



CREATING THE FUTURE BY LEADING THE WAY

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CNSA Membership

What does it mean to be a member of California Nursing Students' Association?

By: Emily Anderson, CNSA Membership North Director

I was recently asked by a fellow nursing student to identify the benefits of CNSA membership. "Why is membership important?" I am compelled to share my personal experience on what it means for me to be a CNSA member.

WHY IS MEMBERSHIP TO CNSA IMPORTANT?

As a student, we are learning how to be a Nurse through lectures, simulations and clinical rotations. We are taught nursing interventions and evidence-based practice.



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Our instructors and professors provide information on everything from pathology to pharmacology, but there is even more to being a Nurse than clinical knowledge.

Nursing is also about skills that are learned outside of nursing curriculum. Skills such as professionalism, leadership and advocating for legislation that will improve patient care. CNSA offers opportunities for pre-licensure nursing students to learn and develop these skills.

Membership with CNSA encourages the success of the

student nurse by promoting professional development opportunities, creating an accessible network of potential employers and recruiting prospects and offering scholarships and roles for leadership.

CNSA has been an integral part of my own professional development as a student nurse. The opportunities that I have been afforded by serving in a leadership position in my school chapter and on the state board have created an invaluable foundation for me as I journey to becoming an RN.

HOW CAN YOU GET INVOLVED WITH CNSA?

Reach out to your school CNSA chapter. Participate in CNSA sponsored community health events. Run for a leadership position within your chapter. Attend membership meetings and annual convention. Run for a position on the CNSA State Board of Directors.

If your school does not have a chapter, please reach out to me and I am happy to offer resources on how to start a chapter. If you simply want to strengthen your existing chapter, I can offer resources for that as well.

Solidarity in Sacramento

RNs and Students Unite for RN Day at Capitol

By: Evan Parker, CNSA Legislative Director

Every year, hundreds of nurses, lobbyists, nursing students, and supporters gather at the State Capitol to meet with legislators and empower nurses to better navigate the political landscape in California for [RN Day at the Capitol](#).

A LOOK AT THE DAY

On April 9th, almost 200 people attended the sold-out event at the Capitol Building in Sacramento, hosted by the American Nurses Association California (ANA\C). Nurses and students across California travelled to be a part of this annual legislative conference and hear from some of the most experienced nursing leaders in the state.

After morning registration and an initial meet-and-greet breakfast, attendees of the event marched en masse to the Capitol Building to begin an eventful legislative day. The busy agenda was highlighted with

dynamic presentations designed to equip nurses with the tools needed to capably participate in the legislative process and support the California nursing agenda.

President, Phillip Bautista and Executive Director, Marketa Houskova of ANA\C, kicked off the presentations with welcoming words and a stirring call to action for the audience. This was followed by a series of diverse speakers, including political consultants, assemblymen, state senators, a liaison to the BRN, and even nurse Alice Benjamin, an experienced RN and social media expert.

NURSING STUDENT INTERNSHIP

CNSA also partners with ANA\C during RN Day at the Capitol to host the Nursing Student in Sacramento Internship (NSSI). This year, over 20 students from

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across the state applied for the 3-day internship, and 4 excellent applicants were chosen to participate.

This incredible annual internship offers students the opportunity to meet their elected officials one-on-one, discuss political strategies, sit in on assembly and senate committee hearings, and spend each day with executive members of ANA\C to learn the ins-and-outs of the Capitol Building, as well as legislative action that happens within. All active CNSA members are highly encouraged to [apply for NSSI](#) in 2019.

YEAR OF ADVOCACY

Voting is the most fundamental form of advocacy. Did you know that approximately 1 out of every 45 voters in California is a nurse? Imagine the collective advocacy efforts that nurses could achieve if we joined together, equipped with a strong knowledge and understanding of the political processes that govern California.

Combine that with fact that nursing has been ranked the #1 most ethical and trusted profession for 16 years in a row, it becomes easy to see how nurses are in a unique position to greatly influence the direction of healthcare in California and the United States. It is for these reasons that the American Nurses Association has declared 2018, 'The Year of Advocacy.'



RIGHT NOW

2018 CNSA Convention
October 5-7, 2018

**INNOVATE
ENGAGE
LEAD**

Visalia Convention Center
Visalia Marriott Hotel

Register for Convention
www.cnsa.org/convention

Raise Funds at Convention
[Tables for Chapter Fundraising](#)

Hotel Accommodations
[Online Hotel Reservations](#)

Exhibitors and Sponsorships
[Exhibitor Packet](#)
[Online Exhibitor Application](#)
[Online Sponsorship Registration](#)

Convene, Connect and Grow!

Convention allows us to leave our comfort zone and help us grow

By: Conrad Delmundo, CNSA Convention Director

I have no regrets in leaving the “comfort zone” at convention, and I am glad I did. Surrounded by like-minded people furthering our education, all from different backgrounds but we still connect and engage on a level that allows for growth.

GETTING INVOLVED

Being in a place where so much is going on can be confusing for the first time attendee. There is so much to do, so much to see and so many people. On the first night of the state convention, you will be able to register on site, and if you do that in time you can attend the Friday night party; karaoke, dance contests, costume contests and music to get your mind off of your exam for the night.

The second day is filled with information that will give you a head start in your careers. You will learn about topics you may encounter in your practice. You can also attend the Resolution Hearing and House of Delegates meetings. Or, if you would like to learn more about what you need to apply for your post baccalaureate degree, or talk to a nurse recruiter you can go to our Exhibitor Showcase where we will also have resume reviews and plenty of vendors with lots of giveaways for the students.

NURSING INNOVATION

At the NSNA Convention in Nashville I learned how nurses can use their experience improve patient care in an inventive way. A speaker shared a story about a nurse-entrepreneur; She invented the Tranquilo Mat, a gel-type sleeping pad that helps the newborns relax. She brought her invention to the television show Shark Tank and successfully got a \$200,000 deal for 15% of her company. Innovation like this isn't new to nursing, but it is good to be reminded that we can make a difference in so many different ways.

TOO MUCH TO PASS ON

There is no doubt, that the first time you go to convention you will be overwhelmed. There is just too much content to capture all of it. Plan and schedule your weekend ahead of time, this helps because not everything goes according to plan, but it is better to be prepared.

You can learn about an advanced practice you may want to continue your education into. Or listen to the trends in healthcare policy or research. Maybe you want to brush up on your resume and interview skills. Or just want to be introduced to a project in the nursing profession that you never even thought of. All this is possible, and each year there will be something new and exciting. This year, in Visalia, we will speak to nurses to prepare you for your future.

CNSA invites you to make an impact in your profession, your patients, and in your community. Join us at Convention October 5-7! Visit cnsa.org for more info, or to register today!



Upcoming Events

CNSA ANNUAL CONVENTION

OCTOBER 5-7
VISALIA, CA

Dear CNSA Member and Prospective Candidate:

Below you will find information on how to run for CNSA Board of Directors as a pre-slated candidate, from the floor, and as a write in candidate. Please refer to the CNSA Bylaws linked below on the general responsibilities of all members of the CNSA Board of Directors and Committee Chairs, as well as descriptions of each available position. Please refer to the CNSA policies regarding Nominations, Candidacy, Elections and Campaigns; all are attached below.

When you are ready to declare your candidacy, please complete, sign, and submit the appropriate 2018 Nominations and Elections packet. It is important that you read and understand the CNSA bylaws before submitting your Willingness to Serve document; the complete CNSA bylaws are available on the website at www.cnsa.org/bylaws.html. In addition, please be prepared to attend a board meeting and photography event on the day that you are elected.

Deadline: September 1st, 2018



Nominations and Elections Policies:

<https://docs.google.com/document/d/1ph3llFozdwzDDc0LneSNX64Z-EvLji1OXh--KJGwnNo/edit?usp=sharing>

2018 Pre-slated Candidate Packet:

<https://docs.google.com/document/d/1e1-Y1QhHESmkDXmcx-CWr8J-kbv4ulfz6hb-sURceko/edit?usp=sharing>

E-mail applications and letters of recommendation

to: cnsavicepresident@gmail.com and wendy@acnl.org

CHAPTER SPOTLIGHT

Chamberlain University, Sacramento

Since the opening of the Chamberlain University, Sacramento—CNSA Chapter in February, 2018, membership has more than doubled! The new chapter had national presence at the NSNA National Convention in April 2018, as Chapter President Priscilla Catingub served as a California delegate representing Chamberlain University, where she was able to participate in electing NSNA National Board Members. Chapter Secretary Gabriela Smith Tan was a recipient of the Nursing Students in Sacramento Internship with the American Nurses Association\California (ANA\C), at which she met with state representatives to talk about current health legislation. Members are pictured above at the ANA\C's RN Lobby Day at the Capitol on April 9th, where they learned how to engage in the political process to advocate for patients and the nursing profession. To foster a sense of community among members, CNSA Board Members have started #meetusmondays, where a different member is featured every week on the chapter Facebook and Instagram page. Every week we learn about the academic and professional past, present, and future of a unique member! The group also kicked off #workforcednesdays, in which they post Entry-Level Allied Health and New-Grad RN jobs in the area to keep members abreast of available opportunities for employment during and after nursing school. Chapter Treasurer, Jessica Wernke, is currently working to set up an E-waste Fundraiser to raise money to help subsidize NSNA memberships, Nursing conference attendance costs, Professional Development events, and more! This chapter is also currently holding elections to grow the Board of Directors and engage a larger portion of the student body.

Follow us on Instagram and Twitter: @saccucnsa Email us: SacCUCNSA@gmail.com

APPLY FOR SCHOLARSHIPS 2018

Applications are now being accepted for the CNSA Foundation Scholarships for the 2018-2019 academic year! **DUE 9/7/18**

Winners will be notified in late September 2018. Scholarship recipients will be recognized at the Awards Ceremony during the 2018 CNSA Annual Convention in Visalia, CA on October 7th

Are you Eligible to Apply?

- Enrolled in a state-approved program for pre-licensure nursing
- Current NSNA member (must be a member through October 31, 2018)
- Current GPA 3.0 or higher

Criteria Used to Select Awardees:

- Personal reflection essay (not a research essay!)
- Reference
- Nursing student engagement

Please have the following items ready when you submit your applications:

1. Your personal reflection essay:

- 500 words or less
- Your name is NOT on essay
- Saved as a .PDF or .doc/.docx
- 12-pt font and double-spaced

2. Unofficial nursing school college transcript:

- Saved on your computer as a PDF for upload
- Reflects enrollment in a state-approved program for pre-licensure nursing
- Is the transcript for the college where you are attending nursing school

3. Reference:

- Saved on your computer as a .PDF or .doc/.docx
- From an academic or professional source who knows you as a student

For more info,

visit www.surveymonkey.com/r/CNSAScholarships

**Download the
resolution toolkit
today, and a
write resolution
for 2018 CNSA
convention!**

WRITE A
RESOLUTION
FOR CONVENTION

Just Keep Swimming

Nursing School is Hard, this is How You Can Stay Afloat

By: Lizbet Soto, Breakthrough to Nursing Director

Getting into nursing school is no easy task. Undergoing grueling pre-requisite classes just to be eligible and then enduring two or three years of nursing school is challenging. Learn how you can stay motivated and keep on track with accomplishing your goals.

Step 1: Identify What brings You

Down: What is the rock dragging you down to the bottom?

Is it your anxiety? A piece of advice I received from my psychologist is to never run from what is causing you anxiety but instead face it head on. If you run, yes your anxiety may decrease, but your fear will in turn increase.

If you face whatever is making you anxious both your anxiety and fear will be forced to go down because you are not allowing your mind to wander. You have made it this far, you deserve to be here.

Is it the amount of work? Break it down. The number of things that we must accomplish as nursing students can feel daunting.

Whether it be our nursing classes, clinical prep, or our extracurriculars, there is always an array of items to complete. Ask yourself, “what is manageable/realistic for me to achieve?” Aim for that and not perfection. Move one task at a time until you have accomplished what you need to do. And most

important, ask for help when you feel overwhelmed. We are not alone in our journey and as nurses in the profession of caring, I am sure your instructors and classmates can help you to move forward.

Step 2: Find Things that Motivate You

Pull out a piece of paper and some colorful pens. Write everything you find inspirational whether it be a person, place, animal, object. Make it big and bold. Look at it every day. The more you practice and reflect on why it is you do what you do, the better prepared you will be to forge ahead when it becomes tough. Here are some student testimonials on how they found ways to keep themselves motivated:

Step 3: Stay involved and Connected

Nursing school is draining at times and it is easy to lose sight of why you wanted to go in the first place. The solution to this: surround yourself with people who know how to dream big and work hard, AKA join an organization. This could have nothing to do with nursing if you so choose. You could join a club on campus, become the president of your local Nursing Student Association, or like I did, join the CNSA board of directors. Forming part of something that is bigger than just your academics is liberating. It puts the world back into perspective and can

reinvigorate your efforts towards success. In addition to this, it is always helpful to have a mentor of sorts. This could be an instructor or a senior nursing student. The important part is to feel supported and to always remember, keep swimming and you too can break into nursing.

Student Testimonials:

Take it one day at a time, stick to what you put in your planner, and study in teams when you don't want to study (getting to the library is half the battle).

- Devin Andrews Lyssy, Sonoma State University, 2018

Create a reward system (something that activates the meso-limbic part of your brain) and stay organized AKA buy lots of cute stationary so you look cooler than anyone else.

- Natalie Yuen, Sonoma State University, 2018

It motivates me knowing that every exam, every clinical, brings me one step closer to a position where I get to utilize my knowledge in service of those in need

- Janine Advento, National University, 2019

I am so grateful for the opportunity to enter such a noble and rewarding profession. My motivating comes from my passion for nursing.

- Emily Anderson, Sacramento State University, 2018

Connecting with Our Patients

Reaching patients through culture

By: Luana Liberman-Gobbi, CNSA Cultural Awareness Director

Tools that help reach patients with diverse backgrounds, cultures, and languages are ready for use. Developing resources for communication and nutrition has been the focus of the Cultural Awareness Committee of 2017-2018.

BUILDING ASSISTIVE TOOLS

There are times where a language barrier could inhibit communication and form a break in the patient-nurse relationship. There might also be times a patient will be uncompliant with diet restrictions because of comfort and culture. This committee has devised language guides and menus to help with this connection. With the help of Committee members, we were able to provide a way to connect with patients on a basic need of understanding.

Anticipating common issues like clear understanding of a task and direction, we have been working on printable resources that are readily available online. These printable language guides and menus can assist in translation of simple tasks and common procedures. In addition, there are also common phrases used from specific cultures that aid in the process of translation. Menus provided are based on

A low sodium heart-healthy diet that encompasses an overall regular mechanical diet. It provides an overall understanding of different types of foods that are acceptable for various cultures.

Resources can be found on the committee page website at <http://www.cnsa.org/cultural-awareness>.

HELPING THROUGH UNDERSTANDING

What makes this effective? Building trust, is a cornerstone in helping to reach our diverse population. Cultural sensitivity is important to building trust that is long lasting. Long term positive outcomes can stem from the trust built between a caring nurse with an understanding of cultural awareness.

Common phrases	English	Filipino
Are you okay?		Ok ka lang ba?
Hello, my name is _____		Kamusta po, ako po si _____.
Thank you.		Salamat po.
Excuse me		Paumanhin po
How can I help you		Paano po ako makakatulong
Do you have any pain		May nararamdaman po ba kayong masakit?



Member's Spotlight Gabriela Tan

Chapter Secretary Gabriela Smith Tan has been a member of the Chamberlain CNSA Board of Directors since February 2018. She started at Chamberlain when the campus opened in May 2016 and will be graduating in August 2018 as a part of the inaugural cohort. This spring, Gabriela was selected for the American Nurses Association\California "Nursing Students in Sacramento" Internship where she learned about the importance of political engagement to advocate for advancement of the nursing profession as well as improved healthcare access, availability, and outcomes in the state of California. In her professional future she hopes to work in the intensive care unit.

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2017-2018

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