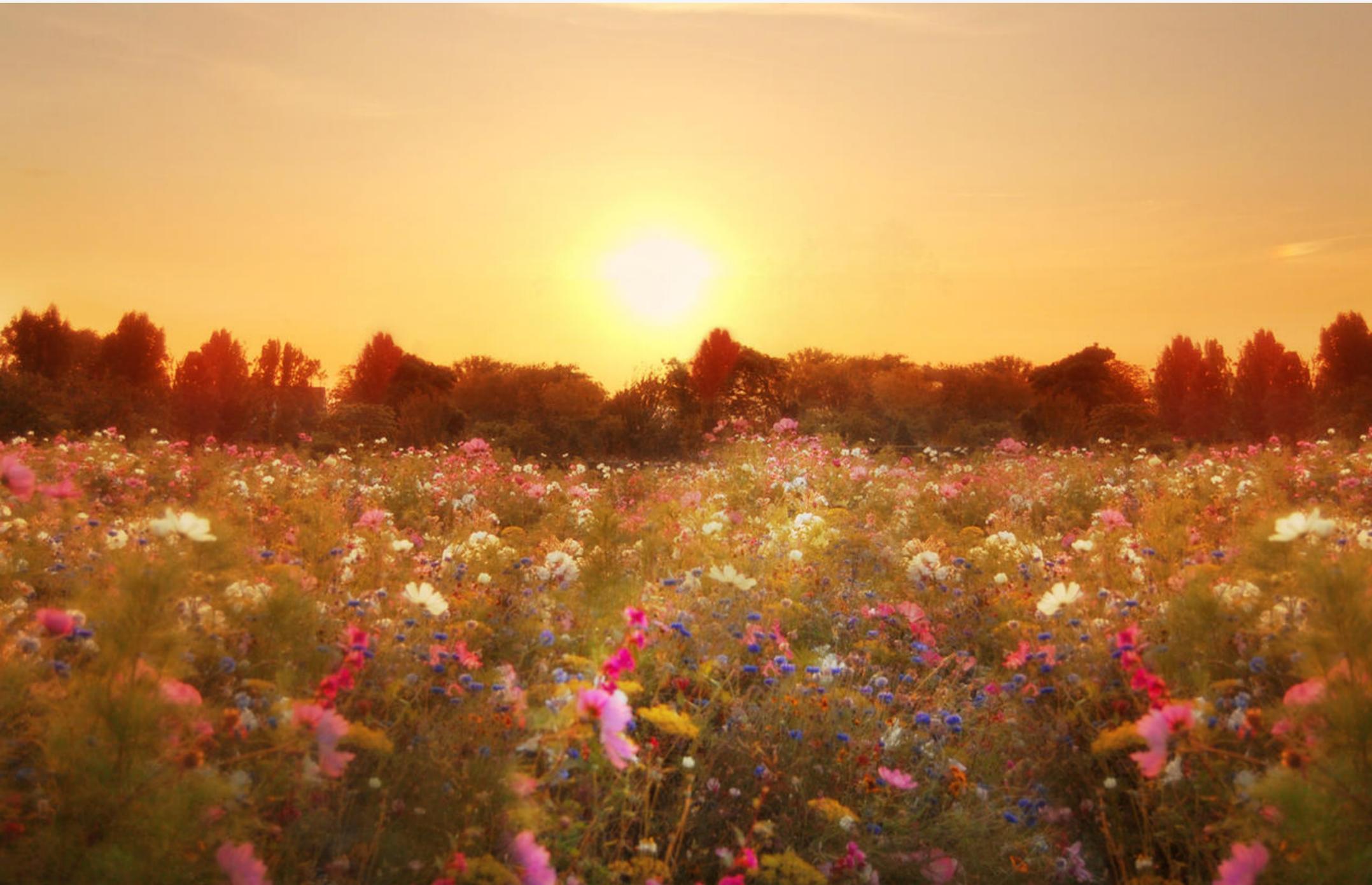




“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do.”

Pele





A MESSAGE TO YOU

Time has gone by, and now a year has passed!

This means that this is my final message to you as your publications and apparel director.

Last semester, we talked about breaking through walls like a titan. But now, we talk about setting your heart ablaze. And no, not literally.

In the last semester, and in the last year, you have done amazing, and before you cancel that statement, it is nothing but the simple truth. You have persevered through every obstacle, pushed through the toughest days, and worked through the most tired of nights. It is what led you to this very moment.

Even when you felt as though nothing went right, when the unexpected happened, and the world felt dim, at that moment, you set your heart ablaze and overcame it all. You persevered through it despite everything. And despite what has been said, what has been thought, and what has been done, you are now where you are supposed to be. But even if it feels as though you're not quite on the right path yet, keep on. Find it, carve it, and persevere.

Set your heart ablaze and live with your head held high.

You are amazing. Take a break. You deserve it.

Thank you, and have a great summer!



Kayla Manzano
Publications and Apparel Director

MESSAGE

A MESSAGE FROM THE PRESIDENT & VICE-PRESIDENT



As this year comes to a close and my time as Vice President comes to an end, I would like to give my sincerest thanks and gratitude to those who elected me into this position. I would like to personally thank my family and friends for supporting me in all of my endeavors. One of the biggest goals that I had for myself was to always be available whenever you needed me and I hope my actions have reflected that during the year. As a nursing student myself, I understand how important it is to learn the different aspects of nursing both inside and outside of the classroom, whether that was through the Externship Discussion, the Post-Grad Q&A, Bootcamp, and the PNACC Sepsis Lecture. Likewise, as a college student, I also know how important it is to focus on one's mental health and take the time to relax with the Spring Picnic and the Painting Socials. Through this position I was able to meet a variety of unique personalities and I am truly grateful for that. I hope that CNSA has provided you all with some amazing memories with your friends. It has truly been my honor to be your Vice President and to be a part of CNSA. Thank you.

Ciena Long, President
Lady Abangan, Vice President



INTRODUCING OUR NEW BOARD OF DIRECTORS



Hello everyone! My name is Nouchia, I am a second-semester student and the CNSA Fresno State Chapter President. When I'm not stressed out about school and homework, you can find my nose buried in a book or me living out my main character lifestyle in a coffee shop! I am a matcha enthusiast and enjoy painting, watching sunsets, and embroidering.

I am extremely excited for this upcoming year. CNSA is a great organization that fosters a healthy learning and supportive environment for growing nursing students and leaders. I can't wait to see all the great things we will do this year. Let's do this!

Nouchia Lee, President

Hi everyone! My name is Stephanie (but please call me Steph!) and I am a current second-semester student and am serving as your CNSA Fresno State Chapter Vice President!

Becoming a nurse has been a life-long dream of mine, stemming from my own experiences as a patient, and I could not be luckier to be able to do so in this program. Outside of my studies, you can find me teaching a yoga class, obsessing over cats, and creating memories with my friends.

I believe in holding space for others and fostering the unique qualities that will make us excellent nurses someday.

Please never hesitate to reach out to me for advice, requests, or just to have someone to talk to. I am so excited for you all to see what we have in store for this upcoming term - it's going to be a good time!

Stephanie Saavedra, Vice-President





Hello everyone,

My name is John Stevens and I am a first-semester nursing student. In my free time, I like to listen to hip-hop and R&B music and go drive out of town to Disneyland or SLO if I can. I am excited to be your upcoming CNSA secretary and being involved with the community we have. As a nurse, I want to go out my way and lend a helping hand to patients. Beyond that, I want to leave my mark on others in the community. This mindset will be the same as secretary and will give my all-out effort for everyone.

John Stevens, Secretary

Hi everyone, my name is Blake McFerrin. I am the upcoming CNSA Treasurer and am currently in the second semester. One nursing specialty that I am interested in is pediatrics. I am excited to be in CNSA and hope to design more student-centered events to increase student involvement. I enjoy meeting new people, playing any sport and snacking. If anyone has any extra snacks, you know whom to give it to, especially flavor blasted goldfish.

Blake McFerrin, Treasurer





Hi guys! My name is Kristina Campbell and I'm very excited to be your BTN director for the 2022-2023 year! I'm originally from Visalia, California where I attended COS to get my Associates for Transfer in Math/Science. I'm known as a crazy dog mom to my cohort, so be ready for my baby, Gizmo, to pop up during some meetings. I can't wait for what our new BOD has in store for the next year and I hope to see you all at our events!"

Kristina Campbell, Breakthrough to Nursing

Hey! I'm Sandra, and I'm super excited to be a part of the new CNSA BOD! I love making edits and posters and running social media. I've always been the person behind the camera to capture moments, so I can't wait to do it for our nursing journey next year :)

Alessandra Quisado, Communications





Hey everyone! My name is Cynthia and I'm a proud Latina first-generation student here at Fresno State. I enjoy being out in nature and listening to music, my favorite artists are Bad Bunny and The Weeknd. I enjoy dancing and I am always up for a Dutch run. I'm looking forward to collaborating with my fellow CNSA BOD this upcoming year and bring awesome events for everyone!

Cynthia Delgado, Events

Hello, my name is Mia Rojas and I'm so excited to be a part of the new BOD! I'm a second-semester student and I've been at Fresno State since my Freshman year. I have always wanted to join clubs and organizations but never found any that interested me until I got into the program and found out about CNSA. A little bit about me is that I'm the first in my family to go to college. In my last year of high school, I decided I wanted to have a career in healthcare but I never knew exactly what route I wanted to pursue. I ultimately chose nursing because it fulfills my curiosity and urge to make a difference in my community. I can't wait for the next two semesters! Thank you again for allowing me to be a part of this amazing board of directors!

Mia Rojas, Legislative





Hello everyone! My name is Lesly and I am the fundraising director for CNSA here at Fresno State! I grew up in the Central Coast and miss the beach dearly. I am a first-generation Latina who enjoys all types of food, Marvel movies, and coffee spots!! I cannot wait to help make marvelous memories this upcoming year!

Lesly Cruz, Fundraising

Hi everyone! My name is Cassie, I am a second-semester nursing student and your new CNSA Fresno State Chapter Membership Director! I am very excited to be apart of this organization and I can't wait to work with all the amazing people that are on the board. Some of my the things I love to do in my free time include hiking, cooking, camping, or pretty much anything outdoors. I love spending time with my family and I am always up for an adventure!

I am really excited to see what we can accomplish as a board these next two semesters. CNSA is an incredible way to get involved while in nursing school and I can't wait to see what this journey brings!

Cassandra Ralston, Membership





Hello, my name is Stevie Struck. I am a second-semester nursing student, and I am still undecided about what kind of nurse I want to be, but I am relatively sure that it will not be with kids. I wanted to be a nurse for as long as I can remember, but I never thought I could succeed at it. I worked as a medical assistant for eight years and then decided to take the leap and go back to school. Some fun facts about me: I grew up in the foothills in Auberry, which is about 45 minutes from Fresno. I love dogs, especially dachshunds. I have a six-year-old dachshund named Josie, and she is my child. My astrogeology sign is a Leo, and I am pretty into that. I love everything Disney, especially going to Disneyland. I am very excited to be the '22-'23 publications and apparel director.

Stevie Struck, Publications & Apparel

Howdy everyone, my name is Jorge Mouet, I am a second-semester student and the CNSA Community Health Director. When I am not studying for classes, I like to play tennis, go hiking, or swim at the beach. I also like to explore new coffee shops with friends and talk about whatever is on our minds. I am really excited about this new opportunity and I hope to create opportunities that are beneficial to us students and the health of our community.

Jorge Mouet, Community Health



BOOTCAMP



Receiving that acceptance letter must have been nerve-wracking, exciting, or even a mixture of both! Maybe some of you ever felt scared, but trust me, it's normal.

Here at Bootcamp, with the help of our volunteers, CNSA board of directors, staff, and sponsors, we were able to host a crash course on nursing school and what's to come. From demonstrations, tips and tricks, and how-to's, we have it all here. Not only that, but you get to meet new faces and maybe even familiar ones with whom you will be spending time with within your five semesters in the nursing program.



EVENTS AND FUNDRAISERS

HOSTED BY THE SPRING '24 COHORT

FSU NURSING HALFWAY DAY

WHERE THE QUAD BY MCLANE HALL
WHEN WED. MARCH 16TH, 9AM-1PM

1ST SEM	<u>ENTREES</u>
2ND SEM	<u>DRINKS (CANNED/BOTTLED)</u>
3RD SEM	<u>SNACK/FINGER FOODS</u>
4TH SEM	<u>CHIPS/FRUITS</u>
5TH SEM	<u>DESSERTS</u>

FOOD - DRINKS - RAFFLE - FUN



Here's to another halfway day, hosted by our new, lovely first semesters! They outdid themselves that day and despite the cold, their warmth and cheeriness definitely shined through! Another successful event full of mingling, delicious food and hopefully, new friendships. Thank you to everyone who attended and came to help! What an amazing event by our students!

EVENTS AND FUNDRAISERS



Make sure to stay tuned to our social media to join us in these amazing events!



EVENTS AND FUNDRAISERS



CNSA PRESENTS
MOUNTAIN MIKE'S
BUY A PIZZA &
MENTION CNSA
+++++
4/21
+++++
1610 HERNDON AVE, UNIT 102
CLOVIS, CA 93611

A promotional poster for Mountain Mike's Pizza. The background is red with a yellow grid pattern. On the left, a pizza is shown in a circular frame. The text is white and yellow, announcing a promotion for April 21st. The address is listed at the bottom.



CNSA PRESENTS
**POST GRAD
Q&A**

If you're
curious about
what life is like
as a post grad,
come join!

April 18th, 2022
7 PM on ZOOM!
Meeting ID: 852 1385 1352

A poster for a Post Grad Q&A session. The background is dark green with a chalkboard texture. The text is in a yellow, chalk-like font. An illustration of a person sitting at a desk with a laptop and a plant is on the right. The event details are listed at the bottom.



CNSA Presents
CODE EVENT

Part 1: February 28th @ 7pm on Zoom

Part 2: March 2nd @ 11:30 - 13:00
in Room 183 at the NRC

Learn hospital codes!

A poster for a Code Event. The background is light green with various icons like a blue star, a red alarm, and a pink squiggle. The text is in green and white. An illustration of a person in blue scrubs holding a syringe is on the left. The event details are listed in green boxes.

EVENTS AND FUNDRAISERS



THANK YOU



THANK YOU

CONGRATULATIONS TO OUR GRADUATES!



2022



Congratulations to our Class of Spring 2022!
As another chapter closes, a new one begins. Thank for
all your hardwork and many caffeine-fueled nights. To
our future nurses! May you spread all the love and joy!



WHY JOIN CNSA?



- Earn points and receive a cord for graduation!
- Receive discounts on certain CNSA events and participate in members-only events!
- Have an organization who has your back and ready to lend a helping hand in your nursing school experience!

JOIN US!



CNSA THANKS YOU!



We thank all our sponsors, donors, members, and everyone for being a part of this chapter!
We'll see you next semester!

