

# ***BlogBooker***

From Blog to Book.

[HTTP://NEWSLETTER.CNSA.ORG](http://newsletter.cnsa.org)



# Contents

<b>1</b>	<b>2010</b>	<b>5</b>
1.1	July . . . . .	5
	Saddleback (2010-07-01 08:00) . . . . .	5
	A Nursing School Take Home Message (2010-07-08 16:44) . . . . .	5
	Be an RN Ambassador! (2010-07-08 16:45) . . . . .	6
	Choose Nursing! (2010-07-08 16:48) . . . . .	7
	Dancing in the Rain (2010-07-08 16:56) . . . . .	9
	Hurray for CoCR North! (2010-07-08 16:58) . . . . .	9
	Let Your Change Be The Change in the World (2010-07-08 17:02) . . . . .	10
	Resolutions!! (2010-07-08 17:06) . . . . .	11
	Scholarships (2010-07-08 17:07) . . . . .	12
	Stress: A Factor in the life of Student Nurses (2010-07-08 17:09) . . . . .	13
	The Endless Possibilities of Convention (2010-07-20 17:19) . . . . .	15
	What Can You Do to Prepare for Summer Break (2010-07-20 17:25) . . . . .	16
	Your Image and Landing Your First Job (2010-07-20 17:27) . . . . .	17



# Chapter 1

## 2010

### 1.1 July

Saddleback (2010-07-01 08:00)

[1]

1. [http://ad.doubleclick.net/ad/N4789.AfterCollege/B4799601.8;sz=320x260;ord=\[timestamp\]?](http://ad.doubleclick.net/ad/N4789.AfterCollege/B4799601.8;sz=320x260;ord=[timestamp]?)

---

A Nursing School Take Home Message (2010-07-08 16:44)

Author: Angela Schwab, SN, BSN, CNSA President 2009-2010, President@cnsa.org



It seems obvious that three years of Nursing School would be an educational experience. As students, we are inundated with information from how to change a bed to saving a life. It has been over a month since I graduated. The majority of that time was spent studying for my NCLEX, taking practice exams and reviewing content. In the process, I realized just how much information is crammed into a nurse's education. During a recent conversation with a good friend, I was asked "so what is the take away message?" That question got me thinking, aside from all of the textbook and clinical knowledge that I will take with me into my nursing practice, what has nursing school taught me? I was able to narrow it down to the top ten things I learned in nursing school.

10. Complaining about something does not provide a solution. It is easy to get caught up in negative conversations, but in order to make a difference, it is important to evaluate and discuss how things can

be done differently to provide better outcomes.

9. We all cry sometimes. Nursing school takes physical, mental and emotional stamina. Sometimes a good cry helps relieve the stress.

8. Laughter really is good medicine. A good cry helps, but laughter makes it better. Sometimes all you can do is a take step back and laugh. Having a sense of humor can make all the difference.

7. Mistakes are always opportunities for learning. As nurses there is little room for mistakes. When they do happen learn from them. Self loathing will not make up for forgetting to have the information an MD asked for. Remembering that they asked for it before will prepare you for the next time.

6. CNAs are phenomenal people. They literally do the dirty work in the hospital, have a heavier patient load, and get paid a lot less; yet they continue to come back for more. Nurses and nursing students should remember to show them appreciation. Our job would be so much harder without them.

5. Every time you walk into a clinical site you are on a potential job interview. When nursing students are at clinical, dress, initiative, and work ethic are noticed by the staff. When students leave, that message gets passed along and will make a difference when it is time to apply for a job.

4. Most people like to share their life experiences they just need someone to listen. It is amazing how much a nursing student can learn about someone by just taking a few minutes to listen.

3. Getting involved in nursing organizations is essential. Nursing makes up the majority of the healthcare workforce, but our voice is not as strong as it could be. Getting involved in nursing organizations is the only way to unify our voice and make it as strong as it should be.

2. Acknowledgement and appreciation are not always given, when it is enjoy it. Nursing school involves a lot of work and dedication. Between exams, papers, care plans and clinical days students are given a great deal of responsibility and little recognition. Take the time to celebrate a good grade, praise from an instructor, preceptor or peer, or a simple thank you from a patient or family member.

1. There is still so much that I have to learn. It is impossible to know everything. Everyday offers learning opportunities. Reference books are on nursing units for a reason.

Nursing school was an amazing journey. It is easier to appreciate all the ways it has enhanced my life now that I am finished and have my RN. Everyone will have a different take away message from their nursing school experience. Thank you for allowing me to share mine with you.

Angela Schwab RN, BSN, CNSA President

---

## **Be an RN Ambassador! (2010-07-08 16:45)**

Author: Rosalyn Downs, SN, ADN, CNSA Breakthrough to Nursing Director 2009-2010, btndirector@cnsa.org



In this issue I would like to focus on a tool that I have chosen to use for the purpose of

promoting the professional nursing career. In this growing diverse population within California, it is important that our future nursing workforce reflect the population that we serve.

Under the guidance of Coalition for Nursing Careers in California (CNCC), the RN Ambassador Program was created to be used as an outreach program. Essentially it is a presentation that, “Encourages RNs to seek opportunities to speak positively about the profession, their experiences as a nurse and why they chose nursing as a career.” ([1]<http://www.cncc.org/faq.html>) Additionally, the program is designed to attract and promote individuals who may consider nursing as a career, from the ages 9-24 in three separate age developmentally appropriate presentations for elementary, middle and high school age groups. It can be uploaded to your laptop, flash drive, or accessed via WiFi for ease of use. To add value, this tool is offered in both English and Spanish. Regardless if you are a local chapter BTN director, and are found facing challenges to attract the diverse faces, and variety of ages, consider the RN Ambassador Program.

There is no official requirement to be a BTN director, but just simply be interested to share your enthusiasm about nursing and use a tool designed for the new generation of nurses. I urge you to consider utilizing the RN Ambassador program in your local chapter, but also in your professional career within your community service.

For more information, please contact Rosalyn Downs (CNSA Breakthrough to Nursing Director 2009-2010) at [2][btndirector@cnsa.org](mailto:btndirector@cnsa.org).

1. <http://www.cncc.org/faq.html>
2. <mailto:btndirector@cnsa.org>

---

## Choose Nursing! (2010-07-08 16:48)

Author: Louella Mesina, SN, BSN, CSUSM SNA Breakthrough To Nursing Director

CSUSM Nursing Students Participate in Garfield High School’s Career Day



As the Breakthrough to Nursing Director for our Student Nurses Association, one of my goals is focused on increasing the recruitment/retention of minority groups within the nursing profession. We were presented with a high school outreach opportunity from one of our own alumni in an Accelerated-BSN cohort 1, Lucie Kim, RN—now a school nurse. I along with five volunteers from cohort 3 and one RN volunteer from cohort 2 had an opportunity to represent our school as well as the nursing profession at Garfield High School’s Career Day. Garfield High School is an inner-city school and one of San Diego City School’s three continuation high schools with a primarily Hispanic population as well as a pregnant minor program and nursery. With an enormous increase of the Hispanic/Latino patient population in San Diego, the opportunity to speak to these students was very fulfilling and rewarding.

We were able to speak to several classes in which we presented in four periods (one hour each). We presented a PowerPoint that was specifically targeted at high school students to expand their perspective of the nursing profession. We also had flyers and handouts with general facts about nursing as well as specific facts about admission criteria and requirements of different nursing programs throughout San Diego.



We included the different cultural backgrounds, fields, job opportunities, and fun facts about nursing that they might not have known before the presentation. For males, it was encouraging to see male nursing students as well as the volunteer RN from cohort 2 represent the male nursing profession. The presentation also included the different types of nursing (flight nurse, RNs for Sheriff's Dept., RNs at major sporting events, forensic RNs) to help spark their interest. We emphasized the need for nurses especially from their ethnic/cultural backgrounds and included facts about salary, scheduling, and an unlimited opportunity for growth, education, and leadership. Our focus may have been nursing but we also emphasized the importance of finishing their high school diploma and going to college. We discussed what they perceived as their barriers to finishing school and entering college and tried to provide appropriate advice. We also discussed our personal stories of why we chose the nursing profession.

In order to relate to the students, we strove to cater our presentation to their learning needs, which hopefully inspired them to choose nursing as a career. Overall, we felt our presence was successful. We later received thank you letters from staff and students. It was wonderful knowing that we made a difference in lives of these students. I would like to offer a special "thanks" to all those who coordinated and participated in this outreach opportunity. I hope that we can provide more outreach events in our community, to be ambassadors not only for our school but for the nursing profession as well.



"All of you made a positive impression on our students. It is not easy to speak before a group—let alone high school students, but you made it comfortable for them. I think that they obtained valuable information to help them formulate their career plans"

-Tina Tomaschke, Employer Outreach Specialist/College Coordinator.

Ms. Tomaschke is pictured with CSUSM students at Garfield High School.



---

## **Dancing in the Rain (2010-07-08 16:56)**

Author: Anna Viet, SN, BSN, CNSA Communications Director, 2009-2010, [conventiondirector@cnsa.org](mailto:conventiondirector@cnsa.org)



When looking for inspiration one tends to come across cliché quotes such as “As long as you learn from your mistakes”, “Whatever doesn’t kill you will make you stronger”, and “When life gives you lemons, make lemonade”. We all know that nursing school is one of the toughest things that some of us had to endure or are still undergoing. Nursing is such a unique profession and opportunity that a variety of people take on. Each nursing student must not only carry the weight of the wealth of knowledge that we are expected to absorb, but in addition, some juggle having a family to provide for, ending and beginning new relationships, or struggle simply from the “growing pains” of finding oneself and maturing.

Anyone that has graduated from nursing school will give a nursing student the same assurance that everything will be okay and that “we will get through it” just as they have. Knowing this piece of wisdom however does not always make taking a final any easier. Instead of constantly anticipating our graduation, maybe it would be more productive to stop for a moment to enjoy what we are going through.

Enjoy the exams because they allow you to bond and foster friendships through study groups. Enjoy the clinical rotations and preceptorships because one day we may have students eager to learn from us. Enjoy the long hours because you have made a difference in someone’s life. Enjoy nursing school and summers off, because when we graduate, most of us will be spending the majority of the rest of our lives in a hospital. Everything happens for a reason we just have to embrace it and take each challenge, each hardship, and each bump in the road one day at a time. I leave you all with one final quote that really stood out to me: “Life is not about waiting for the storms to pass... it’s about learning how to dance in the rain.” –anonymous

---

## **Hurray for CoCR North! (2010-07-08 16:58)**

Author: Yovannah Chavez, SN, BSN, CNSA Co-CR North, 2009-2010, [1][cocnorth@cnsa.org](mailto:cocnorth@cnsa.org)



On behalf of the California Nursing Students' Association and the Council of Chapter Representatives Summer Meeting Planning Committee, I would like to extend my sincerest thanks to all those who attended the 2010 Summer CoCR meeting. This summer we had over 50 students from more than 14 colleges join us, all of whom contributed greatly to the discussion that took place and the break-out sessions which occurred.

From the initial personal feedback which I have received, a vast majority of which felt that they sincerely benefitted from attending the event and enjoyed the presentations put on by the speakers. However, we would still like to receive additional feedback to improve on the success of this year's conference to make the one that follows an even greater success. Therefore if you could please email me a paragraph describing your thoughts on the conference, what you learned, what you like and what you felt could be improved, it would be sincerely appreciated. We look forward to publishing these comments in the October issue of the CNSA newsletter, so please send them as soon as possible.

Lastly, as my term as Co-Chair for the Council of Chapter Representatives is coming to an end, I would strongly encourage any CNSA member interested in taking over this position to consider running during the 2010 Annual CNSA Convention in October, as I truly feel this was a worthwhile experience which has not only expanded my leadership skills but also has provided me with a wealth of opportunities, which I would have previously not been privy too. If you have any questions regarding this position, please don't hesitate to contact me via email.

Again, my sincerest thanks to all who attended the 2010 Summer COCR meeting, as your participation truly helped make this conference a great success.

Very best regards,

Yovannah Chavez  
CNSA Northern Council of Chapter Representatives Co-Chair

1. <mailto:cocrnorth@cnsa.org>

---

**Let Your Change Be The Change in the World (2010-07-08 17:02)**

Author: Michelle Irving, SN, BSN, CNSA Convention Director, 2009-2010, [1]communityhealthdirector@cnsa.org



## Let Your \$Change Be The Change In The World

CNSA is sponsoring a fundraiser to support and provide aid to Haiti nursing students affected by the earthquake. Please join us in our campaign by donating your change (coins or dollars) all proceeds will be given to Haiti Nursing Foundation. Just remember your spare change can make a difference in someone's life.



How much does it cost to make a difference?

A cup of coffee..... \$2.00

A smoothie from Jamba Juice..... \$3.95

A movie ticket..... \$7.50

A donation to support a Haitian Nursing Student..... \$1.00

Please join the CNSA fundraiser “Let Your Change Be the Change in the World.” All funds raised will provide financial support to fellow nursing students in Haiti. It only takes \$1.00 to make a difference, let your change make a difference in someone’s life today. Campaign starts NOW and will end September 30, 2010. All funds collected will be donated to the Haiti Nursing Foundation.

TREASURES: Please collect monies from chapter members. Send check or money order to: CNSA Foundation, ATTN: Haiti fund, 3835 North Freeway Blvd., Ste 120, Sacramento, CA 95834.

Please promote this campaign on your campus and in your community and don’t forget to participate in the Statewide Community Health Project: Disaster Preparedness.

Sincerely,

Michelle Irving  
CNSA, Community Health Director  
[2]cnsacommunityhealth@cnsa.org  
510-681-3087

1. <mailto:communityhealthdirector@cnsa.org>
2. <mailto:cnsacommunityhealth@cnsa.org>

---

**Resolutions!! (2010-07-08 17:06)**

Author: Kelly Bowker SN, BSN, CNSA Legislative Director, 2009-2010, [1]legdirector@cnsa.org



Are you ready to take charge and make a change in healthcare? What a better way than to write a resolution for this upcoming convention? I am sure you can think of many things you think could be done better, safer, or more efficiently. I encourage you to do something about it. Previous years topics discussed have been anywhere from standardizing emergency codes to cigarette smoking. So get inspired and make a difference in nursing practice, after all it is your future. We as students have a loud voice, we can shape this career field as we see fit. Please check out the resolutions page on the CNSA website and email me with any questions. Resolutions are due August 1st.

1. <mailto:legdirector@cnsa.org>

---

## Scholarships (2010-07-08 17:07)

Author: Kaley Ferreira SN, BSN, CNSA Secretary/Treasurer, 2009-2010, [1][sectreas@cnsa.org](mailto:sectreas@cnsa.org)



The search for scholarships can often be rather daunting but try not to get overwhelmed! There are a variety of places you can look for scholarships, including your school or employer, professional associations, foundations, large corporations, religious organizations, community clubs and organizations, and many others. When searching for these scholarships, keep in mind that many of these scholarships ask for specific criteria, so it is best to keep your resume well-rounded. Getting involved in your community through a variety of organizations, honor societies, and volunteer services, as well as a variety of other activities will help you to get the scholarships you need so don't be afraid to get involved in the activities available to you.

To get you started, here are some available scholarships:

- The CNSA scholarship application is now posted on the CNSA website.
- The NSNA scholarship application is now posted on [nsna.org](http://nsna.org).

- AAMN Foundation Scholarships for Men is now available at [www.aamn.org](http://www.aamn.org). This is a \$1,000 scholarship program for men pursuing nursing.
- The Gen and Kelly Tanabe scholarship is available at [www.genkellyscholarship.com](http://www.genkellyscholarship.com). This is a \$1,000 scholarship for students pursuing any major.

If you have any scholarship search tips that you would like to share with your fellow CNSA members, please email me at [sectreas@cnsa.org](mailto:sectreas@cnsa.org).

1. <mailto:sectreas@cnsa.org>

---

## Stress: A Factor in the life of Student Nurses (2010-07-08 17:09)

Author: Laura Barron, SN, AVC, [1][laura.barron@roadrunner.com](mailto:laura.barron@roadrunner.com)



As a nursing student, I see the everyday stress played out in a student's daily life at school. At community colleges where many students go because of the proximity to home and lower costs involved, there are many minority students in a lower economic status. Just getting through the pre-requisites for the associate degree of nursing (ADN) program can take a couple years and many students drop off their path to the registered nursing (RN) program due to conflicts and stress. Once into the ADN to become a RN, the dropout rate continues. This isn't because they aren't smart enough. They made it this far, so we know they are. The factors contributing to the attrition rate becomes related to stress. My thoughts are: What are the top factors? Knowing this, what interventions can we implement?

I was introduced to Diane Alvy, RN, LMFT-ATR-BC, advocating for support groups in nursing schools and mentorship, through Dr. Louise Timmer, EdD, RN. Dr. Timmer is the past president of the American Nursing Association. I had the pleasure getting acquainted with these ladies through my Nursing Student in Sacramento Internship (NSSI) during the RN Lobby Days this past April in California. With their help, I started to look at a survey to give us a closer view of these factors.

Diane Alvy, founder of [StopNursingShortages.com](http://StopNursingShortages.com) implemented support groups in nursing programs which were well received by students and faculty alike. Their goal is to "alleviate the nursing shortage by providing support groups within nursing colleges and professional settings" (Alvy, 2010). With a growing nursing shortage of over 580,000 new positions created by 2018 due to the aging baby boomers (BLS, 2009), the need to keep our student nurses on the stress-less path is key. Funding cuts have stopped these vital programs started by Diane Alvy, but the stress continues. Even more so - because funding cuts are felt by students in their daily lives, and at school through reduced classes.

Stress, felt by many students can lead to health deviations resulting in loss of life by choice. This was seen at my school recently, as well as student's exacerbated health conditions leading to dropping out of classes. Considering these students went through so many sacrifices to get here, if we have the opportunity

and can provide support to keep them in, we need to do it.

## Stress: A Factor in the life of Student Nurses

### Purpose

Self-care requisites are closely looked at by student nurses in their patients, but how often do they focus on these needs of basic conditioning factors for themselves? How does a student nurse react in stressful situations, to the different levels of stress & anxiety, and what are the contributing factors to this stress? The idea for this study is to determine if student nurses' have a high level of stress, and would they be open to therapeutic counseling to reduce this block from integrating into their daily lives.

### Design

This qualitative study will include women men between the ages of 18 and 62. Those participating will complete a survey with different informative sections. The first section is straight to the point. Are there perceived levels and sources of stress in nursing students in pre-licensed nursing programs? Would students consider attending weekly support groups knowing it would take an additional 90 minutes each week if offered? The second section may contain questions allowing students to rank their areas of stress on a scale between Extremely Stressful, Stressful, Neutral or Not Stressful. Examples of questions include the following: How much stress do you feel because of the relations with staff in your clinical area (nurses, physicians)? How much stress do you feel because you are unsure what is expected of you? How much stress do you feel because of the atmosphere created by instructors/faculty? How much stress do you feel because of your patient/client attitudes toward you as a student nurse? How stressful to you are personal problems with family or parents, due to school? How stressful are actual personal health problems. How stressful is the fear of failing a course? How stressful to you is the lack of free time? To find which factors are the highest contributors to their stress we will ask them to rank Lecture/Exams, Clinicals, Family/Social Life, Finances, Time Restraints from one to five with one being the highest contributing factor. Some demographic questions are added on sex, age range, semesters completed, employment outside the home, and status of being married, single or having dependents. The last component is what activities they do to relieve stress including any activities that are beneficial or non-beneficial.

### Findings:

Analysis of the data compiled will identify any themes and conclusions will be noted.

### Implications:

These results may provide interventions promoting the self-care of student nurses, show us other factors involved as well as future research to be completed.

Note: The Survey is still being finalized

Laura Barron, SN, AVC

Work Cited:

Alvy <http://www.stopnursingshortages.com/index.html>

BLS <http://www.bls.gov/oco/ocos083.htm>

1. <mailto:laura.barron@roadrunner.com>

---

## The Endless Possibilities of Convention (2010-07-20 17:19)

Author: Callan Lisker, SN, BSN, CNSA Convention Director, 2009-2010, [1][conventiondirector@cnsa.org](mailto:conventiondirector@cnsa.org)

The Magic of Convention



As many of you know the CNSA Annual Convention is coming up! This convention will be held on October 15th-17th at the Marriott Hotel and Conference Center in Ontario, CA. The theme for this Convention is, "The Many Hats of Nursing: A Wonderland of Opportunity!" This particular convention is a weekend long event, which is aimed at educating nursing students and easing the transition from being a student to a professional nurse, with the use of advocacy, activism and leadership. The CNSA Convention is a wonderful opportunity to become more involved as a student nurse.

Attendees for this Convention can come as delegates or representatives for their school of nursing. As a delegate, one is able to participate as a member of the House of Representatives and attend various conferences and speeches throughout the weekend. As a Representative from one's school, there are various opportunities to enlighten other schools and representatives with regards to your school's core values and mission statement.

The CNSA Convention in October, provides an amazing opportunity for individuals to run for various positions on the CNSA board. I feel as though my position as Convention Director, has taught me a lot about team work, organization, as well as contributing to my passion and commitment to the field of nursing.

Not only is this Convention educational and informative, it also provides a wonderful opportunity to get to know and become close with other students as well as other cohorts. If any of you have the opportunity to attend this years CNSA Convention in Ontario, CA, I would highly recommend going to enhance your knowledge and gain a closer relationship with other members from your School of Nursing. Experiences like these will be ones that will last a lifetime, ones that will be remembered and valued.

1. <mailto:conventiondirector@cnsa.org>

---

## What Can You Do to Prepare for Summer Break (2010-07-20 17:25)

Author: Michelle Irving, SN, BSN, CNSA Convention Director, 2009-2010, [1]communityhealthdirector@cnsa.org



Summer has officially begun, which means a break from clinical rotations, papers, group assignments, and demanding course schedules. Now it's time to relax and unwind under the summer sun! Some of you may be working, traveling, or spending time with family and friends.

However, it is important to tie up any loose ends before leaving campus for the summer to make your summer vacation less stressful and your fall term transition as easy as possible.

- Schedule and finalize course selections
  - It is extremely important to register for fall classes before leaving campus for summer vacation. Make sure you find out when you can register for classes, since the time varies depending on your school. Write it down in your calendar as a reminder.
- Finalize and arrange housing for the Fall Term
  - Since schools have an application process to live on campus, make sure you take advantage of the various living options. Contact the housing office and make sure that all appropriate documents are submitted before the deadline
- Volunteer
  - Volunteering at a hospital, community based health clinic, or overseas medical projects may help strengthen your clinical skills. While you're relaxing over your summer, spending a few hours a week volunteering can help prepare you for fall semester and your clinical rotation.

I hope these tips help you prepare for fall term; I wish everyone a wonderful and safe summer! Also, don't forget to participate in Community Health Project Disaster Preparedness and Community Health Fundraiser "Let your change be the change in the world" We are asking each chapter member to donate \$1.00 to the CNSA Foundation. All funds collected will be donated to the Haiti Nursing Foundation. We will be collecting monies until September 30, 2010. Treasures please send checks or money orders to CNSA Foundation, ATTN:



Haiti fund, 3835 North Freeway Blvd., Ste 120, Sacramento, CA 95834. All monies will be given in an effort to support the education of Haitian nursing students affected by the earthquake.

1. <mailto:communityhealthdirector@cnsa.org>

---

## Your Image and Landing Your First Job (2010-07-20 17:27)

Author: Kimberly Vaughan, SN, BSN, CNSA Image of Nursing Committee Chair, [1]iondir@cnsa.org



During Joanne Kingsbury's keynote address at the June 12, 2010 Council of Chapter Representatives Meeting about how to land your first job, many times I caught myself nodding my head in agreement because she talked about numerous topics that correlate to the image of nursing.

Some of the key points of her talk were: your appearance, accomplishments/weaknesses, resume, and the interview. What stood out to me the most was appearance. Appearance is very important when it comes to landing any job, not just a job in the nursing profession.

The way you dress and the way you present yourself helps your interviewers (and hopefully future employers) judge what kind of employee you might be. If you dress appropriately and professionally, then hopefully they will see you that way. If you dress or look sloppy, not put together, or come off as frantic and rushed then they may get the perception that you will reflect the same trend in your work ethics.

First impressions and the handshake are crucial in guiding the rest of the interview. Present yourself, greet your interviewers and anyone else in the room and give them a firm, confident handshake while looking them in the eye. This initial presentation sets the baseline of the interview. When walking into an interview, always make sure you are holding your resume in your left hand so your right hand is free. Also, do not bring

in coffee, food, or chew gum! These may seem like common sense, but Kingsbury says that interviewers see it all the time.

In these harsh economic times everyone keeps hearing how difficult it is to get a job as a nurse, let alone as a new graduate from a nursing program searching for your first job. While it may be true that the job market is tight out there, there are always things that you can do on your part to present yourself as the competent, and well-educated students and future nurses that you are. Remember to assess the image you are portraying to your future employers before you go into an interview. Make sure it is a positive image of not only you, but of the nursing profession as a whole. Good luck searching for that first job! You will do great!

Kimberly Vaughan  
Ad-Hoc Image of Nursing Committee Chair

1. <mailto:iondir@cnsa.org>

---

BlogBook v0.4,  
L<sup>A</sup>T<sub>E</sub>X 2<sub>ε</sub> & GNU/Linux.  
<http://www.blogbooker.com>

Edited: February 9, 2013

