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From Blog to Book.

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Chapter 1

2012

1.1 April

Strong Enough to Care? (2012-04-18 05:27)

Edward Wang, SN - CNSA Committee on Cultural Awareness Chair 2011-2012
diversitychair@cnsa.org. 03/24/2012

Edited by: Keke Zheng, SN, California State University, Los Angeles



Left to Right: Dr. Courtney Lyder - Dean of Nursing at UCLA and keynote speaker, Jane Hook- Faculty Sponsor, Javier Exebio- Past Immediate President of the CSULA Chapter of Men in Nursing ,Xun (Edward) Wang - President of the CSULA Chapter of Men in Nursing, Dr. Cynthia Hughes - Director of the School of Nursing, and Beatrice Yorker- Dean of College of HHS

On February 10th, 2012, the California State University, Los Angeles nursing program held the 6th annual evidence-based nursing forum: “From Mars to Venus: Nursing across the Gender Galaxy”. As the president, I am proud that the Men in Nursing, Los Angeles chapter will be the co-sponsor of this event,

where about two hundred nursing students and Faculty.

Members who attended this event to listen to speakers such as Dr. Courtney Lyder, dean of nursing at UCLA talk about the current nursing field. There are quite a few nursing faculty members at Cal State LA that are also male nurses.

The focus of the event is males in the nursing field as well as men's health. There are about 1 in 4 nursing students at Cal State LA that are males. In history, nurses are females and doctors are males. Now that is history; there are more males joining the nursing care and you can find them all over health care system. Males are always the ones reluctant to ask for help, and that is problematic in the health care system because many never go have routine check-ups. Many men are also known to ignore any signs of body discomfort because that is showing weakness and cannot be tolerated as a male figure. There is pride in men that stops males from seeking any help from others, including health. If no symptoms are bad enough to affect daily function, there is nothing wrong. For those who will read this, I am certain you know some men who are stubborn and refuse to seek health care and it is very difficult to convince them to do so. Our American health care system is aware of the issue and campaigns have been started to educate the public about the importance of health maintenance and routine health screens. Some cultures do not believe in Western medicine and that can also be a barrier for males in seeking care. Bottom line, there is much to change, and nurses are one of the most important factor in this process. Are you strong enough to join us for your health?

I came from a culture that has a rather strict gender specification for jobs. Nursing is definitely a female role in my culture. As an immigrant, I am able to overcome that cultural view of nurses because I believe in preventing diseases, teaching self-care, and working as a team. In my opinion, gender comes after nursing professionalism. If one wants to become a nurse, the passion for caring and helping those who are in need is essential. Remember, nursing is a profession that requires critical thinking and professional knowledge. Nurses also are leaders and team players in the medical system. This is nursing. To be honest, I never thought nursing could be so much fun. There are so many different choices for nurses: Emergency Room, Medical-Surgical, Obstetrics, Pediatrics, Mental Health, Post-Surgical, Oncology, Educator, Researcher and many more. There is always new knowledge to learn and new experiences to explore. As patient advocates, it is important for nurses to remember life is a long learning process and so is the nursing career. If you have the heart to help those who are in need, nursing is definitely the right career for you, whether or not you are a male or female. Caring does not need a gender specification, nor does nursing.

A Cultural Excursion Without the Excursion (2012-04-18 05:32)

Emily Ycasas, SN, BSN, Communications Director, CNSA - San Diego State University
SDSUCNSAVitalSigns@gmail.com

One of the benefits of living in San Diego, CA—and Southern California, in general—is the diversity and the opportunities that diversity provides. True, as a nurse in Southern California it does entail greater pressure for you to be culturally competent in your patient care, yet its practicality is immeasurable. While taking a trip to a foreign land is thrilling, you don't even have to leave the city if you want to meet people from cultures unlike your own! Immigrants, refugees, and tourists come from across the globe to California and you can use your advantageous time to sharpen your cultural competence beyond the bedside!

For three weeks this semester, I was fortunate enough to help host four South Korean nursing students who came to experience California's popular and nursing culture. Our grand times were geographically spread

from San Diego's Coronado beach to Anaheim's Disneyland Park. Though it was I who was giving the tour, often times they were the ones giving me the teachings. Many of our conversations began with, "In Korea, do they...?". Sometimes I was in shock and awe, like when they asked how to calculate tips for restaurants or when they told me that they don't have safety needles in their hospitals. Sometimes, our worlds appeared without boundaries. Even when we weren't talking, we were all silently and constantly exchanging information about our culture—whether in our dress, our diet choices, or even our bedroom décor.

In a mere three weeks, you, too, could learn about a new culture without even leaving your neighborhood! San Diego and Southern California offers many cultural opportunities outside of the hospital and into your college campuses, your grocery stores, and your coffee shops. Whether you graduated from nursing school two weeks ago or twenty years ago, it is all of our jobs to become culturally competent professionals. Take advantage of the culturally-rich circumstances around you, California!

Inspired to Learn, Learn to Inspire (2012-04-18 05:34)

Jessica Hunter, SN, BSN - CNSA Legislative Director 2011-2012
legdirector@cnsa.org

Inspiration is the driving force that causes people to make positive changes happen in the world. Knowledge and passion are the roots from which inspiration grows. As future nurses it is more important than ever that we be educated on the legal and political issues that affect our profession so that we can ignite the inspiration to better our practice.

Fortunately, a former CNSA president, Nicole Marcy Bloom, saw the perfect avenue for CNSA members to become more active and aware of nursing policy and took the initiative to implement an internship opportunity in Sacramento for CNSA members to learn more about nursing policy and law. The Nursing Student in Sacramento Internship (NSSI) is a 3-day internship that will allow two CNSA members to actively participate in meetings, have one-one discussions with key policy makers, and act as the voice and representation for all CNSA members for the duration of the internship.

This is an incredible educational experience as well as a goldmine for networking. We are the future of nursing and now is the time to become educated on the political side of our chosen profession in order to protect and improve professional nursing for ourselves and for the safety and satisfaction of our patients. Active participation in learning opportunities like the Nursing Student in Sacramento Internship will be an integral piece for the betterment of tomorrow's definition of what it means to be a nurse.

Nursing Student in Sacramento Interns (2012-04-18 05:36)

Jessica Hunter, SN, BSN – CNSA Legislative Director

The Nursing Student in Sacramento Internship (NSSI) is a 3-day internship that will allow two CNSA members to actively participate as interns in political meetings, have discussions with key policy makers, and make valuable and lasting connections. CNSA received dozens of applications for this prestigious opportunity and, it is my pleasure, to introduce the two selected interns as Tamara AL-Yassin from San Francisco State University and John Lyon from California State University, San Marcos. Below you will find a short autobiography on each of the interns:

Tamara AL-Yassin

“My name is Tamara AL-Yassin and I am in my last semester of the BSN program at San Francisco State University. I first became interested in nursing through volunteering at a local hospital in high school. I have always loved science and interacting with people so it seemed like nursing would be a perfect career path for me. Upon entering college, I began taking nursing prerequisites and it wasn't until my community health rotation that I became extremely interested in public health.

While working in a health clinic in the Tenderloin district of San Francisco, I noticed a lack of access to fresh produce among residents. I surveyed the neighborhood, gathered pertinent data and met with local finance officials within nonprofit healthcare clinics to create a pilot study in efforts to provide fresh groceries to local residents. The project identified specific grants to target, projected a total budget, and attempted to tackle the unique needs of the community such as access to cookware and resident's literacy level. The project gave me an understanding of the dynamic nature in creating policy and regulatory change that is cost effective, meets the needs of the community, and is purposeful and evidenced based. I believe that nurses are the driving force in bridging the gap between community needs and quality, cost-efficient care. My passion lies in grassroots movements that have the potential to generate change at a state and federal level.

I am grateful and excited to have the opportunity to be the recipient of the Nursing Student in Sacramento Internship. I hope to take the connections, knowledge, and skills I gain from my experience to build a foundation for my future aspirations in getting involved with healthcare policy.”

John Lyon

“Being selected for the Nursing Student in Sacramento Internship has been an honor. This will be my first time working in legislation on a state level and I have high hopes and aspirations for this upcoming RN Lobby Day, by being an active participant. NSSI is an amazing opportunity for me to not only promote myself, but to have an impact on the face of nursing throughout California. I plan to advocate for my fellow nursing students and future students by bringing awareness of the power and influence we have as nurses and how to improve the educational programs and opportunities for new graduates looking to start their careers.

Nurses are a diverse and talented group of people that bring many skills and life experiences to the bedside that affect how they treat their patients, along with the ways and areas in which they choose to provide that care. As a disabled veteran and young man beginning his career in nursing, I represent a minority group. I hope to make an impact in Sacramento to lobby for support to encourage more men to consider nursing as a respected profession, especially veterans transitioning back into civilian life. The military lifestyle is strict and challenging, yet offers a unique set of skills and personal development. Being in the Navy taught me about teamwork, respect and following through on my commitments. I also had the wonderful opportunity to work in California, as a Hospital Corpsman, providing direct patient care in an acute-care hospital setting. This experience has fueled the fire for me to return to school to succeed in attaining my BSN and soon my RN license.

I have been an active member of the NSNA since I started my nursing program in 2009. I have attended the CNSA and NSNA conventions the past two years as both a participant and a delegate. By attending these conventions, I gained a wealth of information about the nursing profession and how I can further my career by getting involved, taking ownership of my education, and becoming an active member of professional organizations. As the CSUSM SNA National Informant, I have participated in events with CNSA and my school chapter both on and off campus. I act as a representative for educating my fellow classmates about the many opportunities available to them and encouraging them to get involved at the local, state and national

levels. Taking part in these experiences has been motivating and eye-opening for me. I want my fellow nursing students to have a chance to meet students and faculty from other nursing programs as well as discover all of the graduate programs and various jobs available to nursing professionals. In this tough job market, networking and being actively involved could be what sets one nurse apart from the rest. I will graduate this May knowing that I have helped both my fellow classmates and nursing students throughout the state take advantage of their time in nursing school and that I offered them the opportunity to not just get through school focusing on the destination, but to grow and develop while enjoying the journey to a successful nursing career.”

What Does Healing Mean to You? (2012-04-18 05:40)

Shannon Murphy, SN, BSN – CNSA President 2011-2012

For some people, the word healing conjures up images of miraculous cures, for others, it means a spiritual healing, and for still others, it means an emotional process. And lets be honest, as a nurse, the first thing that comes to mind may very well be a granulating wound. Healing is what nurses do every day, in all of these ways – physiologic healing, emotional healing, spiritual healing – as we care for our patients holistically.

Holistic healing encompasses healing of the mind, body and spirit, and as nursing students, we learn the value of addressing each of these facets of our patients. We are taught from the beginning that interventions are not only medications and positioning, but teaching and listening. We know that healing is not just that granulating wound and infection-free incision, but talking about the anxiety that comes with the hospital experience, and the fear of coping at home. While we usually have access to social workers and chaplains, we must never underestimate our own healing effect on our patients.

Working in one of California’s largest Neonatal Intensive Care Units means that I am lucky enough to see holistic healing every day I go to work. I clearly remember one day, as I stocked baby blankets and passed out TPN, everywhere I looked the nurses were listening, counseling, teaching and lovingly caring for these tiny patients and their families. One nurse was listening thoughtfully as a mom talked about how much strain the NICU experience was putting on her marriage, while another was teaching a dad how to feed his daughter through her G-tube. A new admission had our specialty nurses slowly and calmly explaining our primary nursing model and visiting hours. In the next pod, a chaplain was praying with a set of parents, as the nurse lovingly wrapped their little boy, before taking him off of life support. During all of this, yet another nurse was giving a tour of the unit to a mom expecting to deliver her triplets that week. It was beautiful chaos-nurses focused on both the baby’s health and the parents’ emotional and spiritual needs, but ultimately, just doing their jobs.

As nurses, we are natural caretakers, and often don’t acknowledge all that we do to heal our patients on every level we can. Identifying and appreciating our own work is sometimes all we can do, as we go through each shift, changing, supporting and saving lives. And while I’m sure you’ve heard this quote many times, it bears repeating: “They may forget your name, but they will never forget how you made them feel.” – Maya Angelou.

There Has Never Been a Better Time to be a Nurse (2012-04-18 05:41)

Andrea Vega, SN, BSN, CNSA Breakthrough-to-Nursing Director 2011-2012
BTNdirector@cnsa.org

When you think of nursing what comes to mind? For me, I think of helping people, having a stable, paying job, working with other medically-talented individuals, and being a part of an elite group of trusted individuals. For the 11th consecutive year nurses have outranked other professions in Gallup's annual Honesty and Ethics survey, in which nurses have been ranked the most honest and trusted profession. Nursing as a whole is making big strides in the medical profession as the selected group to address the increased demands for care in the United States. How can nurses do this? Through utilizing our talents, skills, knowledge, and experiences in implementing the recommendations of the Institute of Medicine's landmark report, Future of Nursing: Leading Change, Advancing Health.

These recommendations will be implemented through outreach and education of future nurses as well as those considering nursing as a career. According to the progress report released by the Johnson and Johnson campaign for nursing, nursing school enrollment numbers have continuously gone up across the country due to the increased outreach by nurses and nursing students. I encourage you to get involved and become a part of this fast-growing population of people who are spreading the word about this enriching profession.

How can you get involved? Contact local schools and arrange a visit to talk with students about why they could choose nursing as a career, what classes they need in order to be considered for the nursing program, how to finance their education, and the different types of nursing professions available. If you need help with PowerPoints and other promotional materials, please visit the following websites: www.cnc.org and www.discovernursing.com. If you use their services please be sure to fill out their surveys and send them feedback on their materials.

If you are interested in reaching out or getting more information on this, and many other topics, please contact me at btndirector@cnsa.org. With your help we will be able to increase the diversity of the nursing workforce, encourage young people to consider nursing careers and develop programs that help ensure academic success. Please join me and others in our pursuit to increase awareness and education about the enriching nursing profession.

Changes, New Beginnings and Inspiration (2012-04-18 05:43)

Corinne MacEgan, SN, BSN
CNSA Communications Director 2011-2012
commdir@cnsa.org



[1] This is going to be a ROM edition that's full of just about everything. Why? Because we have such incredible nursing students across the state, that's why. I challenged my fellow Board members to write articles about healing, and then inspiration, and then about projects we're currently working on. We couldn't make up our minds about what the best thing was to write about, because it's all

happening concurrently! We're inspired by our projects, which leads to changes, which leads to just awesome inner healing on our levels, which we can then pay forward to our classmates and patients. Whew! What a sentence!

I love how CNSA can inspire people. Our Membership North meeting in Fresno this March was the most-attended North meeting ever. Our goal for this year is to make the State Convention the most-attended California Convention ever. Why not make our Membership South meeting the biggest ever? We have fantastic CNSA members, and couldn't do this without you! Don't you feel motivated? Don't you feel inspired to be a part of this network of amazingness that is unbelievably influential on so many lives? I'll tell you what, I was never a cheerleader in high school, but I feel like throwing around some pom-poms whenever I talk about CNSA and all it can offer!

Check out Edward's and Nathan's articles about Men in Nursing. Please read Jessica's articles on the fast-approaching NSSI conference in Sacramento, including her introductions of the two students selected to attend! Shannon wrote a beautiful article about healing. John has given you some hints about the toolkit which can be used to develop your own chapters. Emily, a student from San Diego State University, has written about spending time with four Korean nursing students. These are just a few of California's nursing students, and they hope to inspire all of you!

There are incredible opportunities out there for all of us to shine. As we near the end of the semester, and for some of us graduation, it's time to really think about what is next. A good friend of mine uses the Twitter hashtag #whatsnext, and that very phrase has inspired me to chase after what I really want in life. I know that books and exams and papers are important (and they are!) however think about the networking opportunities you have now, and the chance to open up your future to whatever you can dream up.

“Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.”
Anonymous

1. <http://newsletter.cnsa.org/wp-content/uploads/2012/04/changes-newbeginnings.png>

New Chapter Toolkit (2012-04-18 05:50)

John B. James, SN, BSN – CNSA Membership Director South 2011-2012
memdirsouth@cnsa.org

As Membership Director South one of my roles is to assist new CNSA chapters in the developing stages. When a new chapter first begins there are many tasks and variables that go into its creation. Each Board of Directors is unique and different from the next but there are certain components that provide the foundation to all. These similarities include fundraising events, financial record keeping via Microsoft Excel, bylaw creation and revision, and a newsletter to empower nursing student voice and disseminate information.

Since these components are a common denominator to most chapters in California I saw an opportunity to provide a guideline with samples and successful ideas for any and all to use. Phenomenal teamwork coupled with specialization of skills mended together a resourceful 'Chapter toolkit'. This can be found on the CNSA website under the 'Chapters' tab as 'Toolkits and Resources'. Here you will find an outline of successful fundraising ideas from SDSU courtesy of Danielle Apuntar, Fundraising Director; a newsletter sample and template courtesy of Kristi (Lou) Miller from CSU Fresno, CNSA Membership Director North; an Excel spreadsheet sample, template and tutorial video courtesy of Brooke Adam from CSU San Marcos,

local Treasurer and Membership Director South committee member; and bylaw explanation with a sample. Also, a Google Map of each nursing school in the state has been created that includes location and contact information for each. Once this resource is posted on the website it will allow students to see what schools are in their region, which is a key variable related to inter-chapter communication.

Keep an eye out for details regarding the Membership South Meeting to be held at West Coast University (North Hollywood City). It will take place on August 18th and will include inspiring and informative keynote speakers. This promises to be a great event so SAVE THE DATE (8/18)!!!

Men in Nursing (2012-04-18 05:54)

Nathan Howard, SN, BSN - CNSA Convention Director, 2011-2012
conventiondirector@cnsa.org

Nursing has been a female dominated profession for decades. It is reported that only 5-10 % of nurses are male. Yet the tides are changing forevermore, and more men are joining a profession where they are welcomed. Where men can be proud to be a nurse! We give you an inside scoop from the perspective of a few male nurses and what their journey has been like as a nurse.

Disclaimer: This interview was not meant to be offensive to any female nurses out there.

Q: As a man, what made you decide to become a nurse?

A: I became a nurse because of the freedom that it allows me. You can work in any area and if you ever get bored with a unit, you can always change units or find some other avenue such as home-health nursing or hospice. I thought about medicine, but I really wanted to take care of patients. To connect with them on a different level and really help patients feel better.

Q: What has been some of the stereotypes of a male nurse?

A: One thing that I get a lot is that patient's often think that I am their Doctor. When you tell them that you're their nurse, they often look perplexed and ask why you didn't pursue medical school. Sometimes this is kind of offensive because there is nothing wrong with a male being a nurse. Another one that I get is that male nurses are less compassionate.

Q: What's been one of the hardest things for you as a male nurse?

A: Well the hardest thing for me was my rotation in obstetrics because I was rejected by almost all of my patients. So I think it's harder for women to be more comfortable with the fact that they have a nurse that is male.

Q: What do patient's like about a male nurse?

A: I think for the most part patients like having both female and male nurses. I think both sexes bring something a little different to nursing. Some of the male patients prefer male nurses because they can relate with them better.

Q: Do you have any advice for male nursing students out there?

A: My advice to male students out there is to just keep your head up. If you ever get rejected by a patient, don't take it personal. It's getting better and better for males to be nurses and you certainly stepped into an exciting profession.

Q: If you could go back in time and choose any other profession, would you or wouldn't you and why?

A: I have never regretted going into nursing. It has been such a rewarding career and I will continue to strive and provide excellent patient care. I might go back to school and attain an advanced practice degree, but other than that I love being a nurse!

How a Different Culture Inspired Me to Be a Better Nurse (2012-04-18 05:56)

Corinne MacEgan, SN, BSN – CNSA Communications Director 2011-2012
commdir@cnsa.org



[1] On January 7th of this year, a large group of San Diego students, nurses and doctors flew into Panama for an adventure which turned out to be nothing short of a life-changing experience. A lengthy stay in El Salvador did nothing to hamper our excitement for what lay ahead. I remember sitting on the plane that night, watching the full moon light up the clouds, and wondering what would await us in Panama.

Our mission? As part of the Global Medical Brigades, our chapter would be providing much-needed medical care to townspeople in a very rural part of Panama. When I say rural, I mean homes put together with just about anything people could find. Dirt floors, varying degrees of electricity, and if you were really lucky, running water. Hot water, wi-fi, and the ability to flush your toilet paper soon became long-lost luxuries to us. What quickly became evident was that these people didn't miss them... because they never had them. They only received medical care a few times a year, and the nearest hospital was hours and hours away.

After the initial shock of cold-water showers, enormous flying things, and having to pour water into the toilet to get it to flush, we really began to adopt this way of living. The townspeople were just as curious about us as we were of them. The children flocked around us, and soon we were involved in games of Duck-Duck-Goose (or pato-pato-burro because they didn't know what a goose was) and their version of Red Light- Green Light. The adults were freely handing their infants to us and speaking openly about their medical conditions and anything else they could talk about.



We had several stations set up. The initial assessment station, in which we took vital signs, heights and weights, was interesting because many of these people had never had their blood pressure taken before. The children were wondering what the scale was, and soon it became a contest to see who weighed more. The next station was our interview section, where we were able to start really getting into the heart of things; some of these people had been on medication for quite some time and were there for refills or a check-up. Luckily, we had several people who spoke Spanish, myself included, which allotted for a more open conversation. Our third station was where the residents spoke with the doctors themselves; we had three doctors from San Diego as well as two Panamanian doctors who were able to write prescriptions and allocate the next station for people. Some needed the dentist, some needed to see the women's health nurse, and we even had our own massage therapist for the first time.

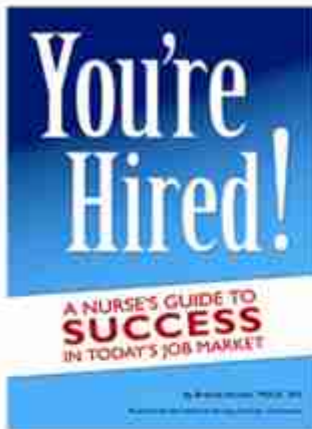
We noticed a trend of high blood pressure, malnutrition, and many, many cases of skin rashes and insect bites. Many of the children had a loss of appetite and diarrhea, which we concluded came from the water sources. Dehydration was also common in both children and adults. Every assessment, however common the cause of illness, was an eye-opening experience. Everyone had a different story. Everyone had history. One gentleman was missing a hand, and I gently asked him about what had happened. He told me (and the doctor I was translating for) that he had been in a fight up in the mountains, and the opposition had chopped his hand off with a machete. This was just how life was, he said, people had to fight for a living. The drought had caused much of the agriculture to die off, and that was their main sources of income in that area. Even children as young as 10 were working in the fields.



I don't have the room to write about every person that affected me, or even how this experience changed me on the inside. I came home from Panama with a heart full of a burning desire to be a better nurse. I fell in love with Panama and its people. I fell in love with helping those most in need. We are so blessed here to have what we do, the opportunities and the nearby medical care whenever we need it. Coming back to the United States was a culture shock in reverse; I didn't want all of the electronics. I didn't want that extra pair of shoes. I didn't need those things. What I did need, though, was the heart and trust of those people in Panama. There is nothing like a smile from an old wizened man with leathery skin, a hug from a 4-year old, or a quiet "Gracias" from a mother surrounded by 6 small children. Sometimes the simplest things are what we really need. Look out for them. Appreciate them.

1. <http://newsletter.cnsa.org/wp-content/uploads/2012/04/Corinne-MacEgan-Panama-Photo-1-for-How-a-different-culture-article-Editorial.jpg>

CNSA Resource Book Helps You Compete in Today's Job Market!



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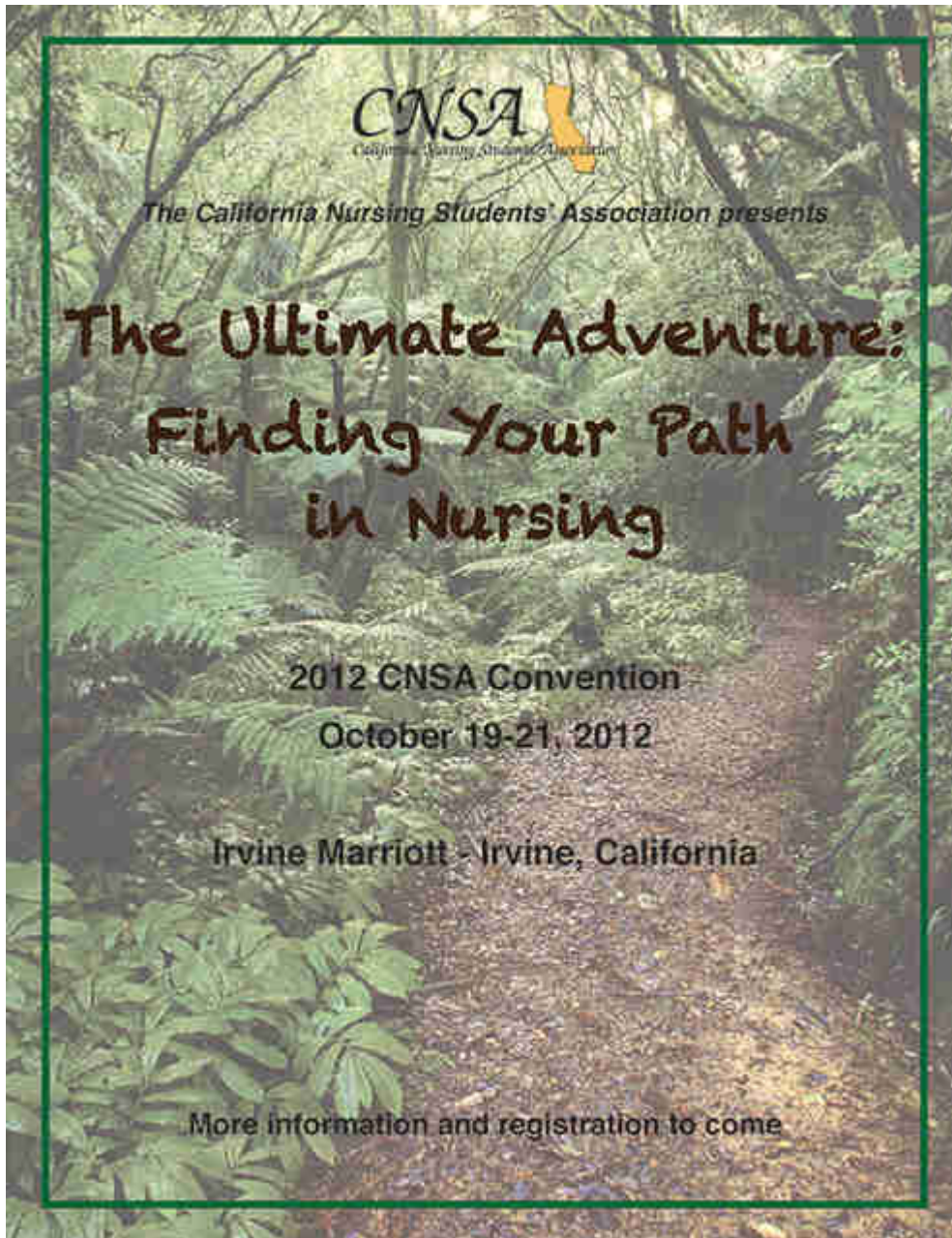
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Shannon Murphy
2011-2012 President
California Nursing Students' Association

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www.cnsa.org



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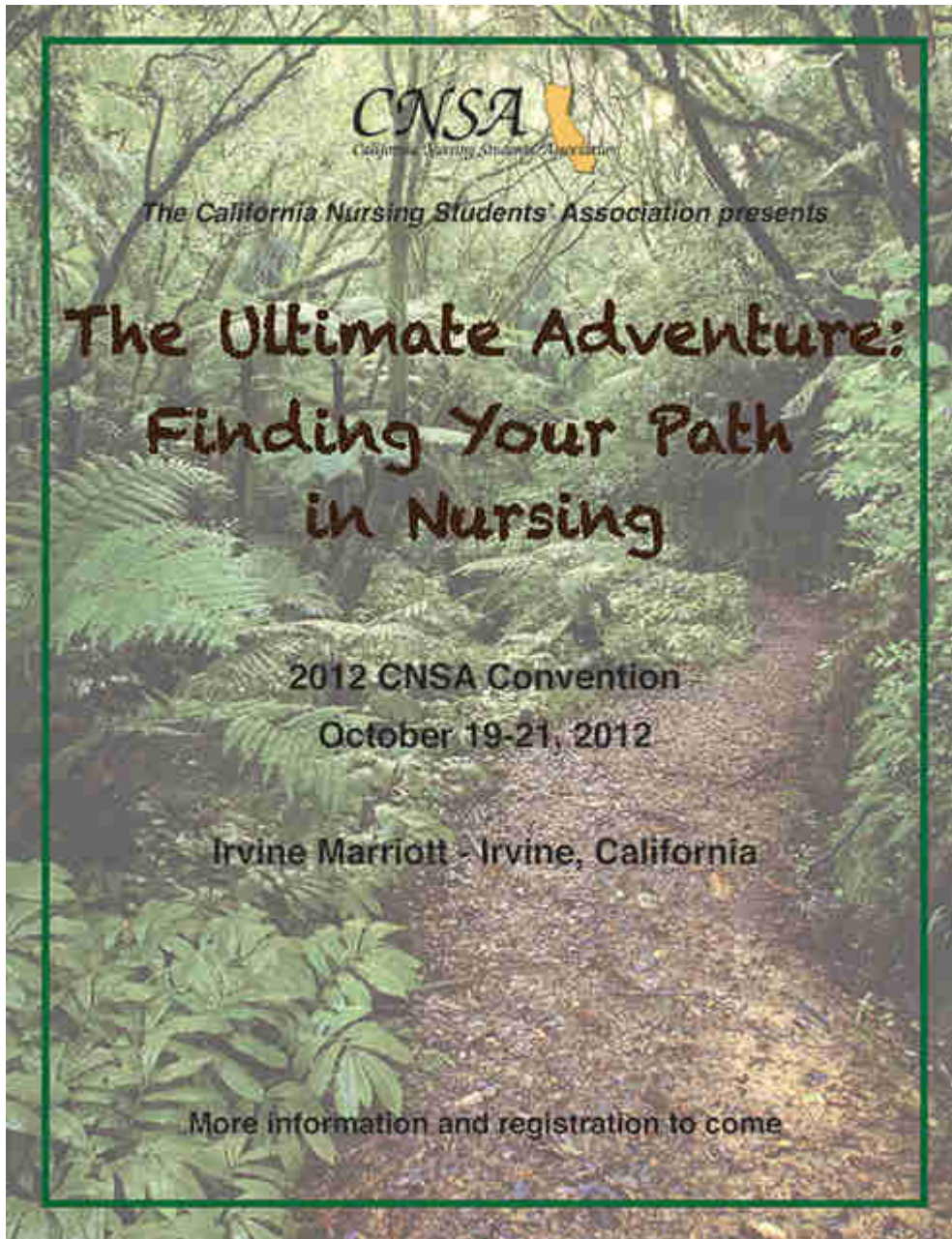
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October 19-21, 2012

Irvine Marriott - Irvine, California

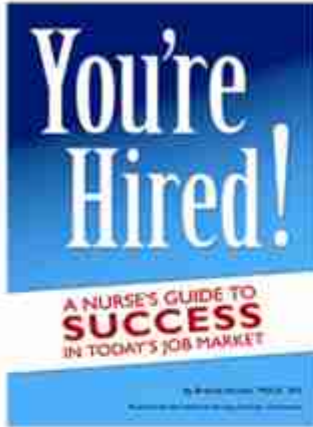
More information and registration to come



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Shannon Murphy
2011-2012 President
California Nursing Students' Association

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Edited: February 9, 2013

