



RN FORMATION

FRESNO STATE SCHOOL OF NURSING

FALL 2022



CNSA Board of Directors

Top Row (from left to right): Blake McFerrin, Cynthia Delgado, Jorge Mouet, Stevie Struck, John Stevens.

Bottom Row (from left to right): Cassie Ralston, Kristina Campbell, Lesly Cruz, Nouchia Lee, Stephanie Saavedra, Mia Rojas, Alessandra Quisado.

CNSA RN FORMATION

By Stevie Struck

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"And I knew exactly what to do. But in a much more real sense, I had no idea what to do." - Michael Scott

Message From the President



Waking up on orientation day nervous, buzzing with excitement, and arriving at McLane 280 for Bootcamp forty five minutes earlier than needed feels afresh as if it happened yesterday. Amongst the nervousness, excitement, and distress, I still remember the distinct emotion of relief when CNSA Fresno State Chapter was introduced. As a unit, they extended their welcome to our cohort of overwhelmed nursing students and still continue to alleviate our stress by supporting us through what we thought at the time was the hardest semester of our educational career.

Upon sitting here and writing this excerpt, I realize that the same feelings from orientation day of being overwhelmed and nervous come to revisit at every start of the semester as we continue to explore and progress in Nursing School. However, each time around, those feelings become more muted and molds into something more similar to anticipation and eagerness to start the semester rather than nervousness and distress because of an organization such as CNSA. Through CNSA, we were able to find mentors who paved the way for allyship and created resources that have aided us in excelling in our courses. Additionally, this organization instilled the strong foundation of teamwork and molded pillars of comradery and leadership for our cohorts to facilitate a positive learning environment in our cohorts.

As the Fall 2022 semester comes to an end and our cortisol levels begin to decrease just for it to rise again in 5 weeks, I would like to take the time to reflect on the milestones we have accomplished and the positive changes your Board of Directors have implemented since the start of the semester in August to further help our current and future nursing students. Throughout the semester, the Board of Directors have worked diligently to pilot new events to increase student engagement and provide supplemental support to every student in the Nursing Program, as well as the Pre-Health pathway. CNSA hosted numerous educational workshops and socializing events including: First Week Debrief, Code Event, Spanish Medical Interpreting Event, Valley Children's Hospital Tours, Blood Pressure Screening Event for Univision, Coffee & Pastries, and Winter Formal. Furthermore, we dedicated our time to revamp the bulletin board, making it more interactive by allowing students to leave words of encouragement to one another. Lastly, your Board of Directors attended the CNSA State Convention in Pomona, California to represent California State University, Fresno and gained more knowledge on how we can best lead our organization and advocate for our students.

As the CNSA Fresno State Chapter President, I have experienced the most rewarding and humbling experiences as a mentor, nursing student, and peer through outreach presentations, educational workshops, and social events hosted by CNSA. We listened to your feedback and implemented it. We trailblazed our way through this semester to bring you new opportunities and professional connections. In one semester, we made \$16,848.73 in total merchandise sales, hosted 8 newly created events that were suggested by students and executed by the Board of Directors, and established tours as well as informative presentations with Valley Children's Hospital to provide our students with networking and professional opportunities. I am beyond proud of the work that we have accomplished thus far. I cannot wait to see what next year has in store for us.

To close, it is important to highlight that in nursing, we always think of the people around us before we think of ourselves. To the Fall Cohort of 2022, we thank you for fostering a healthy learning environment for us, answering our nonstop texts, encouraging us when we felt defeated, and empowering us when we could not empower ourselves, all while you were busy, stressed, and overwhelmed yourself. We are grateful for your endless support and are excited to see where your nursing journey will take you. Thank you and congratulations.

Nouchia Lee

A Message to You



As the semester and year come to a close, I ask that everyone look back on these past sixteen weeks and reflect on how much you have grown and learned. Not only as nurses but as people. That is always my favorite part of the end of the semester. Think about all the things you can do right now that you had no idea how to do or were not very good at just a few months ago. We have learned from our teachers, mentors, mentees, successes, experiences, and most of all, our failures. Remember that we are supposed to be forever learning, we will never know everything, and that is okay.

This journey is not easy, but remember, it would not be so special if it was. Although it may seem difficult at times, cherish these moments in nursing school because you will only experience this once in your lifetime.

You have accomplished amazing things and will continue to accomplish amazing things! Remember to take a break over these next few weeks. Spend time with your family, spend time in nature, and enjoy life in a way that makes you feel restored. We are all one step closer to our goals, so congratulations, and remember, you did not make it this far to stop yet!

Have a great break, and keep being awesome!!

Stevie

Events and Fundraisers HIGHLIGHTS

For the Fall 2022 Semester

FRESNO
STATE[®]

School of Nursing

BOOTCAMP
Class of Fall
2024

Sign up using the link found in our bio!



CNSA will be hosting a

CODE EVENT



Friday, 09/16 @ 11 AM
NRC Room 179

Join us for some
Coffee & Pastries

ALL SEMESTERS are invited!
Monday, 08/29 @ 1300
(right outside of **McLane**)



Events and Fundraisers HIGHLIGHTS

For the Fall 2022 Semester

You are invited to

**Pizza
Fundraiser**

Monday, 26th September
1100 - 2000

**THE CURRY PIZZA
COMPANY**

2930 E. Nees Ave, Fresno, CA, 93720



shirt presales: 10/03 - 10/17

Orders made @ CNSA website under
"Apparel & Merch"!

**Tye-Dye
& PIZZA**

DAY OF EVENT
MONDAY, OCTOBER 24TH
1230 -1430

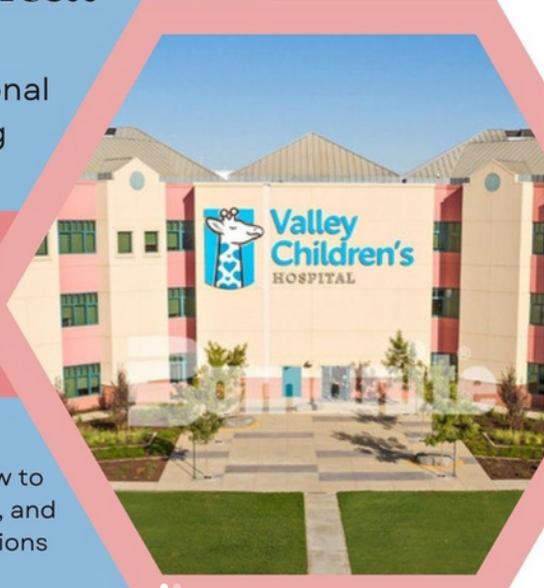


**Valley
Children's
Hospital**



Informational
Meeting

Friday, 10/07
1600- 1800
McLane 161



Get a scoop on how to
land an externship, and
what nursing positions
they have to offer!



Events and Fundraisers HIGHLIGHTS

For the Fall 2022 Semester

CNSA

HOT COCO & COOKIES

WINTER MERCH SALE • IPAD RAFFLE • FORMAL TICKETS

MON 14 NOV | 1 PM - 3 PM



QUAD OUTSIDE OF MCLANE

COME DE-STRESS BEFORE FINAL SEASON SETS IN!

CNSA X PNACC

SEPSIS EVENT

November 14, 2022

7:00 PM @ CNSA Zoom

Meeting ID: 830 7837 1421

Come attend for Cord Points,
Prizes, & Scholarship Opportunities

SAVE THE DATE

CNSA

WINTER
Formal

DECEMBER

THURSDAY 15 AT 6 PM

2022

THE GRAND ON 10
1401 FULTON ST. FRESNO, CA
93721



FACES OF FRESNO STATE NURSING



CONGRATULATIONS

CLASS OF FALL 2022



Good luck in the next chapter
of your lives! We all wish you
tremendous success as nurses
and in your future!

Be Apart of CNSA



✓ Scholarship Opportunities

✓ Leadership Development

✓ Graduation Cords

✓ Community Outreach

✓ Discounts on School Supplies

✓ Discounts on NCLEX Review



We want to thank all our sponsors, advisors, donors, and, most of all, our members! Thank you for participating in our events, fundraisers, and buying merch. We do this all for you!



Have A Great Break!

