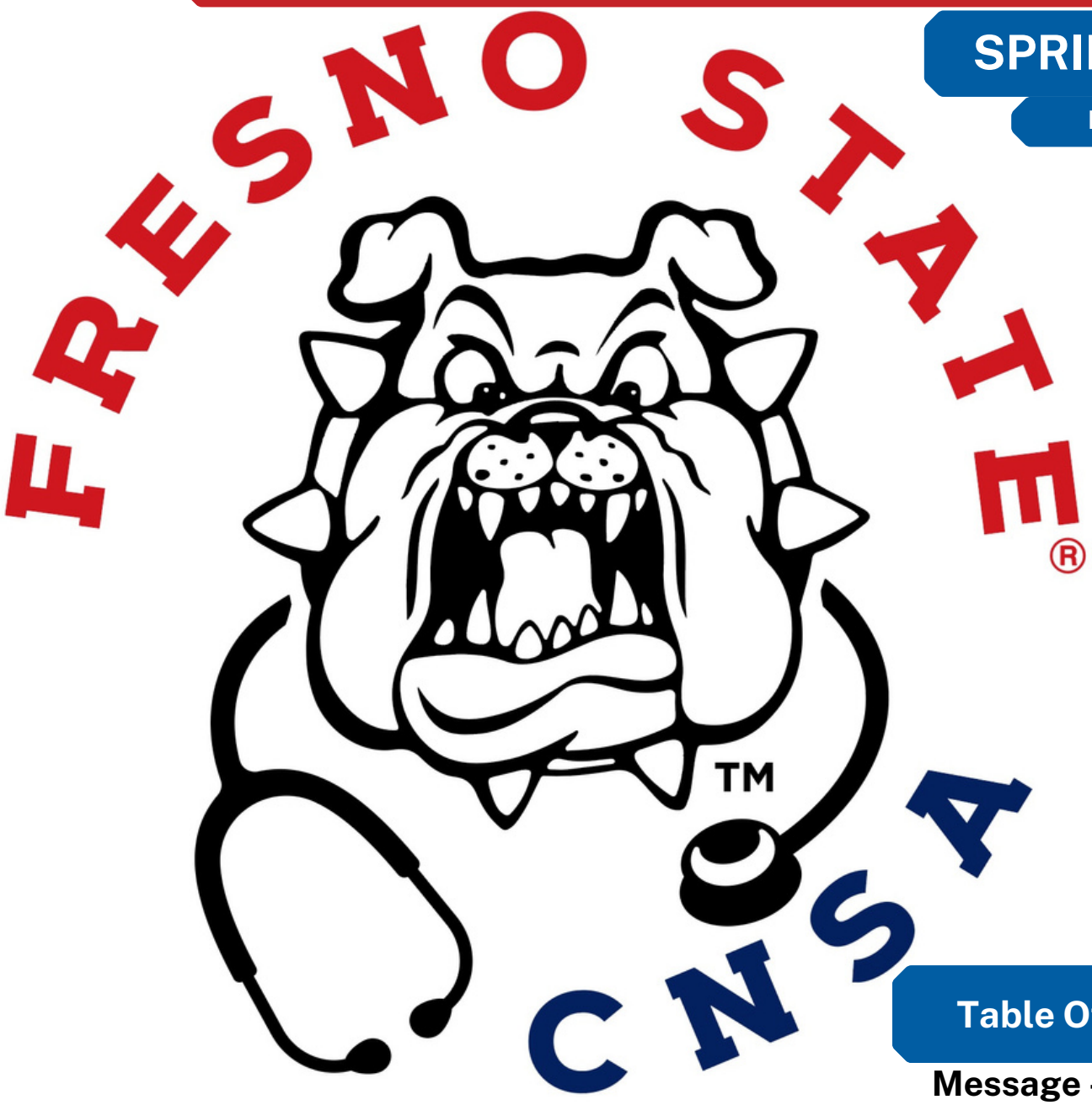
RN FORMATION

FRESNO STATE SCHOOL OF NURSING

SPRING 2023

By Stevie Struck



"Learn from yesterday, live for today, hope for tomorrow."

Albert Einstein

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A Message To You

First of all, congratulations to everyone for making it through the semester. It may have felt impossible at times, but you did it. Regardless of where you are in the nursing school journey, you are doing amazing things. Being successful is not something that happens; it takes time, hard work, and dedication. If you are looking back on your semester and are unhappy about your grades, a test you took, or a care plan you did. Please remember we learn more from our failures than we do from our successes. Also, remember that even though the semester has been over for a few days, we are probably left feeling like there is nothing to do because we are so used to studying and constantly having assignments due. Instead of feeling bored, take this time to enjoy the peace and silence and reflect on how much you have grown and how much knowledge you gained over the semester and give yourself a pat on the back. I am sure we have all given up so much this semester; now is the time to binge-watch your favorite tv show, read that book, and take up a new hobby. Take the time for yourself for self-care; you deserve it.

I wish everyone the best of luck during the rest of your journey in the nursing program, and it has been an absolute pleasure to serve as your Publications and Apparel director. Seeing everyone wearing our Nursing school merch is the coolest part of my job. Thank you for all the support you have shown CNSA.

Now enjoy your summer and keep being spectacular!

Stevie Struck

Meet The BOD '23-'24

President
John Stevens

Hello everyone, I am excited for round 2 of being in the CNSA BOD as your president!! I am currently going into my 4th semester and want to aspire towards general med surg or ICU after graduation. I look forward to serving as your guys' president before graduation. I plan to bring in my previous experience as a BOD and your guys' wants and aspirations for the program. I want to help expand upon your guys' nursing journey and want to have CNSA as a platform for other students to connect with. When helping a patient, it's multiple people involved with their health, and the nurse does not carry the whole load. CNSA emphasizes that students do not have to ride this stressful nursing journey alone, and you may need help from others to succeed. We are in this together and we help shape what CNSA is about! Can't wait to see you guys soon!

Vice President
Jake Esquivel

Howdy everyone; glad to meet you guys! My name is Jake, and I am a third semester student who will be the CNSA Vice President for this coming term! Whenever I am not studying in regards to nursing or other academic aspects, you can find me gaming, traveling, or trying new food or drinks! I am a major tea person (specifically matcha), so Teazer's @ Sierra Vista is basically my second home haha! Regardless, I am here to help anyone to the best of my ability and knowledge in regards to anything!

I am personally extremely excited for this upcoming year for CNSA. This organization creates a supportive, nurturing environment for our future generations of nurses and allows them to become the best nurse that they aspire to be. I cannot wait to show the CNSA members what we have in stock for the following year. Let's have a fun time together! :D

Meet The BOD '23-'24

Hi everyone! My name is Lea (pronounced Lay-uh), and I am your new Secretary! Some fun facts about me: In my free time I love to read and hang out with my friends, and I also am always down to get coffee or boba! Currently, I am not sure what nursing specialty I want to end up in, but I am looking forward to exploring other specialties in my future clinical rotations. I am excited to work with the rest of the BOD and be a part of such an amazing organization!

Secretary
Lea Hernandez

Hi everyone! My name is Lucy and I will be a 4th semester student. I am super excited for the upcoming school year, and to be serving as your CNSA Treasurer. Thank you for allowing me this opportunity! Some fun facts about me: I am currently an L&D extern, I am left handed, and my birthday is on Valentine's Day — which makes me an Aquarius. I do not know much about astrology besides that I am an Aquarius, but would love to get into that. I enjoy meeting new people, trying new foods, hanging out with friends, and recently I have taken up on crocheting! I cannot wait to see what the new BOD has in store for the upcoming school year, and I hope to see you all around!

Treasurer
Lucy Sip

Meet The BOD '23-'24

Breakthrough to Nursing
Chizobam Allison

Hi everyone! My name is Chizobam Allison and I'm super excited to be your upcoming BTN Director :) I'm Nigerian and excited to represent my community. I hope to become a Psych or ED nurse when I graduate... actually why not both? Some things I enjoy doing is going on day trips, doing escape rooms, clubbing, and going on hikes with friends! I also can be a homebody and find joy in binging shows or just meditating in nature by myself. I can't wait to implement ideas into reality and collaborate with different groups!!!

Communications
Ciara Arriola

Hello everyone! My name is Ciara Arriola, an incoming third semester student. I am grateful to serve as your 2023-2024 CNSA Communications Director. When I was younger, I had an amazing experience with the nurses and nurse practitioners at Valley Children's Hospital which inspired me to choose this career path. Prior to nursing school, I worked at an elementary school for three years which further pushed me to pursue pediatric nursing.

Whenever I am on campus, you are almost always going to spot me sipping on an iced matcha latte, taking photos with my friends, or studying in the NRC. If you ever see me around, don't be afraid to say hi! Outside of school I love trying and reviewing new restaurants, reading a good book, and baking sweet treats.

I am excited to work alongside the 2023-2024 BOD to foster an amazing environment for all of the nursing students!

Meet The BOD '23-'24

Hello, everyone! My name is Ngan, but you can call me Jenny. I am a second-semester student, and I am looking forward to serving as your CNSA Fresno State Chapter Events Director for the 2023-2024 year!

I am originally from Vietnam and moved to Southern California in 2017. I obtained my Associate degree from Mt. San Antonio College and then moved to Fresno for the Nursing program.

In my free time, I like hanging out with my family and friends, traveling, and photography. Most importantly, I am a very social person! I have really enjoyed getting to know my classmates here, and I am looking forward to meeting more of you this next year. I can't wait to start planning our events! Hope to see you all there!

Events
Ngan Au

Hello Friends! My name is Kaitlin Yang, and I am a first-semester nursing student. I am honored to be a part of the CNSA Fresno State Chapter as Legislative Director. In my free time, you can catch me listening to music, exploring nature, or trying new foods. I enjoy meeting new friends and crafting things. My current career end goal is a CRNA position. I am thrilled to work with the BOD members to create opportunities to help us grow as nurses. I cannot wait to make new memories alongside everyone!

Legislative
Kaitlin Yang

Meet The BOD '23-'24

Fundrasing
Regina Rivera

Hi y'all! My name is Regina Rivera, and I'm super excited to be a part of CNSA BOD as the next Fundraising Director! As a rising second-sem, I'm still keeping a pretty open mind about where my nursing career will take me, but I can't wait to see what the future holds! When I'm not in clinicals or studying for tests, I volunteer for Camp Kesem by helping to provide services and a free summer camp to children dealing with the journey of a parent's cancer. I'm also a Campus Representative for VS PINK since I have always enjoyed marketing, fashion, and photography. I also love rock climbing, hiking, yoga, and going to concerts (my favorite one to date would have to be Harry Styles!). Besides that, I cannot wait to raise some funds with you all!

Membership
Muskaan Nijjar

My name is Muskaan, and I am a second semester nursing student here at Fresno State. Every day I wake up, I feel proud and happy to be a Fresno State nursing student. Anything I do, I put my whole heart into it. I am not exactly sure about what type of nursing specialty I would like to go into; however, I am certain that I want to become a nursing professor someday (preferably here at McLane Hall). After seeing how supportive of us and passionate about teaching us our professors are, I realized that I want to make a difference just like they are every single day! Thank you CNSA Fresno Chapter members for providing me the opportunity to become your Membership Director for the 2023-2024 school year! I will ensure each one of you is accounted for.

Meet The BOD '23-'24

Hi everyone! My name is Jasmine Kamimoto and I am currently finishing my second semester! I will be heading into my third semester in the Fall, as well as serving as your new Publications and Apparel director! In my free time, I love hiking, crocheting, playing guitar, painting, hanging out with friends, and finding new music to listen to.
I am looking forward to working with this new BOD and getting to know everyone in all of the semesters better! Here's to another fun year, and can't wait for what is in store for us! :)

Publications and Apparel
Jasmine Kamimoto

Hello everyone! My name is Nathan Liang and I am a first semester in the Fresno State Nursing Program and I am honored to be your Community Health Director. I am currently pursuing CRNA as my long term career goal. Some things I like to do during my down time include going out with friends, learning new things to cook, playing games, and listening to music. I always love talking to new people so feel free to say hi and chat with me! I look forward to creating new opportunities for you all throughout your time here in FS that benefit both you and our community.

Community Health
Nathan Liang

EVENTS AND FUNDRAISERS

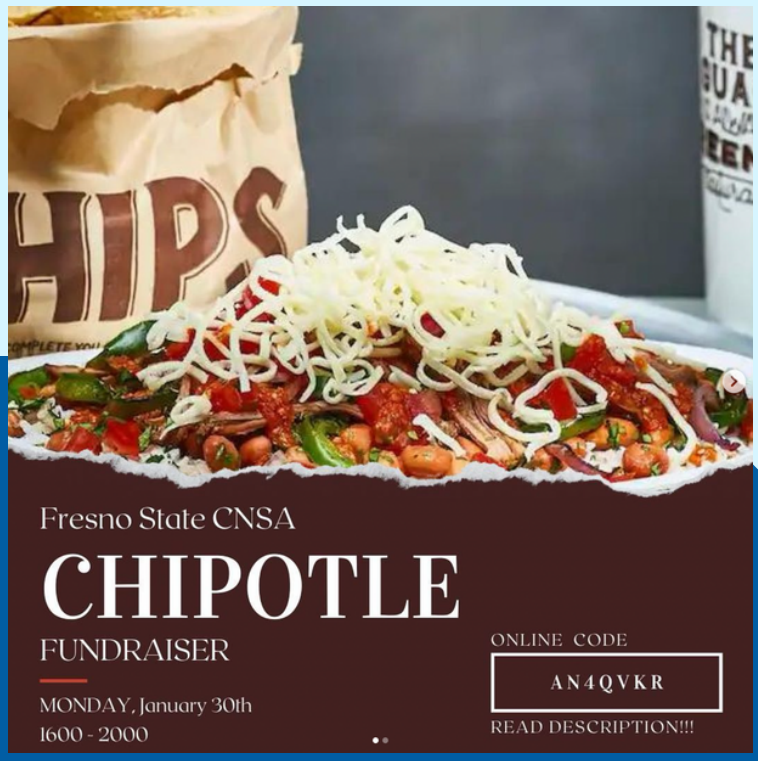
FRESNO STATE®

School of Nursing

BOOTCAMP

Class of Spring

2025



CNSA presents our 2nd

COFFEE & PASTRIES

of the year!

WEDNESDAY, 02/08

Outside of McLane @ the Quad

12:30- 3:30 PM

Grab a cup of coffee & some free snacks before/after class!

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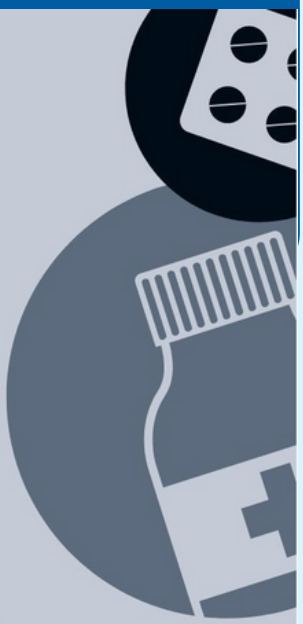
Network with BOD and other semesters!

CNSA +
ZACHARY HORTON FOUNDATION

No Harm Summit



Approaches to Overdose Prevention
Narcan Administration Training

2-DAY EVENT

FEBRUARY 8TH @ NRC, 6 PM
Training program to be able to volunteer on the 2nd day in order to properly perform a demo.

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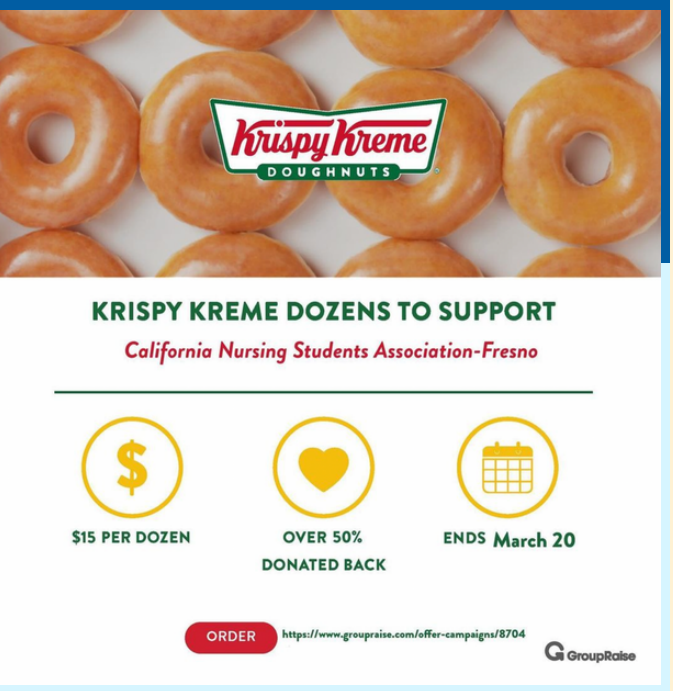
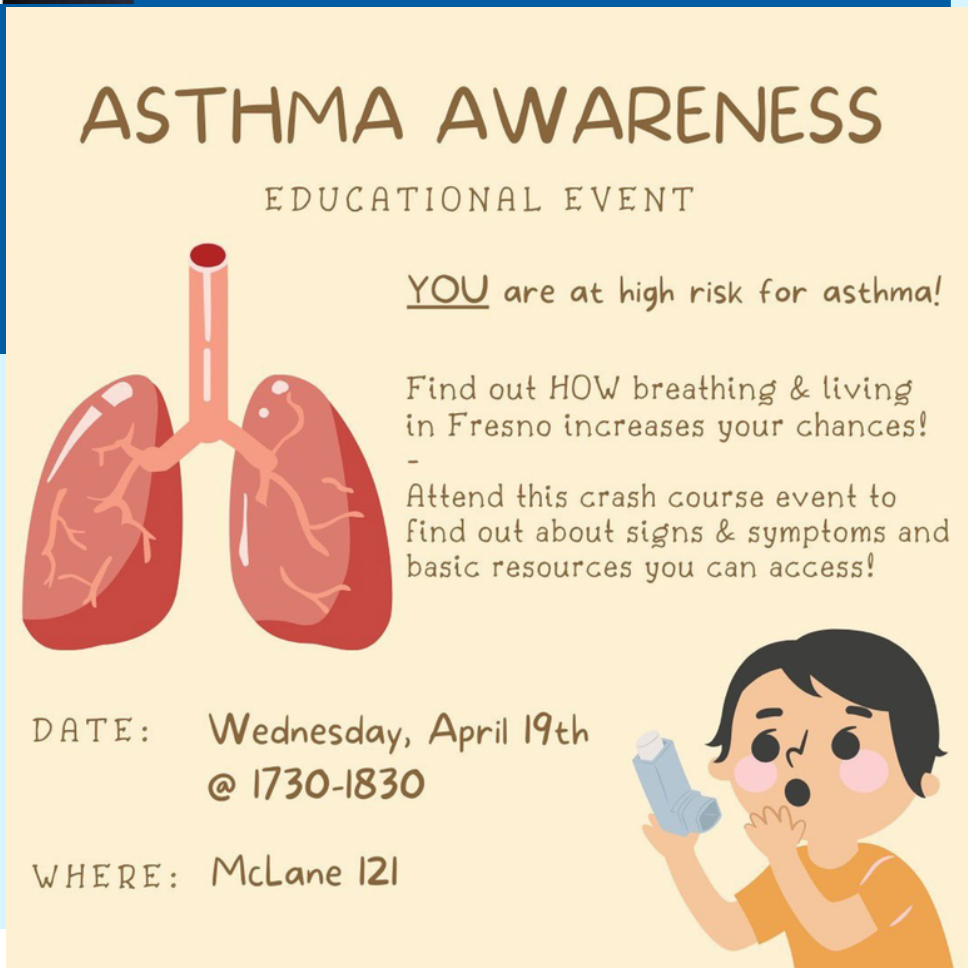
MARCH 14TH @ RSU, 5-8 PM
Perform a demo at the event to showcase how to (1) detect ODs & (2) administering narcan.

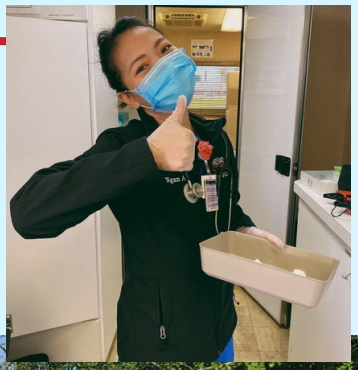
EVENTS AND FUNDRAISERS





Faces of CNSA

Faces of CNSA



Congratulations

Class of Spring 2023

Good luck in the next chapter of your lives!

Become a CNSA Member

- Scholarship Opportunities
- Graduation Cords
- Discounts on school supplies
- Community Outreach
- Discounts on NCLEX Review
- Leadership Development

The '22 - '23 BOD would like to welcome the '23 - '24 BOD and wish you success over the next year! We would also like to thank all of our sponsors, advisors, donors, and especially CNSA members!

Have a great summer! You deserve a break!