

CNSA

FRESNO STATE NURSING OF SCHOOL

RN Formation 2020-2021

FOR THE STUDENTS

Through strength and perseverance we overcame the struggles of a pandemic that **COULD NOT** hold us back.

BOD MEMBER SPOTLIGHT

We take a look into the life of a BOD member and a student just like yourself!

THE ROAD AHEAD...

What Next?

BY:

MICHAEL ASUNCION

PHOTO ALSO BY:

MICHAEL ASUNCION



**STAY FAR FROM TIMID ONLY
MAKE MOVES WHEN YA HEART'S
IN IT AND LIVE THE PHRASE
SKY'S THE LIMIT**

-Notorious B.I.G.



A Year To Remember

Waking up on the first day of school rocking fly kicks and styling the freshest outfit seemed like a memory from a past life. This year, our first day of school started with messy hair, tired eyes, and a preference of pants or no pants when attending our first Zoom session. Each day we attend class with the anxiety of turning our cameras on and our professors asking questions followed by the silence of 60 students. Our thoughts echo in our heads, screaming "I know the answer" but a fear driven by speaking over someone else. "Oh no, you go ahead." a common phrase heard by many when 2 or 3 students decide to unmute at the same time.

But like a phoenix from the ashes we rose to the occasion and pushed past the difficulties thrown at us by COVID-19. Faced with the uncertainty of whether or not we could even step into clinical we adapted and succeeded through all the challenges of a pandemic age nursing school. Simulations and the support of our instructors helped us stand up and fight through our many trials and tribulations. Most of all we shouldered the weight of our peers and held each other up like Atlas carrying the world on his back.

This is dedicated to each Fresno State Nursing Student that pushed and fought through this rough chapter and onward toward our Nursing Career. To the Class of Spring 2021. You will look back on this year as the year you overcame mountains and defeated giants in order to reach what we can only look at as greatness.



Michael Asuncion
PUBLICATIONS AND APPAREL DIRECTOR

Board of Directors

Top Row: Michael Asuncion, Holly Vu, Alixandria Dyer, Grace Meyer, Corinne Smith, David Cardona

Bottom Row: Danielle Kennedy, Jessica Seeto, Monique Lange, Randi Scott, Kayla Rohaley, Ciena Long



A message from our President, Monique Lange, and Vice President, Randi Scott:

Though CNSA was very limited on the events we were able to host in person we are very honored to have served as the President and Vice President of our organization. As we leave here with all the memories made, we are proud of what we were able to accomplish as a team and as a representation for our CNSA, Fresno State Chapter. As we step down as President and Vice President we are certain that those who take our place shall continue to lead with such diligence and support for future students that come through our doors. We thank you for a great year and hope you continue push fourth unto greatness. Go Bulldogs!

Monique Lange
President
&
Randi Scott
Vice President

BOD SPOTLIGHT: Q&A WITH HOLLY VU, COMMUNITY HEALTH DIRECTOR

Since I've started this program I always wondered how one manages their time in nursing school without wanting to rip their hair out. I've met many great students in my time here but one stands out and carries herself with such poise and professionalism that it inspires me to follow in her foot steps. Nursing school alone is tough to handle but this individual accomplishes her goals with 2 kids, a career, hosting CNSA special community events, and does everything with a smile on her face. This semesters BOD spotlight is on our very own Community Health Director, Holly Vu. *cue audience clap*

Holly is the Community Health Director and through this past year has put on plenty of events beneficial to all Fresno State Nursing Students. If you ever volunteered at the Mobile Health Unit you have probably seen her around. Or maybe you follow her on Instagram @nurse_hollyvu where she promotes not only nursing but financial advice, a peek into motherhood while tackling nursing school, among other topics that fill her very busy life.



Q: What made you run for Community Health Director?

A: I ran for the Community Health Director position because I wanted to bring value and create positive change in the community. I also felt that I could utilize my minor in Public Health and apply what I learned out in the community. I knew that this position was right for me because I have made so many connections out in the community from working with different physician offices around town and also working at Saint Agnes Medical Center. I knew that I could contribute my skill set in this position and I have enjoyed every aspect of the role.

"I FELT LIKE IT WAS MY RESPONSIBILITY TO GIVE SUPPORT AND REPRESENT OUR STUDENTS..."

Q: What was one of your favorite events?

A: Am I picking from one that I have done or someone else? hahaha Because I love all of my events that I've put on. I really put effort into thinking through how my events would be received by our nursing students. But if I had to pick one event that someone else did, I'd pick the one that Ciena Long did at the beginning of this year. This was the CNSA Supply Drive where she collected gently used items from graduating 5th semester students to donate to the first semester nursing students. I remember thinking "I wish someone had put this on for me." She collected donations such as scrubs, books, and various items we needed for nursing school. She gave an opportunity for students who couldn't afford the material to pick up the clinical supplies they needed for success. She brought value to CNSA through this event because it was a benefit to students. These are the type of events we need to come out from CNSA. They bring so much value to our nursing students.

"I'M REDEFINING THE 30'S AND WANT TO INSPIRE PEOPLE TO GET OUT THERE AND ACHIEVE THEIR GOALS."

"...I WANTED TO BRING VALUE AND CREATE POSITIVE CHANGE IN THE COMMUNITY..."

Q: How do you juggle so many things all at once?

Being mother, a student, and running a business?

A: It's all about shifting priorities. It's something that I learned over time and it definitely took time to get the hang of it. It's also a different type of hustle. I think about what I have going on in my day such as taking on new physician clients for work, studying, volunteering out on the MHU, being a mom and caring for the kids, sitting through lectures online and I try to give it my full attention. I learned that you pick and choose what is important to you. Being elected into this position, I wanted to make CNSA my priority. I felt like it was my responsibility to give support and represent the students.

Q: Last question. With your busy schedule if you had all the time in the world. What something you would want to do?

A: If I had all the time in the world, I would love to build up my Instagram following and create a small business from that. I see the potential that social media has when you are authentically sharing a part of your life online. I am toying with a few ideas and I'm hoping that this summer I'll have more time to invest in those ideas. I'd love to create an educational page or even an E-book. I enjoy inspiring people who are contemplating nursing school to pursue the nursing profession. I always tell my kids that if you want to do something, you have to go out and do it. I'm redefining the 30's and want to inspire people to get out there and achieve their goals.

MEET THE NEW BOARD OF DIRECTORS

2021-2022



Hey everyone! I'm Claudia Villegas and I'm going to be your 2021-2022 Breakthrough to Nursing Director. I decided to run for the CNSA board because I aspire to be more actively involved with the community. I want to start being apart of the change and help advocate for the voices that aren't being heard. When it comes to the nursing community, I believe the BTN position was perfect due to the flexibility in the role. I'm really excited to be in this position and hope to accomplish many things.

Some of my values include: knowledge, wellness, community, and adventure. A few things about me are that I'm Latina, my family comes from Mexico. I'm a libra. I have 4 pet bunnies. Lastly, I'm always open to expanding my skill set and trying new things.

All that being said, to any current or future nursing students: if you ever need someone to vent to or someone there to help motivate you, never be afraid to reach out to me. We're all here to help each other succeed! :)

Claudia Villegas
Spring 2023
BTN DIRECTOR

Hi! My name is Adrianna and I'm a 2nd semester nursing student. I am the new Fundraising Director for CNSA and am very excited about taking on this position!

A few things about me are that I was born and raised in Porterville, California. I have always known that I wanted to pursue a career in nursing from a very young age. My current goal is to finish nursing school and become a labor and delivery nurse. I enjoy volunteering on the Mobile Health Unit and I'm very grateful that Fresno State gives us the opportunity to give back to our community in this way. In my free time I love exercising, eating good food, traveling, being outdoors, spending time with my family and friends, reading, and journaling. Most importantly though, I'm a dog mom to the sweetest teacup Maltipoo named Lolita.

I'm very excited to spend the next three semesters at Fresno State and see where my journey of becoming an RN takes me!

Adrianna Solis
Fall 2022
FUNDRAISING DIRECTOR



CNSA



Hello! My name is Yvette Mejia. I am currently a second semester student. I will be the upcoming legislative director and I am super excited! A little bit about me is that I was born in the Philippines, but I grew up in California. I am from Lincoln, but I recently moved to Fresno for school. I love flying with my husband, playing with our sweet Golden Retriever named Finn, and trying out different coffee shops. I was in the USAR for 6 years and I look forward to becoming a wound nurse one day and doing more medical missions around the world.

Yvette Mejia

Fall 2022

LEGISLATIVE DIRECTOR

Hey nursing students! My name is Tiffany Galutira, and I am your Community Health Director! I am part of the Spring 2023 cohort, and I am super excited to be part of the CNSA board. Some interesting things about me:

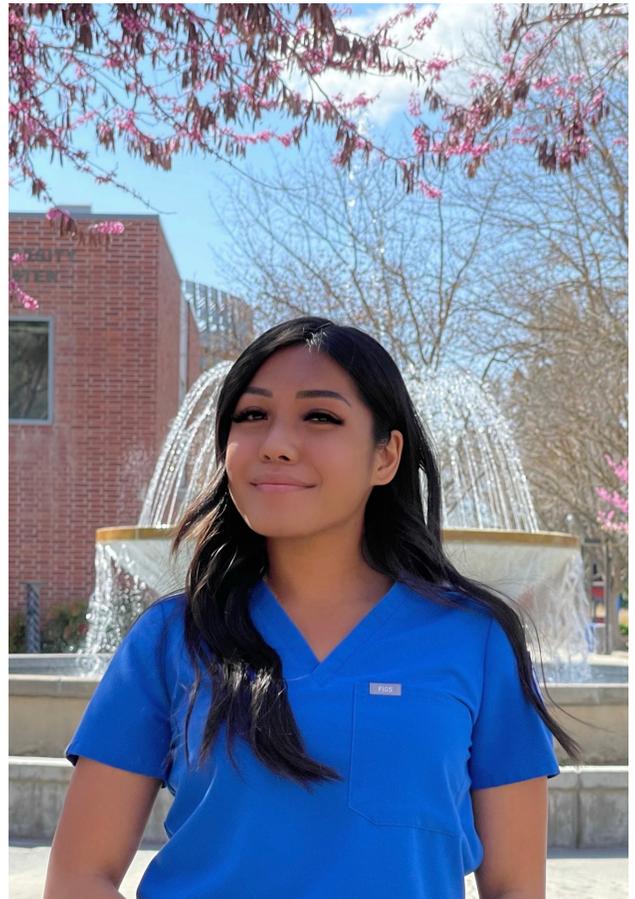
- I am from Visalia, California
- I am a foodie, and I am obsessed with spicy food.
- I have two Shih Tzu pups named Oliver and Olivia.
- I love to cook! I am constantly trying new recipes!
- In my free time, I enjoy hiking, traveling, and spending time with my family. ☑

Definitely, DM me @tiffany_galutiraaa on Instagram if you guys have any questions, concerns, or even if you need to vent. I am your girl, and I am here to help!

Tiffany Galutira

Spring 2023

COMMUNITY HEALTH DIRECTOR



CNSA



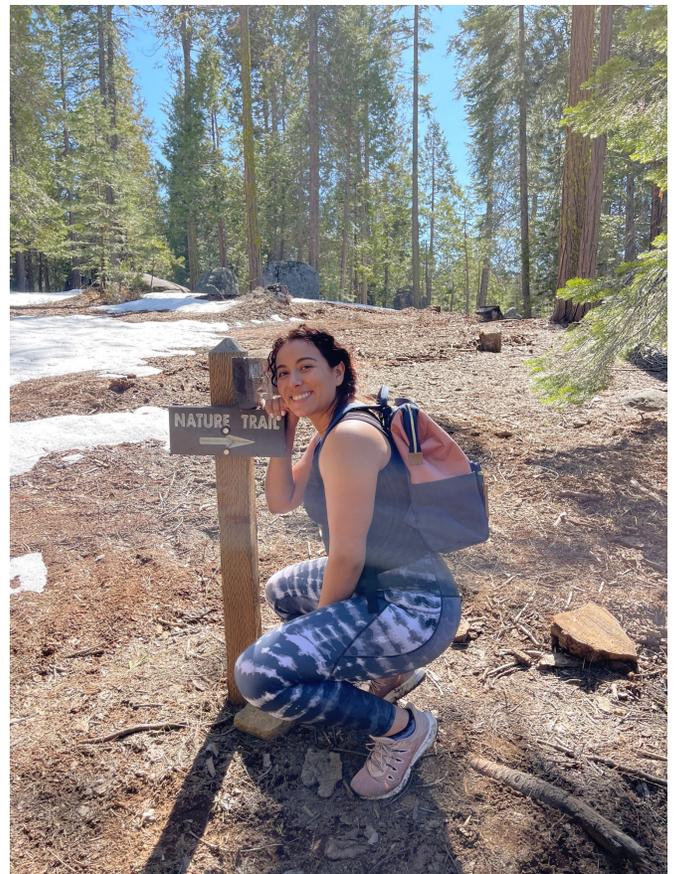
Hi! My name is Grace Meyer, I'm a third semester nursing student, and I am CNSA's new Membership Director! I served on the Board last year as Events Director, and I am so excited for this upcoming year. I'm a Fresno native and have been very involved at Fresno State. I'm a Smittcamp Family Honors scholar, a member of my sorority (Kappa Kappa Gamma), a member of the Health and Human Services Honors College, and was a member of the Fresno State Dance Team for two years. On my free time—or, when I'm not studying—you will probably find me at my favorite yoga studio, reading , or gardening. I look forward to serving and representing my fellow nursing students and creating new connections this upcoming school year.

Grace Meyer
Spring 2022

MEMBERSHIP DIRECTOR

Hi guys! I'm Sandra Juarez, a second semester nursing student, class representative for the c/o Fall 2022, and the next CNSA Events Director ! I am so excited and privileged to take on the position. A little bit about me is... I love being outdoors, exercising and cooking up healthy meals and smoothies in the kitchen and everything to do with health and wellness!

Sandra Juarez
Fall 2022
EVENTS DIRECTOR



CNSA



Hey guys! I'm Lauren Ford and I am going to be the Publications and Apparel Director! I'm part of the Spring 2023 cohort and I am so excited to serve on the CNSA board!

Outside of school, I love traveling, cooking, mixing up new cocktails, and spending time with my family. I have a twin sister who's in school in Michigan, so I love visiting her as much as possible. I'm also a huge coffee lover and my family thinks I'm a coffee snob. I worked at Sur La Table and now I work at Williams Sonoma, so I can talk coffee makers, kitchen knives, and cookware for hours.

I'm looking forward to this next year serving on the board and getting to know more of my fellow nursing students! Feel free to reach out to me with any questions!

Lauren Ford
Spring 2023
Publications and Apparel Director

What's up everybody! My name is Michael Asuncion and I am the new Communications Director. Any communication between CNSA and you will come through me via Facebook, IG, snapstagram, Instabook, etc.. I am the gatekeeper of all CNSA news for 2021-2022 school year. A little about myself I love movies, music, and meeting new people. So I look forward to meeting you! Arctic Monkeys are one of my favorite bands. The greatest movie of all time is The Godfather Part 1. I share a lot of traits with Michael Corleone including our first name, I am the youngest of three brothers, and if someone were to play me in a biopic about my life it would be Al Pacino. I have plenty of stories to tell so if you see me around campus (hopefully) come up and say hi. I hope you are as excited as I am starting the next semester in our Nursing School Journey but for now good luck in finals and enjoy the summer. You deserve it!

Michael Asuncion
Spring 2022
Communication Director



CNSA



Hello! I'm Allison and I am the new CNSA treasurer!

A little about myself:

I love being active, whether I'm hiking, going to the gym, swimming, kayaking, I love it all! One of my goals for the next 5 years is to hike to the top of Mt. Whitney. I also really want to get into backpacking as well.

I also really enjoy going to concerts and traveling. Once venues and other destinations start to open up and it's safer to be around others, I will definitely be going out to enjoy these activities more often.

My goals when it comes to nursing are to graduate with my BSN with decent grades and get some bedside experience and go back to school and get my DNP and hopefully specialize in one area of nursing. I have no clue what department or specialization I'd like to go into yet, but I'm open to new experiences and I will hopefully make my decision after 3rd or 4th semester.

I am very excited to be the CNSA Treasurer and I can't wait to see what the future holds for this upcoming year!

Allison Heyne
Fall 2022
CNSA TREASURER

Hey everyone! My names Gabe and I'm going to be the new CNSA Secretary! I'm currently a second semester student, and I eventually want to work in the ICU and start travel nursing. I really enjoyed my time volunteering with the mobile health unit and I often go whenever I have spare time! I hope to see everyone around and I'm excited to be part of the new BOD.

Gabe Iniguez
Fall 2022
CNSA SECRETARY



THE PRESIDENT AND VICE PRESIDENT



Hey all! My name is Ciena Long and I have the honor of being your CNSA President for the 2021-2022 school year. I am currently a Float Extern at CRMC, and I have an interest in Critical Care and hope to work on a step down or ICU unit. Some of you may not know me, so let's play two truths and one lie: I hate pickles, My favorite show is FRIENDS, and I was born in Sacramento. DRUMROLL.. the lie is that my favorite show is FRIENDS. My favorite show is actually Schitt's Creek.. and yes I really do hate pickles whoops. In all seriousness, you all have shown resilience and dedication throughout this year, and I want to take a moment and recognize this because it has not gone unnoticed. I would love to make CNSA an experience that YOU can enjoy. So please don't hesitate to contact me! We're in this together. Go Dogs!

Ciena Long
Spring 2022

Hello! My name is Lady Abangan and I am the Vice President elect. I am currently a second semester student and will be graduating December, 2022. My hobbies are reading novels, watering my orchids, and taking care of my beta fish, Dionysus. I am a President's Scholar from the Smittcamp Family Honors College and the Social Media Coordinator for NSCS. My career goal is to become a Critical Care ICU Nurse, like my dad. My lifelong goal is to go on medical missions to rural, undeveloped areas of the Philippines. I am very excited to see what amazing work we'll be doing as the future board of CNSA!

Lady Abangan
Fall 2022



WELL, THAT'S ALL FOLKS!

WRAPPING UP 2020-2021 SCHOOL YEAR!

As we approach our final week to take on our final exams of the 2020-2021 school year. I must say we handled this year quite beautifully. It was stressful, but we made it to the end. Another semester down and for some of us we bid farewell to Fresno State and say hello to the real world. A special shout out to the Mobile Health Unit and all of it's volunteers, changing the world one vaccine at a time. Not to mention cementing their place in history as healers during a time when they were needed the most.

Speaking to each individual student and teacher. Again, we wish we had more special events planned for CNSA and Fresno State Nursing School students so hopefully (not guaranteed) we can put on more events that will get more students involved next year. So again this formation is dedicated to the students and teachers who adapted and helped conquer this weird, crazy, mess of a year. We look forward to seeing you next year for fun and educational experiences.

For the graduating class of Spring 2021! Good luck in your future endeavors and strive to reach higher than you have ever reached before. The sky is the limit. Do great things! And ya know help us get jobs once we graduate....just kidding....not really but ya know anything helps.

And on that note! Peace and Love! Good luck during finals! WE are almost there!

CNSA Board of Directors



FRESNO STATE
