Volume 10, Issue 1 January 2016

RANGE OF MOTION

The official newsletter of
the California Nursing Students' Association

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Legacy

Of

Connectivity

CNSA
California Nursing Students' Association

ATTENTION CNSA MEMBERS & Pre-Nursing Majors

Membership Meeting North

Saturday, March 12, 2016 **Membership Meeting**

Location:3100 Telegraph Ave, Oakland, CA 94609

Bechtel Room (Health Education Building)

SAMUEL MERRITT UNIVERSITY

Connect with CNSA members from throughout the State.

Hear about the upcoming EVENTS AND ANNOUNCEMENTS

Learn more about the CNSA Scholarships and Opportunities

Meet directly with the CNSA Board to see what is ahead and how YOU can become involved

Breakfast and lunch will be provided. Campus Parking Max Rate of $18 per day

Please RSVP to Membership Director North: Kyle Navarro

cnsamemnorthdir@gmail.com

CNSA

Check CNSA Facebook page for the most-up-to-date information and further details about this event and more!

President's Message

By Shawn Palmer, CNSA President

Welcome to the first 2016 Range of Motion. My name is Shawn Palmer and I am a honored to serve as your 2015-2016 President. I have always been a very sensitive and caring person with a passion for others. After a nearly ten year struggle with finding myself and figuring out what is important in life, I realized something was missing. With some soul searching and the encouragement from a dear friend, I decided nursing was my calling and true passion--what better way to give back and to be my true self.

In 2008, I started at a community college taking pre-requisites needed for the nursing program. Working full time and going to school full time was both challenging and rewarding. I was never the A student even in high school but I was always part of the student leadership teams. After the two years of pre-requisites came time to apply for the ADN program.

With several hundred applicants for 30 seats your odds are not as high as you would hope, but I felt so good about all the work I had put in. After months of waiting, the email came and I was not selected. Heartbroken and defeated, I continued and signed up for the next semester. One week prior to the new semester starting I received a call from the school stating that I was first on the waiting list and an individual opted to attend a different college. I had less than 24 hours to prepare for the TEAS exam and only had one shot to pass it-- and I did!

As you all know, nursing school comes with a lot of stress and life changes. I continued to roll with the punches working more than full time hours and making the best out of this opportunity. As I was closing off the end of my second semester I was on the cusp and school faculty continuously saying I had to choose either work or school, you can't continue to do both full-time. I was in a position I had to work full time to pay my bills and live as a lot of nursing students are. Unfortunately, I did not pass second semester by a couple of points. I was devastated, and little did I know the worst was still to come. This pain was felt again during fourth semester.

My heart continued to remind me of my dreams of being a nurse and having that intimate connection with patients and their families. With this in mind, I started to research schools in Los Angeles that I could either transfer some of my units to or start fresh at and was so fortunate to come across West Coast University.

The thought of another two-plus years made me hesitant but it felt so right. I am now seven months away from graduating and l cannot tell you how much this has taught me that everything literally happens for a reason. This path has not been easy. There have been doubt and tears, but there have also been amazing opportunities and a sense of confidence I did not have prior to this chain of events.

I served on the CNSA board last year as the Secretary/Treasurer, which allowed me to begin to learn some of the ways our organization is run. With the guidance of our advisors, we were able to accomplish our personal goals as well as our overall goals as a board. Through inclusiveness, responsiveness and connectivity, this coming year will be full of success and change.

We hope to present an atmosphere of inclusiveness for all our members. Sharing the minutes from all official meetings along with equal opportunity through CNSA to the various resources, events and positions available will be sure to maintain inclusiveness. The board of directors plans to respond within a timely manner to the questions, comments, and concerns of our members. It is important that we take on this responsibility and make sure that your voice is heard. Lastly, through publications, events, committees, and other methods we hope to increase the connectivity among our members. Not only do we hope to maintain a great relationship between the state and local chapters, but we also hope that we can increase the communication between chapters. No matter the size or experience, chapters are sure to benefit from connecting with each other. The 2015-2016 Board of Directors looks forward to serving you and hopes to see you at the Membership North Meeting this March.

Respectfully,

Shawn Palmer

2015-2016 President

Critical Care
Training Center

TEL: 818.766.1111

Deadline: February 20th 2016

World's first Interactive Scholarship Program has been designed to financially assist Registered Nursing Students throughout California. Your winning chance depends on online community votes for your submitted essays on the designated topic. The quality and creativity of your essay in combination with your online compadres vote will govern winning opportunity. Submit your essay, view & rate essays, view rules and regulations online

Education For Life

ACLS - BLS - CPR - PALS - ECG

Meet the 2015-2016

CNSA Board of Directors & Committee Chairs

President

Shawn Palmer

Vice President

William Gallegos

Secretary/Treasurer

Claudia Capili

Legislative Director

Jane De Lay

Convention Director

Krystal Scott

Community Health Director

Jenna Druce

Breakthrough to Nursing Director

Daniel Duron

Communications Director

Daniel Fassbender

Membership Director-North

Kyle Navarro

Membership Director-South

Jessica Gonzalez

Committee Chairs

Image of Nursing Chair

Shereen Haddad

Cultural Awareness Chair

Andrew Liss

2015-2016 President

Shawn Palmer

West Coast University
Graduation: August 2016

I am beyond excited to serve on the 2015-2016 Board of Directors as President. Thank you for allowing me to serve you once again. My interest in nursing comes from a passion for people. Ever since I can remember I have always wanted to care for others, so nursing is more than just a career path for me, it's the only journey I've ever wanted to be on.

I began my nursing curriculum at a junior college in Palm Dessert where I completed three semesters in an ADN program. It was there where I met professor Linda Murphy who had a passion for students. She got me interested in being part of the student nursing association. With Linda's help, I was part of the organization for almost two years and learned so much about leadership. I then transferred into the BSN program at West Coast University, Los Angeles where I held the position of CNSA Secretary/Treasurer from October 2014 - October 2015 which extended an opportunity to be mentored and work with some wonderful people who continuously help me grow in so many ways. As my term came to an end, I took on the challenging but rewarding role of President of our continuously growing organization. I'm treading in some pretty big footsteps but like with nursing – I love a challenge!

As your current President ,I plan to work closely with our team to obtain our individual goals as well as our goals as a board. Through impeccable communication and inclusiveness, we will have a very successful and awarding year.

Thank you for this opportunity and thank you to my loving family and friends for all your support. We all know how hard it is to be a student nurse and how we value encouragement from our loved ones . I feel honored and blessed to have so many wonderful people as well as opportunities within my life and do not take anything for granted.

Moments from 2015-2016 CNSA Board of Directors Retreat

2015-2016 Vice President

William Gallegos

West Coast University
Graduation: August 2016

I grew up in South Gate, California in a predominately Hispanic community near South Central Los Angeles. Growing up I knew I had an aptitude for science. At a young age I dreamed of either becoming a doctor or using science to become a superhero. My parents entertained my passion and supported me as I learned English. I primarily spoke Spanish growing up and was placed in English Second Language courses. With my parents unconditional support, I graduated South Gate High School and enrolled in Cerritos Community College and eventually transferred to San Francisco State University. Despite having graduated with a BS in physiology from SFSU, I failed to gain acceptance into medical school. I then became a mechanic, a jewelry appraiser, and an airline employee.

It took seven years before I returned to school. Nursing did not strike me as an option. At the time, I did not understand the profession of nursing. It wasn't until both my parents had heart attacks and strokes that I realized the importance of nursing. This was my second chance at making a difference in people's lives. I realized that superheroes don't wear black or red capes they wear odd colored scrubs. Eventually I found a nursing program that took a chance on me. They believed in the spirit of a person rather than what was on paper. West Coast University (WCU) gave me the chance I needed to prove to myself and others that I was capable of making a difference in this world.

Since having gained acceptance into WCU, I have established great relationships and have become a leader on my campus. I have made the Dean's List on several occasions and have most recently finished a Summer Honors Internship Program at Oxford University. I am an active member of my local CNSA chapter and the Los Angeles Hispanic Nurse Association, and a board member of the YMCA, City of Orange. I am passionate about policy making and I intend to continue my pursuit in a higher education. I wish to establish my private practice as an FNP or DNP and plan on pursuing my passion of policy making and public health into the political arena where I will advocate for patient rights and underserved and at-risk populations. It is an honor to be your Vice President.

Goals:

- My devotion to this position will be centered on supporting the newly elected board and increasing awareness of CNSA and its relentless mission of facilitating a healthy transition into professional leadership roles. I wish to increase awareness of the many leadership roles and opportunities that CNSA has to offer at the State level..

- As the Nominations and Elections Chair I intend to continue building on my predecessor's project of streamlining the process to becoming a pre-slated State Board candidate.

- I will make it a personal challenge to review all the bylaws of every chapter that encompasses CNSA. I will take precautions to assure that our organization is upholding its bylaws and is staying true to its mission.

2015-2016 Secretary/Treasurer

Claudia Capili

West Coast University
Graduation: April 2017

I am truly honored, grateful, and humbled to serve as your Secretary/Treasurer for the 2015-2016 term. I recently started my first semester of nursing school at West Coast University Los Angeles and I look forward to this exciting journey into nursing. I moved to the United States from the Philippines when I was 9 years old, and I come from a family of nurses and doctors. During my rebellious years, I did not want to follow in my family's footsteps. Instead, I was a jack-of-all-trades until I realized, "what am I fighting?" Nursing is the profession that unites my passion for altruism and my thirst for knowledge.

What I love the most about nursing school is that it has exposed to me to the many opportunities to help those in need. I began with just wanting to help others so I shared my knowledge and offered support to my fellow students by being a tutor for Peer Assisted Learning at WCU. From there, I became an active member of the local CNSA chapter and was encouraged to run from the floor at the 2015 Convention. I wanted to maximize not only my nursing experience towards professionalism, but also, extend my enthusiasm to peers.

Goals:

- Having recently attended the 2015 Board of Directors Retreat in Sacramento, I was inspired to absorb the history behind CNSA. One of my goals as secretary is to keep detailed records of every meeting so that we always have reference points for ideas discussed and implemented. I want to give future members an accurate look at our history and the legacy we leave together as current members of CNSA. Having meeting minutes on our website will increase understandings among all of our members. I also plan on submitting all of our documents to our advisors, NSNA, and the board of directors in a timely manner.

- As far as my Treasurer duties are concerned, my goal is to inform our members about financial opportunities available to them through scholarships, grants, rewards, loans, etc. CNSA has many opportunities to help students successfully complete their nursing academic journey. I also plan on documenting all financial decisions made for all board members and advisors.

- I look forward to a very exciting year. I will serve this position to the best of my abilities and maintain its integrity.

Developed by nurse leaders and educators, Flo's Cookie Jar provides emergency grants-in-aid to pre-licensure RN students facing a one-time need that otherwise would force them to leave school. Support fellow nursing students by contributing to Flo's Cookie Jar.

For more information of applying and donating visit the CNSA website:
http://www.cnsa.org/flo-s-cookie-jar

FLO'S COOKIE JAR™

2015-2016 Legislative Director

Jane De Lay

Maurine Church Coburn School of Nursing
Graduation: June 2016

I am honored and humbled to serve as your Legislative Director for 2015-2016. It is a huge responsibility and one that I take seriously. I am inspired by Ghandi's words, "To be the change you want to see in this world." There is so much that we can achieve if we commit to becoming involved in the policymaking process. Nurses are among the most respected and trusted professionals in our country. We all can be instruments of positive change.

I am a mature, returning student to the Monterey Peninsula College, with a 15-year career as a leader in the non-profit sector. In 1991, I earned my BA (Cum Laude) in International Relations from the Monterey Institute of International Studies (MIIS), and my Masters of International Public Administration with a focus in Development from MIIS in 1997. I was selected as a Presidential Management Intern finalist in 1992, and worked for a couple of years in Washington, DC. It took almost eight years to get to this point in my career, having taken the pre-requisites one at a time, and then spending four years on the wait list for a spot in the class. The time waiting for my place in school was healthy for me; it forced me to commit to the concept of a career change and to seriously consider the implications for "starting over" during my 50th year.

I love people, I love to connect with people, and I love the sciences that support the nursing profession. The way our bodies are put together and function is nothing short of a miracle. Moreover, the breadth of career opportunities that will offer challenging and unique situations everyday is what excites me about nursing.

Goals:

- To develop a system whereby the approved CNSA resolutions are acted upon in a timely manner. The resolutions we present are testaments to our commitment to an ethic of constant improvement that should be upheld by the policies and reforms we are willing to propose to our legislators and governing authorities at the highest levels.

- To facilitate access regarding the legislative process for all CNSA members. As such, nursing students need to be informed about the legislation and policies that will affect the healthcare profession. Through its partnership with the NSNA, the Nursing Student in Sacramento Internship (NSSI), and the resolution process, CNSA is in a unique position to foster a cadre of passionate, informed, and involved nurses capable of forming intelligent healthcare decisions for future generations.

- I would like to make politics and the legislative process more palatable for students. I hope to encourage more participation from school chapters and to alleviate some of the mystery that surrounds the policymaking processes. The legislative process should not be onerous. Politics is about connecting with people. The legislative process is fundamental to achieving these goals.

Join the CNSA Legislative Team!

We are looking for members to be part of either of two sub-committees: legislative or resolutions

If interested, please email your name, school name, graduation date, and NSNA membership number to CNSA Legislative Director Jane De Lay:

cnsalegislativedir@gmail.com

2015-2016 Convention Director

Krystal Scott

CSU Sacramento
Graduation: May 2016

As your outgoing Vice President, I am twice as excited and honored to be elected your Convention Director for the 2015-2016 term. I have had experience being involved in various associations during my past career, serving on the board in a variety positions and committees.

I was previously in the mortgage industry, and after the financial meltdown in 2008, I decided to return to school for a much needed career change. I attended a Medical Assisting/Phlebotomy program at MTI College in 2009, became a CA State Certified Phlebotomist; and I have been working for Sutter Health as a phlebotomist for five years. My interest in phlebotomy stemmed from being an avid blood donor and gradually learning about venipuncture and blood components during my donation appointments. I have since realized through my hospital experience as a phlebotomist that I love patient interaction, and I can't wait to utilize my nursing education and skills to care for patients in a deeper capacity as an RN.

I am also actively involved in various annual community events such as ACS Relay for Life, March of Dimes March for Babies, Out of the Darkness/Suicide Prevention, Blood Source blood donations, Operation Backpack, annual Food Drives, Adopt-A-Family during Christmas, etc. I look forward to serving the community in additional ways offered through CNSA. Playing an active role in your organization is very rewarding as it provides a valuable service to the community, its members, and ultimately yourself. CNSA provides opportunities for networking, professional growth, leadership, education, and building friendships. If you truly want to exceed in your nursing career, becoming involved with various organizations is vital. I highly recommend that each of you consider running for a position in your local associations, or at the next state election.

Goals:

- As your Convention Director, my main duty is to plan and coordinate the next CNSA Annual Convention in October 2016. This is a huge responsibility and my first order of business as Chair of the Convention Program Planning Committee is to put in place an amazing committee to assist me with planning and arrangements.

- Other duties as your Convention Director will be to write articles for Range of Motion, attend all board meetings, and prepare and submit monthly Convention Director Reports.

- In addition, I plan to make myself a resource to our CNSA President, Shawn Palmer, and other board members, committee chairs, advisors, and all members, to aide in the mission of CNSA in "advancing the transition of the student to professional nurse through leadership development, education, mentorship, advocacy, activism, and stewardship."

Here's to a successful and fun year as we work together toward a common career goal of becoming Registered Nurse leaders!

The Convention Committee is looking for organized and responsible students who are interested in planning a great convention,

Email Convention Director Krystal Scott:

cnsaconventiondirector@gmail.com

2015-2016 Community Health Director

Jenna Druce

California Baptist University
Graduation: April 2016

I am thrilled to serve as your Community Health Director for the 2015-2016 term. At the local level, I have been actively involved with my school's CNSA chapter since being accepted into the nursing program and served as Treasurer on the Executive Board for 2015. Our chapter has a heavy focus on outreach and giving back to our community and I plan to bring that passion to the state level.

I became involved in nursing after graduating high school and enrolling in courses at a community college. When the major earthquake and tsunami struck Japan in 2011, I asked myself how I would be able to make a difference in my community if the same scenario happened in California. I began to seriously explore the career of nursing and changed my major for the last time. I had finally found my calling.

After my second semester of nursing school, I travelled with a small group of nursing students to remote villages in Thailand as part of a nursing mission trip. During this journey, I became aware of how nurses can play a major role in improving the lives of our patients through health education and wellness promotion. I am excited to help CNSA have a greater impact on the community and encourage nursing students to make a commitment to care for their communities and to make a difference outside the acute care setting.

Goals:

- Identify: Help local chapters consult with community members and leaders to identify the needs of the public. By partnering with CNSA chapters, local government, and community organizations, we can identify and create solutions to these problems. I will assist chapter leaders to find at least two activities that can be done annually to establish and promote CNSA members as an integral part of the nursing community.

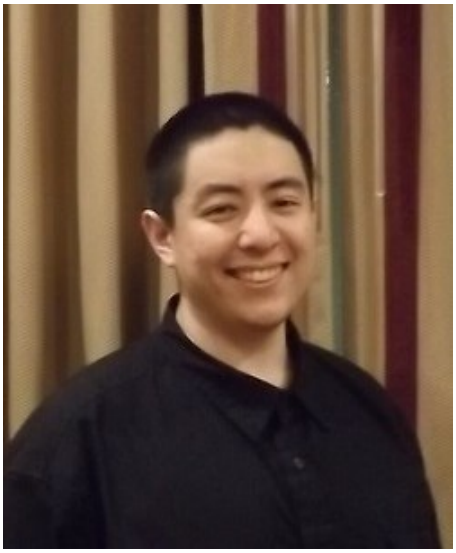
- Implement: Once needs have been identified, collaborate with local businesses, charities, and other available resources to implement solutions. I will strive to make CNSA a hub of information regarding public health trends, monthly toolkits, and highlighting chapter outreach.

- Improve: By the end of my term as Community Health Director, local chapters will have improved the public's perception of the role nurses play within their community. With the Affordable Care Act, health care is no longer just about treating the ill; it is about a preventative approach that requires a shift in what our communities think of nurses. The increased community involvement will improve the comfort level of the student to promote health and wellness outside of the acute care setting.

Join the Community Health Committee!

Interested in Community Health? Do you want to make a difference in California? There are still spots available on the Community Health Committee. We are looking for students all across California.

Contact Community Health Director, Jenna Druce:
cnsacommunityhealth@gmail.com



2015-2016 Breakthrough To Nursing Director

Daniel Duron

CSU, Stanislaus
Graduation: December 2015

Hello everyone, my name is Daniel Duron and I am proud to be your elected 2015-2016 Breakthrough to Nursing director for CNSA! I just finished my last semester in nursing school at CSU Stanislaus.

A little about myself, I have spent much of my life in the central valley. I knew that I always wanted to go into a profession that helps people, but I would never have thought that nursing would have been that profession for me. As I went through college, I found that I really liked learning about the chemistry and physiology of the human body, as well as teaching. I found myself going from tutoring to eventually classroom teaching. However, after spending time as a patient in a hospital, I knew that I wanted to make a difference working with patients. The blend of my interests in college seemed like the perfect segue into nursing.

I enjoy opportunities to reach out to the community and, as a result, became involved with my school's Breakthrough to Nursing Committee. I went from that to becoming the Breakthrough to Nursing Director at CSU Stanislaus while joining Melissa Byrne's Breakthrough to Nursing Committee, ultimately leading to where I am now. It is very exciting to be involved with Breakthrough to Nursing. The profession needs those from all different backgrounds and walks of life to provide the best possible care for our patients.

Goals:

- Enhance Awareness: One thing I have learned from talking to many students across the state is that many students have no idea what "breakthrough to nursing" even means. Let's change that!

- Increase BTN activity: I hope to continue the legacy of past BTN directors toward outreach to our communities! Across the state, let's show our communities what nursing is really about.

- Unify BTN directors: There are so many of us across the state, we should all be working together! BTN can be a strong force if we all collaborate and coordinate our efforts.

- Increase Mentorship: In every profession, mentorship is needed; nursing is no exception student nurses should not be either! Working with the NSNA director to create stronger mentorship programs across California.

Join the Breakthrough to Nursing Committee!

Interested in getting people excited about the nursing profession? We are looking for dependable, organized, and passionate individuals who want to reach out to people about the exciting field of nursing!

Contact BTN Director, Daniel Duron:
cnsabreakthroughtonursingdir@gmail.com

2015-2016 Communications Director

Daniel Fassbender

Antelope Valley College
Graduation: December 2016

I am honored to have the privilege of serving as your 2015-2016 Communications Director for CNSA. Currently, I am a third semester ADN student at Antelope Valley College. At the local level, I am the Secretary for my cohort in my school's student nurses' association (SNAC). I am also an active member of the local CNSA chapter serving as the Co-Secretary.

Prior to nursing school I was a an active member of the Boy Scouts of America where I served in various advisory positions. As well, I was involved in the program as a youth where I had the opportunity to earn the Eagle Scout rank, Venturing Silver and Ranger Awards, William T. Hornaday Badge, along with receiving both the Vigil Honor and Founders Award. Throughout this journey I developed both my leadership and communication skills.

One summer I had the misfortune of being involved in a car accident. While I was in the hospital, a nurse and I had a very meaningful discussion and that is when I knew that I wanted to become a member of the nursing profession. It was the first time I felt truly vulnerable and it is what gives me a high sense of empathy for the patients I help take care of.

As mentioned by my predecessor "The nursing occupation is a unique experience in which it is tumultuous, arduous, rewarding, and versatile all at once." I could not agree more. Nursing as well as life requires continuously learning and growing to avoid stagnation. Prior to my election to the Board of Directors, I was involved in Jimil-Anne's Communication Committee and that is where I started to get a better understanding of what truly is involved at the state level.

Goals:

- Provide a professional atmosphere in every issue of the CNSA newsletter *Range of Motion* by improving formatting and content while highlighting features of student involvement at all levels of CNSA. Inclusiveness is key in building an effective bridge of communication among all our members.

- Maintain accuracy of the website along with collaborating on ways to improve our website for our members.

- Improve CNSA communication channels among our members by promoting effective use of social media outlets along with measuring the effectiveness of each outlet for promoting effective use. We hope that all our members feel comfortable with communicating to other chapters and the state BOD.

Join the Communications Committee!

We are looking for responsible and determined students who are excited to build a bridge of communication among all our members. Whether you are interested in social media networking, publication development, or have your own ideas to increase communication, take a step into this committee.

Contact Communication Director: Daniel Fassbender

cnsacommunicationsdirector@gmail.com

2015-2016 Membership Director North

Kyle Navarro

CSU, East Bay/Hayward
Graduation: December 2015

Hello, my name is Kyle Navarro and I am currently a second year nursing student at California State University, East Bay, and the president of its CNSA chapter. In my free time – which as we all know is quite rare as nursing students – I like to dabble in musical theatre, Japanese NicoNico dance, long-distance running, Filipino youth advocacy, attending/working conventions, and working part-time as a voice/singing instructor! These extra curricular activities have helped me greatly to be able to operate on a professional level for the on-campus organizations of which I am a part of.

Throughout the course of my undergraduate career I was fortunate enough to have been involved in several on-campus healthcare field-related and Asian American cultural organizations which has allowed me to obtain a myriad of leadership skills. My credentials range from acting as a liaison between on-campus organizations and community/professional organizations, managing budgets, being a part of or leading planning committees for service-based projects, speaking as an active student advocate, creating and managing start-up student organizations, and planning conferences/showcases of one hundred or more attendants.

The sole reason I have been blessed with these credentials lies with the passionate hard-work the professors, advisors, and program directors that saw potential in me my freshman year pushing me towards student advocacy and leadership. Looking back at those experiences as I near the end of my undergraduate career has made me realize how strongly I wish to provide those experiences – and more – to my fellow student nurses. I believe as future nurses one of our biggest roles – among the countless others we fulfill –is advocacy and education; so where better than the CNSA to put those into practice?

Goals:

- Successfully establish and integrate at least 3 new CNSA chapters in the Northern California region
- Increase overall membership in CNSA Northern California chapters by reaching out to schools that do not have existing chapters and relaying the benefits of becoming a CNSA chapter
- Organize the Membership Meeting North
- Increase attendance at Membership Meeting North
- Act as a liaison from the CNSA State Board of Directors to help foster the growth of local chapters in the Northern California

You're Hired! A Nurse's Guide to Success in Today's Job Market

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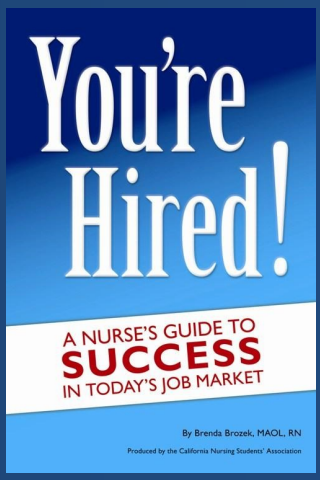

2015-2016 Membership Director South

Jessica Gonzalez

National University, San Diego
Graduation: October 2016

From a very young age, I have always known that I wanted to pursue a career in medicine. My passion for science and fascination with the medical practice fostered my desire to follow in my father's footsteps and become a doctor. In 2011, I graduated from University of California San Diego with a degree in Biological Anthropology after completing my pre-medical coursework. However, it was during my college years that I began to realize perhaps a career as a physician was not necessarily my calling. I still found myself drawn to the practice of medicine, and soon after graduating college, I decided to go back to school for nursing.

Currently, I am in my second year at National University San Diego and truly feel that I have found my purpose. After calling San Diego home for nearly nine years, my husband and I plan to return back to our roots in Northern California. As for my career, I have always held a strong interest in Emergency Medicine, and ultimately, I hope to work within an emergency trauma unit. When I gain enough experience, I aspire to one day return to school and pursue my goal of becoming a Nurse Practitioner.

As I become more engrossed in my journey to becoming a nurse, I am inspired to be more involved in student nurse activities and organizations. As an active member in my school's local chapter, I work closely with our mentorship program and volunteer at various events throughout the community. Through the support of my family and amazing schoolmates, I am ecstatic and deeply honored to serve on the California Nursing Students' Association as your Membership Director South.

Goals:

- Increase membership. I strongly believe in the vision and benefits that CNSA has to offer. I intend on communicating my enthusiasm for CNSA to existing chapters to increase their membership and with schools who would like to start new chapters.
- Help start a minimum of two new CNSA Chapters. I plan to reach out to schools that do not have existing chapters and promote the benefits of becoming a CNSA chapter. I will help guide them through the process and support them every step of the way.
- Organize and execute a Membership South meeting. With the help of our amazing board and the recruitment of a dedicated, well-rounded committee, I plan to provide an insightful and inspiring meeting.
- Foster the development and growth of existing chapters. By staying in close contact with my chapters, we hope to remain informed of their developments and aid in their growth.

CNSA Advisors

Brenda Brozek: Brenda@acnl.org

Donna Kistler: dlkistler@comcast.net

Kathy Falco: kf65925@yahoo.com

Patricia McFarland: patricia@acnl.org

Susan Herman: Sherman@lpch.org

Susan Bowman: susanbowman@otcwb.com

Image of Nursing Chair

Shereen Haddad

CSU, Sacramento
Graduation: May 2016

I am honored to serve as Image of Nursing Chair for the 2015-2016 term! After taking a brief leave of absence from my former career path in education, I returned to school to pursue a career in healthcare and it was the best decision I have ever made! I started out at as a CNA, then an LVN, and am so excited to soon be an RN. There is nothing else in the world I would rather be doing than nursing!

While navigating the madness of nursing school, I try to be actively involved in both the local and international communities. I volunteer at several community health events and free clinics serving local undeserved populations and have had the opportunity to volunteer in satellite clinics in Peru providing care to people who have no access to care.

I maintain active involvement in CNSA. I have served as Cohort Representative at my local CNSA chapter and have recently been elected as Vice President. On the state level, I have served on the CNSA Bylaws Committee and am currently on the Breakthrough to Nursing Committee.

I am elated to be serving in my new role as Image of Nursing Chair because I passionately feel that promoting a positive image of nursing will help us make a positive impact as nurses both with the patients we directly care for and for people on a wider scale.

Goals:

- Develop a state level Image of Nursing Committee with representation from across the state so that our diverse voices can be heard.
- Work with Breakthrough to Nursing (BTN) committee and Cultural Awareness Committee to create a statewide event to promote the image of nursing.
- Support local chapters in planning local events that promote a positive image of nursing including projects at local K-12 schools so that an accurate and positive image of nursing is fostered from a young age.
- Promote a positive image of nursing by educating the public on the role of nurses through social media and local media outlets and increase involvement on the CNSA Image of Nursing Profile on Facebook.
- Publish quarterly articles in Range of Motion that cultivate a positive image of nursing.

The Image of Nursing Committee is looking for students who want to help promote a positive image of nursing.

Email ION Chair Shereen Haddad:

cnsaimageofnursing@gmail.com

CNSA Instagram

Help promote a positive image of nursing and California nursing students by posting your picture on Instragram!

#ca_nursingstudents

Cultural Awareness Chair

Andrew Liss

CSU, Sacramento
Graduation: Spring 2017

I am a second semester nursing student at Sacramento State University. In addition to my role as the Cultural Awareness Committee Chair, I also serve as the CNSA Sacramento State Chapter Representative.

Prior to returning to school, I worked in the commercial furniture industry, designing and manufacturing custom wood tables for restaurants. Although I thoroughly enjoyed making unique wood furniture, the competition from overseas has made the future of this industry unpredictable. During the last year of my employment, and having less hours at work, I volunteered to become the caregiver of my Grandmother who was suffering from dementia. To help my efforts, I began researching the disease. I found that I was genuinely interested in the scientific research others had completed for dementia and their recommendations for taking care of those with it. My uncle and aunt then suggested that I consider a career in health care. This got me thinking: a position that blends my knack for hands-on work with my passion for science would be my dream. Which is how I decided to pursue a career in nursing.

After seven years of working in the commercial furniture industry, spending more money on ski trips than I care to admit, and assuring my parents that, yes, I actually do plan on graduating from college one day, I returned to school to pursue a career as a registered nurse. As I continue through nursing school, I am inspired by my fellow classmates, and other nursing students I have met across the state, who go above and beyond what they are asked to do. I plan to graduate in the Spring of 2017, and in time, return to school to pursue a career as a certified registered nurse anesthetist.

Goals:

- Create a smart phone application that lists nursing considerations for a minimum of ten common California cultures.
- Create and maintain a Facebook page that connects CNSA chapters, and keeps chapters up to date about the activities of the Cultural Awareness Committee.
- Establish a minimum of two new Global Initiative committees at local CNSA chapters.
- Identify a specific minimum emphasis on cultural competence to request to the Board of Registered Nursing. The BRN's requirements do mention cultural diversity as a current curriculum requirement, however it does not specify to what extent the program should be emphasizing cultural competence.
- Continue the work of San Diego State Global Initiative's Basic Spanish for Nurses project, incorporating a minimum of ten foreign languages California nurses often encounter.

The Cultural Awareness Committee is looking for students who want to help promote cultural awareness in the field of nursing.

Email Cultural Awareness Chair Andrew Liss:

cnsaculturalawareness@gmail.com

Check out California Nursing Students Association's CAREER CENTER at www.cnsa.org

Job Seeker Benefits

Access to high quality, relevant job postings. No more wading through postings that are not applicable to your expertise.

Personalized job alerts notify you of relevant job opportunities.

Career management— You have complete control over your passive or active job search. Upload multiple resumes and cover letters, add notes on employers and communicate anonymously with employers.

Anonymous resume bank protects your confidential information. Your resume will be displayed for employers to view EXCEPT your identity and contact information will remain confidential until you are ready to reveal it.

Value-added benefits of career coaching, resume services, education/training, articles and advice, resume critique, resume writing and career assessment test services.

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CNSA California Nursing Students' Association

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2015 CNSA Convention Recap

By Krystal Scott, CNSA Convention Director

The best way to get enthused about this year's annual convention is to recognize the spectacular moments of CNSA's 2015 Annual Convention. First I would like to thank Scott Miller, our outgoing Convention Director for 2014-2015, the Convention Planning Committee and members of the ACNL staff for their hard work, collaboration, organization, and thoughtfulness.

The exhibit hall was filled with many nursing focused companies and schools. Critical Care Training Center was present and gave students the information they need about various training classes ranging from ACLS to PALS. Schools both within and beyond California exhibited the advance degree programs offered at their prestigious facilities. There were also sources for resume review, as well as NCLEX review present in the exhibit hall including Kaplan and Hurst.

Friday night ended with our *Past, Present, Future Nurses* costume party where attendees dressed as historic nursing figures, space nurses, future nurses and other creative costumes. Students were able to meet and network with each other, while enjoying some music, dancing, and food!

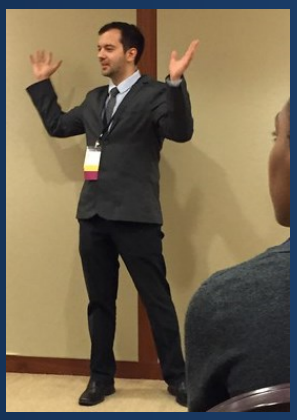
We were privileged with a special performance by actress Pippa White representing past nursing icons, as a tribute to Florence Nightingale as a part of our convention theme.

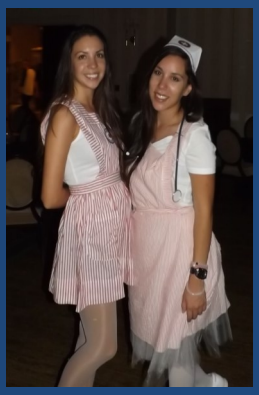
Inspiring resolutions were presented at the convention! Our 2014-2015 Legislative Director Valery Bessmertnyy moderated the amazing discussions that focused on the pros and cons of each resolution. Resolutions were voted on, and one resolution was selected to be sent to the NSNA National Convention in April.

Elections were held including the highest recorded number of pre-slated candidates in CNSA's history. As the outgoing Vice President, this was truly inspiring to witness, and one of my proudest accomplishments as the Nominations and Elections Chair for 2014-2015. Furthermore, awards and scholarships were presented to a handful of hard working nursing students and CNSA chapters.

It is an honor being selected to continue serving my fellow students in the capacity of Convention Director 2015-2016. I plan to continue the legacy, growth, and success of CNSA by providing an amazing 2016 CNSA Annual Convention which will be held in Visalia, CA in October 2016.

Moments from 2015 CNSA Annual Convention





NSNA Mid-Year Conference Recap

By Shawn Palmer, CNSA President

NSNA's 63rd annual Midyear convention was held in Atlanta Georgia November 5-8, 2015 and was truly one of the best conferences I have had the privilege of attending. It had only been a couple of weeks since I had been elected President so you can imagine how pumped I was with all of this new energy and desire to meet new people and learn things from more experienced nurse leaders.

As I arrived I could barely contain myself, as I was so excited just to be in a jacket with the cool air on my face. As I arrived at the hotel it was pretty late and I wanted to get some work done so I decided to work in my room and plan out the next few days with my new colleagues. On Thursday I spent the majority of the day in the COSP (Council of State Presidents) learning so many new skills that will assist me and our board with completing our tasks and goals for the upcoming year.

The first day there were the options of NCLEX mini review course, NSNA Leadership U Treasurer's certificate program, American Red Cross Disaster Certification, and several student workshops. Then at 5pm we attended the opening with keynote speaker Sally Karioth from Florida State University which spoke about Compassion, Energy, and the Honor of Caring. Dr. Karioth was beyond excellent and had entire command of the audience, you could hear a pin drop for the entire time she spoke.

She spoke for a little more than an hour and a half and kept everyone's attention the entire time by her wit, charm, and life experience. That ninety minutes filled the entire room with laughter and tears as you could feel her passion and heart come out into words. It is people like this that make me want to strive to be the absolute best nurse and person I can be. I was taken back but felt so fortunate to have this opportunity to hear this wonderful woman share so much with us. I received Dr. Karioth's business card and she said she would love to speak in California, so I am hoping more people from our area get this amazing opportunity to hear all she has to share.

After the emotional journey she took us on, we then needed to grab more tissue as at 6:30 the NSNA Board of Directors held a memorial service honoring the Georgia Southern University nursing students and other fellow nursing students who passed away during the year. This was very emotional and full of tears. Three of the classmates and best friends of some of the students where there to speak and talk about the individuals whom lost there lives on that horrific day.

These students and colleagues spoke about how much teamwork and support came from such loss. They said that the community has never been closer and that the faculty, students, and families all worked diligently to overcome this and get everyone back to being positive and regaining their lives. Again, this made me feel like I am in the right field and doing the right thing.

Day two more people arrived and registered. I again spent an ample amount of the day in COSP, which was very beneficial and informative. We did a white elephant gift exchange that was extremely funny and gave us a good break from business to laughing and getting to know one another on a different level. COSP was new for me and I am so glad I had this opportunity, as there was a room full of both newly and experienced State Presidents whom I had the opportunity to learn from.

Throughout the day there was many workshops to choose from including new approaches to marketing yourself, capturing history in your minutes, and the school presidents forum, as well as going in and visiting the amazing exhibit hall, which was full of endless opportunities for continuing your education. Once COSP was released for the day I was able to walk the exhibit hall and ask some great questions to the vendors for our annual convention. These exhibit halls are such a great opportunity for students to ask questions and look at explore different paths and programs to continue our education.

2015 NSNA Mid-Year Conference Recap (continued)

Friday was full of fun and excitement but it didn't stop there. At 7pm it was time to tease the hair, throw on some hot pink leg-warmers, and roll those jeans up because it was time for the 80's Strike Back dance. Talk about a great time with some great people, this was fun for everyone. People really got into the theme and went for it.

NSNA had a goal for the fundraising portion of the even which we almost doubled. Not only did almost everyone dress the part but they also danced the part the entire evening. We laughed and laughed for hours. For those who always question whether to go to these events during conference, I am a huge fan of fun and it was a blast.

Saturday was different for me as we did not have COSP and I was free to attend some of the wonderful workshops and speaking engagements. I started the day of with a quick tour of the exhibit hall as I had a few more questions that I had not had answered. Soon after, many students participated in Amending the Amendment, which ended up becoming a mock drill that was recorded for the Annual Convention. It was such great experience that was fun and educational. It took several hours but again we learned and got to know one another.

Saturday offered some great seminars as well, ranging from your license to practice nursing to how to write a resolution. My absolute favorite part of the day came from two different speakers. The first workshop I attended discussed Eboli and we had the opportunity to hear from one nurse who has a high level of experience with care for the patients. Following this, I listened in to the human trafficking session and again I was taken back and could not get enough of it.

As the convention came to a close, I could not help but think how empowering and fortunate we are as student nurses. I am blessed to not only be the President of CNSA but also be in nursing in general. We have the gift to care for people who need our years of education, our passion for healing, and our compassion for people. It is easy to get caught up in the struggle of studies and schooling and forget how fortunate we are so please remember we are the lucky ones. Thank you for allowing me to serve as your CNSA President for the 2015-2016 year. I look forward to getting to know many of you. Please always feel free to reach out to me at any time.

2016 Nursing Students in Sacramento Internship (NSSI)

Learn about the importance of the nurse's voice in the making of policies that affect current health care! Apply for the NSSI Internship and get first-hand experience within the State Capital. You can make a difference by sharing your influential voice with public officials.

Applicant deadline: March 7, 2016

Internship dates: April 11-13, 2016

Visit the CNSA website for more details and to apply