

SPRING 2020

RN FORMATION CNSA FRESNO STATE CHAPTER



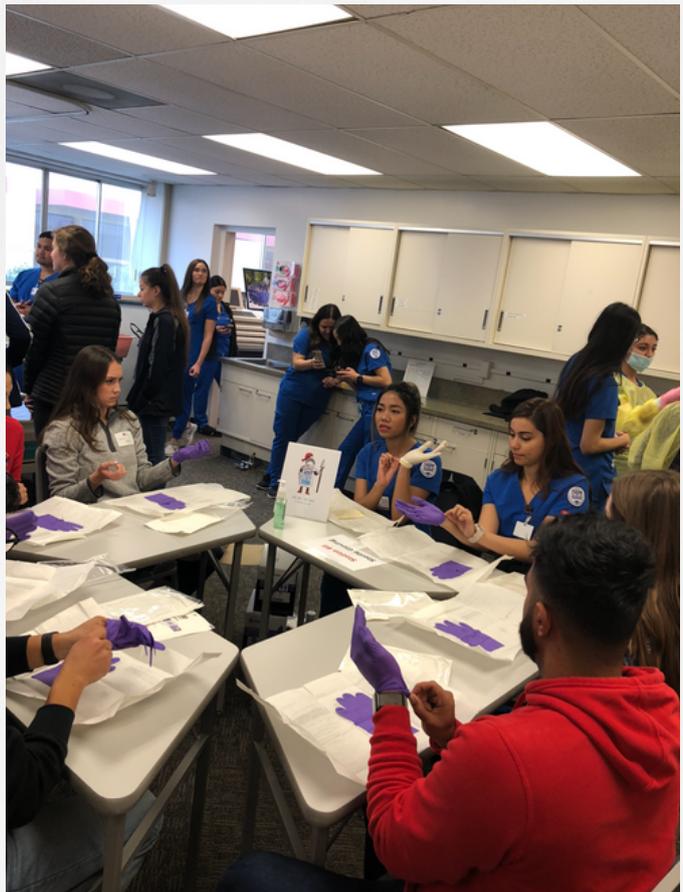
RECAP: RN BOOT CAMP January 13-14



Being accepted to the nursing program is extremely difficult, but Boot Camp has served as a great introduction to the School of Nursing. Although the students receive an immense amount of information for what's to come in their first semester, CNSA and our amazing nursing students volunteer their time to ease the process by answering questions pertaining to workload, study tips, and equipment recommendations. As in the past Boot Camps, the incoming cohort was able to practice some of the skills that they will learn throughout the program, this is always a highlight of boot camp, and the feedback we received makes it all worthwhile. Not only does Boot Camp serve as a preview of being a nursing student, it also gives these students the opportunity to make lifelong friendships.

*By: Cesar
Ramirez*





Recap: Meet & Greet Your Legislator

Hi Everyone,

My name is Alex Holguin and I'm the current Legislative Director in the CNSA Fresno State Chapter. During my time as Legislative Director, I have attended the 2019 CNSA Convention in Pomona, CA. Kathi Rindahl and I collaborated with Joyce Eden at St. Agnes Medical Center and hosted the Meet and Greet Your Legislative Representatives in which our goal was to have students meet with their representatives and ask questions about laws effecting the nursing profession. This was particularly interesting as this had not been attempted before, and it was interesting to see what reasons you could may upon your representative to action which include anything from registering your vehicle to renewing your clinical license to practice as a registered nurse and having issues with the Board of Registered Nursing's website.

Overall I feel that being knowledgable about who your representatives are and what current legislation is in place is important to your practice as a nursing professional. Having the knowledge helps to give you a voice when you run into issues that are not working out in your practice (ex - nursing shortages, safe staffing, workplace violence, etc.).

Right now we are experiencing history in the making with COVID-19. As we practice hand hygiene, social distancing, keeping crowds down to 10 people, and sheltering at home in our effort to flatten the curve, our local hospitals are bracing for its arrival. California Governor Gavin Newsome has acknowledged that there is a nursing shortage and a need to maintain safe staffing ratios between nurses and patients. He has suggested in a recent news briefing that nursing students who are near graduation should be expedited and licensed sooner so that they can help out in the effort to provide care to patients at this time.

Meet & Greet Your Legislator Representatives in the Central Valley

Sponsored By
The Nursing Leadership Coalition
of the Central San Joaquin Valley
and
The California Nurses Student Organization
Fresno State Chapter

November 8, 2019

5:00 – 8:00 pm

Kremen Education Center
Saint Agnes Medical Center
1303 E. Herndon, Fresno

Light Refreshments Provided

RSVP at <http://nlc.wildapricot.org/event-3590446>

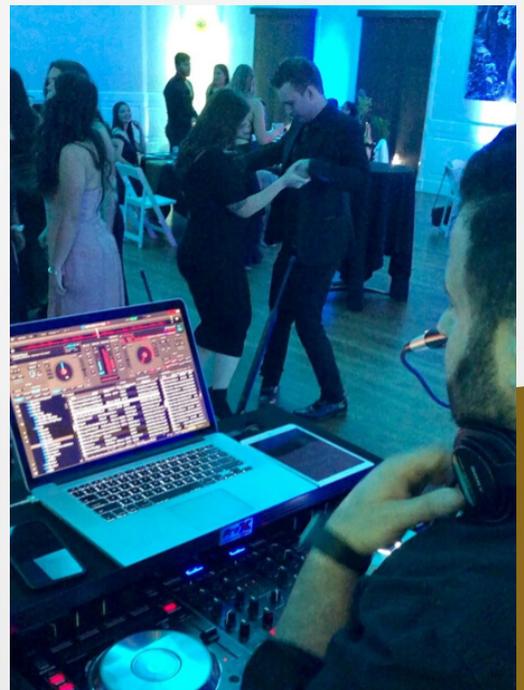


Recap: Winter Formal 2019

On December 19th, 2019, CNSA, Fresno State Chapter hosted their annual Winter Formal as a Black Tie Formal at Elite Event Venue. The purpose of this event was to congratulate and celebrate the great accomplishment of completing the Fall 2019 school semester. Fresno State Nursing students work tremendously hard each semester not only to excel in all of their courses, but to provide caring holistic care to patient of our surrounding community hospitals and facilities.

With rigorous planning, coordination, fundraising, and support; the committee successfully executed the event, bringing in a little over one hundred Fresno State Nursing students and a guest at attendance. The tables were decorated with flowers, candle lights, and gold table runners. Entertainment 360 and DJ Diko not only provided us with a dance floor full of fun and laughter, but also an amazing LED inflatable photo booth with nursing student props and unlimited memories that will last a lifetime. They designed a custom graphic to match our theme for the photos! We also had state-of-the-art LED lighting to light up the dancefloor! Southern Hospitality Company provided us with the most delicious hors' Doeuvres. We had mini grilled cheese and tomato soup shooters, Italian meatballs, pulled pork sliders, anti-pasta display, pot stickers, tomato mozzarella bruschetta, and more! We also had a no host bar served by East Fresno Kiwanis, where all profits were donated to their children's organization. With a night full of laughter and fun memories, the Black Tie Formal was most definitely a night to remember forever.

According to feedback received from the attendees, the 2019 Winter Formal was the best formal they have ever been to! CNSA, Fresno State is proud to coordinate this traditional event for our nursing family to enjoy, relax, and celebrate their accomplishment, passing their semester, and furthering their education to become an amazing nurse one day. We look forward to the next Board with excitement, and we cannot wait to see and attend the events to come.



Why Join CNSA?

As a 5th semester nursing student and the Vice President of CNSA, Fresno State Chapter, I can say that this has been a truly extraordinary experience. CNSA, FSC is what we refer to as Ohana, which means family. In this family, we are still working together through the obstacles we face, including COVID-19, to ensure that this upcoming term will be better than the last!

CNSA, FSC has been so beneficial during my experience. We are all unified as nursing students from all semesters, which has created friendships, professional connections, and leadership experience that we would have otherwise missed out on. Our Fresno State Chapter strives to improve the nursing program experience for all students, which is why this club organization has continued to grow. Every CNSA, FSC member has the same core values you see in nursing; we place others as our priority. Whether it is through promoting events or lending a helping hand, gaining knowledge and experience, being with this team has always been a win.

Being Vice President of the FSC has been an honor to say the least. The VP works closely with the President, supporting the needs of delegation, making motions, and filling in where you may be needed. My role as VP holds the responsibility of organizing boot camp and elections, as well as maintaining and upholding bylaws. I have also been on many committees formed by the board, including ones like formal and cord points. I am convinced that joining CNSA has made my nursing school experience better than I could have imagined. It has opened doors of opportunity to further my career and has increased my confidence in leadership. Anyone who is eager to be a part of this Ohana and give back to our community should definitely consider running for elections. Our upcoming elections will be held online, Wednesday, April 1st from 8am to 1159pm. If you have any questions, please email them to FSNSAVicePresident@gmail.com.

By: Bernadette Romero



FAQ'S: Membership

What are differences between each membership?

- NSNA = National Student Nurses' Association
 - The National Student Nurses' Association is a nonprofit organization founded in 1952 in the United States to mentor nursing students preparing for initial licensure as a Registered Nurse and promote professional development.
- CNSA = California Nursing Students' Association
 - CNSA stands for the California Nursing Student Association. We are the state level. We are a constituent of the National Student Nurse's Association. Without NSNA, we would not be able to have our own chapter here at Fresno State. CNSA is composed of over 5,500 members who area all committed in seeking optimal educational, developmental, and professional growth within today's various healthcare settings.

If I went to Boot Camp am I already of member on the State and National level?

- Yes. Membership is mandatory and was included in the bootcamp fee!
As membership director for our chapter, it's also part of my role to help you renew your membership! Membership renewal is good for 1 year. I will be emailing you when your membership is due for a renewal. Please keep an eye out for an email from fsnsamembershipdirector@gmail.com. Because we are a 5 semester (2.5 year) program year you will NOT need to renew again in your last semester! Renewing your membership is easy and can be done online. All you need is your member # and zip code, which can be found on your NSNA membership card.

If you do not know your membership number please contact the secretary at NSNA via email: nsna@nsna.org or by mobile: (718) 210-07



There are countless reasons to renew!

Here are a few others:

Scholarship Opportunities
Graduation cords
Resume!
Career Planning Opportunities
Leadership Development and Community Outreach Opportunities
Subscription to Imprint, the professional magazine for student nurses
Discounts on:
Study Tools/NCLEX Reviews
Health & Liability Insurance
Apparel, School Supplies, and Hotels
NSNA Annual Convention & Mid-Year Conference
Student membership in select professional nursing organizations
Earn School Credit through NSNA Leadership U© Awards Program
<http://www.nсна.org/membership-brochurepamphlet.html>

Interested In Membership Renewal:

Steps to renew:

www.nсна.org

Click on Membership.

Click Join NSNA/ Renew Membership

Click Join Online and then click on Renew (You will need your Member Number and Zip Code)

Step 1: Personal information, change as needed. (most should be the same as when you first applied)

Step 2: School Selection

Select CA

CA State Univ Fresno (93862)

Step 3: Education

Baccalaureate Pre-Licensure

Expected graduation date.

Step 4: Nothing

Step 5: Student, enter Race

Step 6: Payment

One year = \$45.

Payment method

If you have any questions,
please don't hesitate to contact me.

- Kristie Low

fsnsamembershipdirector@gmail.com

Be the Difference!

Join a team of motivated nursing students that make a difference in our community.



2020 Elections

April 1, 2020

STAND OUT BY VOLUNTEERING

Cord
Points



**WHY SHOULD
YOU WANT
TO EARN A CORD?**

Commemorate your success of
Graduating Nursing School with
a CNSA cord!

Questions? Email fsnsasecretary@gmail.com

- Graduating with a CNSA cord reflects not only your nursing school success, but your dedication to the community through volunteer work.
- Reflects active membership in NSNA, an organization that strives to convey the standards, ethics, & skills that students will need as responsible and accountable leaders and members of the nursing profession.

CNSA State Convention

CNSA, Fresno State Chapter had the opportunity to send seven board members to the Fall 2019 CNSA State Convention in Pomona. It was a great opportunity to learn and meet other CNSA members across the state. We started the morning off with a presentation “Beyond the Bedside: APRN & Specialty Nursing- Plenary Panel Presentation,” discussing nurse informatics as a newer nursing specialty, and an outreach nurse coordinator that works in San Francisco to help homeless people get proper preventative health screenings and find shelter. One very helpful talk was “Navigating Your First RN Job,” that discussed resume and interview tips such as being informed prior to your interview by researching the hospital first. When writing your cover letter take into consideration “Why do you want this opportunity?”, you want to personalize it and make it your own, and share how you have been involved. A helpful tip shared was to incorporate the hospital mission, vision and goals, if possible. Once you have landed an interview preparation is key! Look up common questions asked, and practice saying them aloud. Be prepared to answer, “tell me about yourself”. Lastly, be honest in your interview regarding what your goals are. We ended the day with a talk from our very own Dr. Kathleen Rindahl, DNP, FNP-C. She discusses Legislation & Your Practice. She expressed the importance of being educated on the legislation in your area and being involved.

By: Samantha Krob



Nursing Students in Action



CNSA Thanks YOU



We wish to thank all the raffle donors, fundraising partners, and sponsors who so generously supported our efforts to fund this year's Boot Camp and other annual events like the Winter Formal. We send our gratitude to the following:

Raffle Donors:

Bullard Uniform
Diane Skouti
Dog House Grill
Maya Cinema
MDF Instruments
Nothing Bundt Cakes
Fresno State NRC
Scott Browar RN with
Professional
Education Associates
Target
The Beyond Studios

Sponsors:

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CSU Fresno Army ROTC- Felix Quintero
Gary Skouti with Group Warehouse inc.
Jameil Haddad and the Central Valley
Marlins
Marta Magee with Citywide Home Loans
Walid Skouti with Central Auto Outlet

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