional! My husband (retired already) and I plan on traveling, not crazy traveling but a big trip every year and one or two smaller ones. Also I finally get to build my own vegetable garden! I have never been able to maintain one while I was working because it requires a lot of time. So I really look forward to that- and honestly, whatever else I fall into because I want to be open to learning new things and you'll learn in nursing that you are learning new things every day!

Thank you Professor Kelly for everything you've done at National University- from imparting your wisdom and knowledge to providing support, it is truly appreciated. We wish you a happy retirement!



Professor Ann Kelly has been teaching Psychosocial Nursing at National University since the nursing program started in 2005.

"With psych nursing I think it's the intimacy with humans and being able to get nosy and into their lives, where no other jobs do that, not even doctors. Nurses get close to people very rapidly with the nature of the role and position of people. And of course, it's the helping people aspect that keeps you in the job."



National University nursing faculty members threw a delightful retirement party for Professor Kelly.

Alumni Updates

Maryanne Mesina (Cohort 28, former NUSNA Secretary):

Since graduation and taking the NCLEX, Maryanne has been working as a nursing assistant at Sharp Memorial Hospital on 4 West, the Trauma/Neuro PCU. She went through a ton of applications and only had 2 interviews at Sharp. However, she finally nailed a position in the New Grad Residency Program set to start this July 22! "It's been an interesting ride to say the least but I wouldn't have done it without the confidence and networking skills I gained through NUSNA. Best of luck to all the current students!"

Sara Burrington (Cohort 30, former NUSNA President):

Sara is currently orienting as an RN on the Telemetry floor at Paradise Valley Hospital, in National City. In addition to the training she is receiving at work, she is also enrolled in multiple other classes and certifications, such as 12-Lead EKG Monitoring, Dysrhythmia Interpretation, and DOU/Telemetry Nursing to further her skills and understanding of Progressive Care Nursing.

Amanda Moreno (Cohort 30):

"I always dreamed of the day when I would get my badge stating, *Amanda Moreno, BSN, RN.*" Reflecting from her recent graduation in March with Cohort 30, she describes the feeling as surreal. Amanda accepted a job offer specializing in Critical Care in North Dakota. She is excited about her new adventures and gaining valuable experience as a novice nurse. "Even though it was a very vigorous and intense program, I always maintained hope and optimism. I gathered around supportive classmates, we took care of one another, and we got through it together. I would do it all over again."



**Amanda Moreno, BSN, RN
(Cohort 30)**

If you are going to be an alumnus soon, you can be part of the NUSNA Alumni contact list and we can keep you up to date on NUSNA events. Email nusna.communications@gmail.com and ask to be included. Who knows, you could even be featured in Alumni Updates!

NUSNA in the Community

Rock N Roll Marathon & Half Marathon 2014

Rock N Roll Marathon was a great event for NUSNA volunteers. All volunteers worked in various medical tents at the finish line, obtaining hands on experience with patients. Knees were wrapped, pulses assessed, and electrolytes provided. Although cheering was optional we did it anyway and saw some amazing runners conquer the 26.2 miles.



Casa de Amparo

Wine Drop-Off Party 2014

Casa de Amparo supports children and families affected by child abuse and neglect. To raise money for this cause Casa hosts many events throughout the year, including the wine drop off party. Volunteering with Casa de Amparo is always a fun time! Celeste and the team make every event unforgettable for the guests and volunteers alike. At the wine drop off party Casa collected donated bottles of wine to auction off for future charity events such as the Crystal Ball Gala later this year. NUSNA volunteers were more than happy to help make this wine drop-off party one of the most successful so far.

2014 "Meet the Chefs" Event

At the 18th Annual Meet the Chefs event, 16 NU students donated over 200 hours to help Casa de Amparo raise funds for their San Marcos location. This exquisite culinary experience treats over 300 guests to sample signature dishes from over a dozen premier restaurants and chefs in San Diego, complemented by an extensive selection of wines and champagne. The volunteers helped set up, auction off dinners, and pack up. Some of the volunteers even met and spoke with members of the San Diego chargers! It was an amazing experience!



VOLUNTEER EVENTS & OPPORTUNITIES

Solana Beach Triathlon

Date: July 27, 2014

Time: 5am - 12pm

Positions: Finish line and limited medical tent positions

Deadline to sign up: July 19, 2014

San Diego Blood Bank 5K

Date: August 3, 2014

Time: 8am - TBD

(varies depending on position)

Positions: Set-up, course marshal, water station, finish line assistant, clean-up

Deadline to sign up: July 10, 2014

*Fill out online form found on NUSNA website.

9/11 Heroes Run (5K and 1-mile fun run)

Date: September 7, 2014

Time: TBD

Positions: Water station, course marshal, medical tent (assigned day of event)

Deadline to sign up: August 1, 2014

For more information,
e-mail NUSNA Community
Service:

nusna.communityservice@gmail.com

OR

Visit NUSNA on the web!

www.nusnasd.org

*Service to a just cause
rewards the worker with
more real happiness and
satisfaction than any
other venture of life.
-Carrie Chapman Catt*

Students Helping Students: The Advent of the Peer-led Simulation Experience

Three NUSNA Peer Workshop Program committee members, Jamie Gadomski, Angel Lee Elliott, and Kassidy Cervantes, accepted the invitation from Professor Nicole Sevilla-Zeigen to conduct Med-Surg II simulations available to students for extra credit points. The simulation experience aimed to solidify lecture content while serving as the bridge to clinical application. The Med-Surg students were receptive to the new team approach in simulation that embraced the effectiveness of previous peer teaching in class content workshops that have been reported to reduce student anxiety in the learning environment. The combination of these successes in sim is an innovative approach that hopes to simultaneously increase student nurse competency, confidence, and safety in clinical patient care.

The peer leaders were trained in simulation by the simulation tech that serves all three NU nursing campuses. They have eagerly discovered ways to streamline the technological aspect of the newest SimMan on campus. In partnership with Professor Sevilla-Zeigen and Professor Lisa Delacruz, peer leaders obtained, and prepared for simulations on cardiac, pulmonary, shock, neuro, GI, and endocrine disease processes. This provided for senior peer leaders an opportunity to review all aspects of the content to be able to make real time decisions in the realistic SIM scenario. Students were also challenged to debrief students and give constructive feedback on peers' application of cumulative knowledge in the sim lab. Simulations were both reported to and recorded for Professor Sevilla-Zeigen to review and independently score for extra credit points. Criteria were based on case objectives met, SBAR communication, standard precautions, and patient care quality and safety.

Overall, the feedback from students, staff, and peer leaders was overwhelmingly positive. Students appreciated the realistic nature of the simulation experience and emphasized the helpfulness of identifying areas of weakness. Students left begging for more with a checklist of things to work on in hand, and a pat on the back for a job well done. Peer leaders felt more prepared for both the NCLEX and rapidly approaching RN positions. Staff embraced successes for all students and expressed appreciation for the time and work that contributed the student learning experience this time around for Med Surg II. The continually growing partnership between faculty, staff, administration, NUSNA, and students at NU Nursing SD is both supportive and exciting! May it continue to flourish for student and university success!



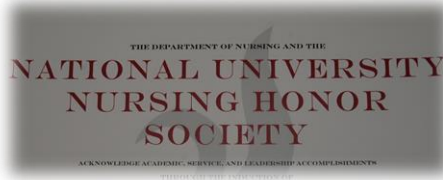
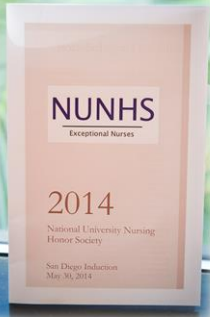
Senior nursing students Angel Elliott and Kassidy Cervantes are learning how to operate the controls for the simulation laboratory experience.



Students are observed and provided feedback by their senior peers in the peer-led simulation experience.

National University Nursing Honor Society Induction Ceremony

National University Nursing Honor Society (NUNHS) had its induction ceremony on May 30th, 2014 at the Marriott La Jolla. NUNHS welcomed 77 honor society members from Cohorts 30-34. Students who were inducted into the society met the stringent criteria for eligibility, which included meeting a GPA standard of 3.0 or above, being part of the top 35% of their class, and demonstrating a commitment to excellence and the profession of nursing. Induction of new members is an integral step towards National University's goals of becoming a future Sigma Theta Tau chapter and NU's continued efforts to advocate nursing leadership.



Cohort Updates

Cohort 32 is currently in Leadership with Dr. Parkman. The class of 33 students is developing its ability to lead and manage as they near the end of the program. Excited to move forward into their careers, they are beginning their review for the NCLEX and have continued to develop their professional image. Additionally, they are proud to be united and attend their pinning ceremony that they are currently working with administration to plan.

Cohort 33 is currently ending the second month of Community with Professors Farquharson and Estrada, and the students are excited about getting closer to being RNs. Community Nursing is exciting! It has brought to the forefront of their minds how versatile the nursing career is. Many members of Cohort 33 were inducted into the National University Honor Society. Cohort members are enjoying helping their peers in all facets including peer tutoring and mentoring. Many members have obtained healthcare positions and are beginning to gear up for new grad applications. Cohort 33 hopes to make a positive difference on campus in their remaining months at NU.

Cohort 34 is currently in their first half of psych with Professor Sagisi. They are all very happy that they also get to experience some learning with Professor Ann Kelly before she retires, she will be greatly missed. Their clinical sites for this rotation include the VA Hospital, Scripps Mercy, Sharp Mesa Vista, and Sharp Grossmont Behavioral Health. Psych is a new experience for them and they are all being pushed out of their comfort zones, but experiencing a very important aspect of the nursing world that is Mental Health.

Cohort 35 is currently in OB with Professor Michelle Goldbach. The class is surviving the obstacles of learning new material related to taking care of both mother and newborn as a couplet. Cohort 35 attends clinicals at Scripps Mercy, Scripps Chula Vista, Sharp Chula Vista, and Palomar hospitals.

Cohort 36 is currently in Med-Surg II with Professor Nicole Sevilla-Zeigen. They have been busy working on care plans and studying for their final. Clinical rotations have been exciting and many of the students are learning how to take care of 3 or 4 patients per shift. They are practicing a lot of critical thinking and prioritizing! They are looking forward to ending strong in Med-Surg II and moving onto Research and OB.

Cohort 37 is currently having fun in fundamentals with Professor Anna Quezada. The class of 50 has had fun the past two months learning the vast amount of information that they will need when moving forward into Med-Surg I. The class also just had a very interesting and exciting special lab day where they got to learn how to do IVs on the mannequin arms that NU provides. Cohort 37's clinicals during fundamentals were mostly conducted at SNFs; however, one group did get to go to Scripps Mercy this time around. The class is enthusiastic and a little nervous about the challenges that await them in Med-Surg I.

Cohort 38 is currently in Pharmacology with Professor Dale Parent.

LVN Cohort 6 is happy to say they are midway through their NSG 320 Med Surg II rotation. Half the cohort is doing their clinical rotation at the Kaiser Zion with Professor Mani Noraky and the other half is at the new Palomar Medical Center with Professor Helen Kim. Theory is led by Professor Nicole Sevilla-Zeigen. Med Surg II is a lot of work with many sleepless nights, but the knowledge the class is getting in caring for critically ill patients makes it so worth it!

Cohort 39 recently had its program orientation and is due to start classes in July. Congratulations to the students of Cohort 39 on their acceptance and welcome to the NU Nursing Program!

NUSNA Chapter Updates

Los Angeles Chapter

New board members were recently elected:

President - Keith Kupper
Vice President - John So
Resolution Committee Lead - Clint Dona
Secretary - Courtney Lovsteen
Student Relations Director - Katherine Cuevas
Peer Mentor Committee Lead - Alexandria Martin
Treasurer - Erin Seman
Communications Committee Lead - Marissa Lucero



On May 22, 2014 eight students from Cohorts 8 and 9 went to the Catalina Health Fair to help with Height/Weight/BMI calculations and Pulmonary Function Tests for the island locals. It was a great learning experience and everyone had a fantastic time giving back to the community! On June 3, 2014 NUSNA LA had a very successful blood drive. There was a plethora of donors and volunteers. 20 pints of blood was collected at the blood drive, meaning that 60 lives were saved that day!

The Peer Mentoring committee is up and running and had a successful session with Cohort 11, which is currently in Health Assessment. We hope that the continuation of this committee will not only help students academically, but also help to build trust and unity amongst the student nurse community at the Los Angeles campus.

Upcoming NUSNA Events!

Ventilator Training & Pulmonary Education Course

Saturday, July 19, 2014 from 1030-1430

NUSNA Members: \$100.00; Non-NUSNA Members: \$110.00

The Life Support Academy ACLS/PALS Combo Certification

August 15-16, 2014 from 0900-1700

NUSNA Members: \$180.00; Non-NUSNA Members \$200.00

Optional BLS Renewal only \$20.00

NUSNA Career Day

August 23, 2014 from 0900-1300

Hospital Representatives from Sharp, UCSD and Kaiser
For Résumé Reviews and Mock Interview Workshops!!!
NU Alumni New Grad Panel Question & Answer Session
\$30.00 to reserve your seat

The Life Support Academy ECG Course

September 13, 2014 from 0900-1400

NUSNA Members \$45.00; Non NUSNA Members \$50.00

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



July Calendar Coming Soon!

Visit the NUSNA website for information on requesting tutors, workshops, and becoming a workshop leader.

www.nusnasd.org

Click on the Peer Workshops tab

You can also email nusna.workshops@gmail.com for any questions.

NUSNA Board Members

Faculty Advisor- Debra Casey
dcasey@nu.edu

President- Michelle Fosdick
nusna.president@gmail.com

Vice President- Brian Walker
nusna.vp@gmail.com

Secretary- Walker King
nusna.secretary@gmail.com

Treasurer- Mylene Reyes
nusna.treasurer@gmail.com

Community Service Director- Tanya Davis
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Membership & Recruitment- Vicky Flor
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