

Range of Motion

Creating the Future By Leading the Way

PRESIDENT'S MESSAGE



Kyle Navarro, BSN

California Nursing Student's
Association President 2016-2017

Congratulations to those of you who have recently graduated and *even more congratulations* to those who have passed the NCLEX. *Welcome to the wonderful profession of nursing!* We have a wonderful *Range of Motion* issue with articles written by the CNSA Board and your fellow members!

Strategic Plan at Membership Meeting South:

The articles in this issue embody the three themes the Board has chosen to embrace moving forward:

- *Inclusion*
- *Voice*
- *Connection*

Our three themes were revealed to the membership at CNSA's Membership Meeting South on Saturday February 25 at West Coast University Los Angeles' Center for Graduate Studies in our Strategic Plan presentation!

- The CNSA 2017-2020 Strategic Plan is currently being developed to provide a framework of short-term and long-term S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Time-based) Goals for the organization.
- *Your* CNSA Board of Directors have agreed to invest their efforts in creating infrastructure for future boards to utilize to ensure the organization's actions remain relevant to its constituents *and* the nursing profession at large.
 - With this structure in place, future Boards will have resources to ensure effective hand-off procedures, continuation of past projects, continuity and relevance in decision-making, and more!

BRN Sunset Review Hearing

On March 6, I accompanied the CNSA Legislative Director, Ryan Robertson, and our CEO/Advisor, Patricia McFarland, to the BRN's Sunset Review Hearing at the state Capitol.

We joined an array of nurse leaders from the California Association of Colleges of Nursing, the American Nurses Association \ California, the Association of California Nurse Leaders, and the leadership from the BRN. In addition to advocating for an extension of four years until the next BRN Sunset hearing, these nurse leaders also advocated for expanded scope for advanced practice nurses, support for nurse midwives, and the new BREEZE system.

It was quite the experience to see our California nurse leaders advocating for the future of the profession: a shining example of what newer generations of nurse leaders should follow. We must all remain active in the political and legislative process in such times of change like this.

Having the opportunity to ask questions and seek clarification during the testimony allowed my colleague and I to thoroughly engage in the process. Observing the BRN's Executive Officer, Dr. Joseph Morris, skillfully convey the BRN's progress with charisma, class, and tact was truly something to aspire to. There is no doubt that having Dr. Morris speak at CNSA's annual convention in Pomona, CA in October will leave attendees inspired to become more deeply involved in nursing leadership and advocacy.

We held a slew of roundtable sessions where attendees and Board members brainstormed effective ways to implement our S.M.A.R.T. goals at the local and state level. A few of the popular topics discussed included:

- Implementing local chapter advisor toolkits and opportunities at conventions to increase advisor and faculty support of CNSA activities
- Engaging multi-chapter events and collaboration within the same region
- Renaming all local chapters to *X-University Nursing Students' Association* rather than *X-University CNSA* to ensure uniformity across chapters
- Increased awareness and engagement of CNSA committee recruitment at annual convention

For those of you who were unable to attend the event, *all of our presentations* – including the strategic plan – will be posted on the CNSA website and social media. Notifications of their posting will be sent via our social media and email blast channels.

Be sure to check out our CNSA Facebook page, Instagram account, and YouTube page!

Remember: *We are all creating the future by leading the way!*

Enjoy this amazing issue of CNSA's *Range of Motion!*

Warmest regards,

Kyle Navarro

Kyle Navarro, BSN

CNSA 2016-2017 BOARD OF DIRECTORS



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CONNECTION

A TIME OF CHANGE

CNSA MEMBERSHIP MEETING SOUTH

Shivani Kaneria, Membership Director South 2016-2017

In February, West Coast University graciously hosted CNSA's 2017 Membership Meeting South at the Center for Graduate Studies in Los Angeles. The board and advisors were joined by 75 students from 16 different schools across Southern California all connected by one passion: nursing.

This year we changed the formula by having students participate in sessions aimed to identify opportunities to develop the growth of our organization and our individual members. Attendees responded very enthusiastically and shared that the experience was beneficial personally and for their own chapters.

President Kyle Navarro opened the meeting with a presentation of an in-works strategic plan, outlining three values the board identified as important to the membership: inclusion, connection, and voice.



Shivani Kaneria

California Nursing

Student's Association

Membership Meeting

South Director 2016-2017

“The goal of the meeting was to engage members with our organization, each other, and new opportunities in an open forum.”



How can we embody these concepts?

This is the question we asked ourselves as we planned the activities for the meeting.

“Acton without vision is only passing time, vision without action is merely day dreaming, but vision with action can change the world.”

– Nelson Mandela

Attendees took action and helped the directors identify how we could make our values a reality. Voicing their thoughts and engaging in small groups to discuss the in-works plan, attendees were integral to the direction the board is taking to develop these values. Later breakouts on practices for chapter success, creating mobile health clinics, promoting global culture, and professionalism in nursing were led by the board.

The goal of the meeting was to engage members with the organization, each other, and new opportunities in an open forum. We were only able to accomplish this through the generous support of our sponsors, many who attended and met students at the event. Each year colleges, universities, and companies invest in the future of nursing through sponsorships and donations of time and material to CNSA and its members, which we are eternally grateful for. The meeting ended with a celebration of the day and an opportunity drawing where three lucky attendees won NCLEX reviews by longtime supporters Kaplan and Hurst and more than ten other donations were shared. All in all, a successful day for future nurses in California.

To view photos for MMS:
<https://cnsapics.smugmug.com>



July 29

8 am - 2 pm

FOLSOM HALL AT CSUS

7667 Folsom Blvd. 278-7275
Sacramento, CA 95819

Information on How to Get Involved in Current Projects:

- Mobile Healthcare Clinics
- Hand-Only CPR Block Parties
- Image of Nursing: What does Nursing Mean to You
- Share Your Voice With Our Members-Range of Motion

Save the Date!

MEMBERSHIP MEETING NORTH

-Hosted by CNSA

Free event open to all nursing students, pre-nursing students, faculty, advisors, and CNSA Alumni.

Exposure to Legislative Health Topics:

- Sharing your voice as a nursing student
- NSSI- How to be involved at the state level

Connecting members to success:

- Kaplan and Hurst
- Test Prep Previews

RSVP at <https://goo.gl/forms/icO8apPSb9FgiRM92>

Contact CNSA Membership Director North, Janet Linn, with any questions!

cnsamemnorthdir@gmail.com



BREAKTHROUGH TO NURSING

CONFERENCE RECAP

Andy Liss, Breakthrough to Nursing Director 2016-2017

Have you ever sought the advice of a new grad RN to help ease the anxiety over searching for your first job as a registered nurse? Remember that you probably once experienced the same anxiety as a pre-nursing student. Many pre-nursing students who research the unique application timelines and requirements of



different nursing programs often seek the expertise of nursing students who have successfully made this journey. Unfortunately, many have nobody to ask. Indeed, there are many questions to ask before deciding on a nursing school such as, “What is the reputation of the nursing school? What are their NCLEX pass rates? Where will I live? How will I pay for it?” On Saturday, March 18, The Breakthrough to Nursing Conference at San Jose State’s Student Union Theatre provided an excellent opportunity for pre-nursing students to have their questions answered.

The Breakthrough to Nursing Conference was organized by CNSA’s Breakthrough to Nursing Committee and the CNSA chapter at San Jose State to provide mentorship to students interested in a career in nursing. The conference focused on educating high school students and pre-nursing students on the TEAS test, and the application process at six different BSN programs located in Northern California.

The Conference began with an introduction from CNSA President Kyle Navarro and keynote speaker, San Jose State School of Nursing faculty member, Dr. Lori Rodriguez.

After the introduction, I had the honor of giving a TEAS test preparation seminar with Sacramento State second semester nursing student Kristin Ngo (who had completed her prerequisite courses at San Jose State). The presentation was created in collaboration with CJ Carreon, a first semester nursing student at Sacramento State, who had scored in the 99th percentile of the new TEAS test which debuted late in 2016.

Next, attendees had the opportunity to listen to nursing student presenters from San Jose State, San Francisco State, Samuel Merritt University, Stanislaus State, and Sacramento State during three distinct breakout sessions. Each school's presentation highlighted the specifics that makes applying to their respective programs unique, considering that most schools' prerequisite courses are the same. For example, Samuel Merritt's Tran Phan, a Masters student, pointed out that their traditional BSN program requires that applicants take the HESI entrance exam, whereas most other schools in the area

require the TEAS test to apply. Attendees had the opportunity to ask questions at the end of each breakout session, as well as speak to the nursing students one-on-one at the end of conference. "I'm glad I came here today. I got a lot out of it. I was able to clear up questions I had about applying to schools in the Spring that I couldn't find on a lot of websites," said Sara, a student at a local community college. Amanda Salazar stated that it was a "great and informative event."

A grant provided by San Jose State University's Associated Student Body helped to pay for event costs, including sandwiches from Subway. There were 175 guests from 24 colleges and high schools in attendance. On a personal note, I would like to express my gratitude to all of those who helped to organize this event, especially the nursing student volunteers from San Jose State's CNSA chapter, the nursing student presenters who volunteered time from their busy schedules, and to Bea Velasco, Monica Kriselle Macabitas, and Charlene Sacramento without their help none of this would have been possible.

A photograph of a lecture hall during a presentation. A speaker is standing at a podium on the right side of the stage. A large projection screen on the left side of the stage displays the San José State University logo, which includes the letters 'SJSU' and the text 'SAN JOSÉ STATE UNIVERSITY'. The audience is seated in rows of chairs, facing the stage. The room is dimly lit, with a warm, yellowish light from the stage lights.

SJSU SAN JOSÉ STATE UNIVERSITY

VOICE

BREAKTHROUGH TO NURSING

SUCCESS STORIES

Andy Liss, Breakthrough to Nursing Director 2016-2017

If you have ever accepted a position on your local CNSA chapter or Nursing Student Association (NSA) board and promptly asked yourself, *what have I got myself into?* You are not alone. Already taxed nursing students often feel overwhelmed by the extra responsibilities that their board positions carry. However, the burden does not have to be an unbearable one.

One of the responsibilities those of us serving on the California Nursing Student Association Board take on is to be a resource to constituents. This includes gathering and sharing ideas held by members across CNSA chapters, and highlighting events that have been successful by other schools for others to emulate. By taking the best of what has worked elsewhere, members everywhere across the state can benefit from each other. “As individuals are exposed to more accurate and relevant information, they make better choices,” writes Patterson, Grenny, McMillian & Switzler (2012) in their New York Times best-selling book *Crucial Conversations*.



Andy Liss

California Nursing
Student's Association
Breakthrough to Nursing
Director 2016-2017

“By taking the best of what has worked elsewhere, members everywhere across the state can benefit from each other.”

BTN (Breakthrough to Nursing) Success Stories is a feature on the CNSA website that highlights successful BTN events that have been held by chapters across the state. Within a BTN Success Story, one will find what the event's purpose was, and instructions for how the event was organized so that it might be recreated by other chapters. If you are a chapter board member, or a nursing student looking for new ideas to generate events for your chapter, reading a success story may inspire you to create your next event.



The Breakthrough to Nursing Committee wants to showcase your BTN event on the CNSA website. If you have a Breakthrough to Nursing event that you are proud of and would like to share it for other members to learn from, please submit an article of a length that appropriately describes the purpose of the event, members who contributed to making the event great, instructions for how the event was created and could be recreated, outside organizations that were involved, and how the event benefited membership. By connecting with each other, we can build stronger support systems which foster stronger, more vibrant chapters.

INCLUSION



ARE YOU DEMONSTRATING A PROFESSIONAL IMAGE?

Michele O'Neal, Image of Nursing Chair



Michele O'Neal

California Nursing
Student's Association
Image of Nursing Chair
2016-2017

“Have you ever
googled
yourself to see
what you may
find in a
search?”

The Image of Nursing is something all future nurses need to be concerned about protecting. Every day in our interactions with the public we are either elevating or damaging that image. Being mindful of your social interactions on social media can do a lot to protect the professional image of nursing. Have you ever googled yourself to see what you may find in a search? Doing a google search of your full name and social media handles can produce surprising results. Being aware of your electronic footprint is highly important as future nurses. If you find information or pictures that are not something you would want a potential employer or patient to see when they complete a google search on you, then proceed with the steps below to erase the information.

- If you find something you can correct yourself. Go to social media platform and delete the unflattering picture or quote.
- If it's something you can't delete yourself, Contact the person or site and request they remove or delete the image or quote.

- Go to all social media platforms and change your privacy setting to friends only and make sure anything that is posted needs to be approved prior to being posted.
- Don't post any pictures or quotes that are unprofessional.

Once you become employed as a Registered Nurse there are a few other things you need to be concerned about regarding social media use.

- Never post pictures or content regarding patients or identifiable colleagues.
- Don't complain/discuss your issues with your employers or co-workers online.

- You should discuss topics that uplift the profession or shine a positive light on nursing.

Being a part of the #1 trusted profession requires all nurses to be careful with our image. Following these guidelines on social media ensures that we are all being seen in a professional manner on and off the clock.

Practicing good social media habits helps keep our image professional.

Remember that you are representing all nurses and are role models to the future.

Presenting ourselves in the best light possible keeps the Image of Nursing strong.



Navigating **THE FUTURE!**

CHARTING YOUR COURSE IN NURSING



Education



Global Health



Academia



New RN Roles



Advanced Practice



Leadership



Research

CNSA
California Nursing Students' Association

2017 CNSA Convention

October 6-8, 2017

Sheraton Fairplex Hotel • Pomona, CA

Stay tuned for more information and registration details.

SEE YOU IN POMONA, CA IN OCTOBER!

INVITATION TO PARTICIPATE

WRITE AN ARTICLE FOR THE ROM

Lina Farnam, Communications Director 2016-2017

Invitation to Participate! Is your chapter participating in an event, or doing something that you want to share and inspire other chapters to start? Is there a nursing issue that you are passionate about and would like to share your thoughts on? Write an article for the next ROM Issue! The California Nursing Student Association is an organization designed to promote professionalism, through connection, inclusion, and voice. We need your help to achieve these goals. Sharing what your chapter does creates interconnectivity between chapters, which creates inclusion. If enough chapters feel passionate about the same issue or event, this creates a stronger voice. Together everyone achieves more.

The 2016 - 2017 Board of Directors invites you to share stories and events. If you're interested, please contact Communications Director, Lina Farnam, for further information and with any questions or ideas at cnsacommunicationsdirector@gmail.com.

For more news and updates from CNSA, visit www.cnsa.org



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California Nursing Student Association



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#ca_nursingstudents



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CnsaVideos



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@CNSA_California



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REFERENCES

References for all articles are available upon e-mail request to the Communications Director, Lina Farnam at: cnsascommunicationsdirector@gmail.com