

The Monthly Shot... Injecting Sac State's Nursing Program With Information

See inside for the 2005-2006 CNSA election results!

Congrats to Jason Saude, recipient of the CSUS-CNSA Leader of the Year award!

Congrats to the 8 CNSA members honored with cords!

HAPPENINGS IN SACRAMENTO

Sacramento Jazz Jubilee	5/27-30
<i>The Lion King</i>	Now-6/5
NCAA Track Finals	6/8-11
<i>Vans Warped Tour</i>	7/7
<i>West Side Story</i>	7/19-24
Dave Matthews Band	8/16
Tom Petty and the Heartbreakers	8/24

What's Next?

You made it through the semester. What now?

Congrats~ you've survived. The essays, care maps, and ATI's didn't get the best of you. So, what can you look forward to next semester? Here are some helpful hints from folks who have been in your shoes.

Alpha-1st: You have to write a big paper for N17. Start it early, and make sure you know APA formatting! Keep all the handouts from group presentations in N11, they'll be crucial in studying for the final.

Alpha-2nd: Don't forget the weekly quizzes in N12. Start preparing for your clinical group's case study a couple weeks early- check out Dr. Van's format online for some helpful hints. Be prepared for lots of videos in N15 and 16, and lots of skills check offs. And never, NEVER forget your lab coat or name badge!!! Don't stress about clinical. That's why you're in nursing school- to take care of people.

Alpha-3rd: This semester requires a lot of scheduling on your own time- a

weekly hour long counseling session, a 12-step meeting, and a Well Senior experience all for N129. Your clinical group will do a presentation and posterboard on a research article for N123- start early and ask questions.

3rd: Be prepared- the first week of classes is solid lecture. Bring some snacks, and make sure you don't zone out- the tests this semester are going to require a lot of study time. 33 hours of service learning are required, so once you know the agency you're working at, GET STARTED! Keep all your different OB assignments and rotations straight, it will be easy to get confused. There are a lot of writing assignments this semester, so write them all down on your calendar and get started early.

4th: Without a doubt, the busiest semester of all. If you take N150, make sure you check WebCT every day for assignments, due dates, and lecture notes. For N143, get an early start on the Policy Paper and follow the rubric

step by step. Pick a QI project as soon as you start your clinical, and if you are forced to get a late start, make sure you discuss due dates with your instructor. For N144, stay on top of the Community Intervention, plan on 8 hour clinical days, and don't forget your Behavior Change essay. The midterm for this class is rough- ask your clinical faculty a ton of questions. Remember, no matter how stressed you get, there's only one more semester to go.

5th: Start on your 169 essay early. Get Jerry and the BRN your information ASAP. Start thinking about whether or not you want to do an NCLEX review course. Stay on top of the info your class officers have regarding the pinning ceremony. Get started on the senior project over the summer break- one less thing to do in the fall! Remember, the earlier you start your clinical hours, the earlier you can finish.

Good luck to everyone next semester. Remember to have some fun.

Sun Safety

A friendly reminder to take care of your skin...

Ah, summer- the time for pools, beaches, tans, and sunburns. Your skin is in dire need of your protection! The most significant damage is done by your mid-twenties. Always uses



a sunscreen that protects against UVA and UVB rays. Tanning beds have a ton of UVA, which is worse than UVB! Don't forget sun-

screen for your face and ears. Put globs of sunscreen on- too little can turn an SPF 30 lotion into SPF 4. Make sure you drink plenty of water to keep yourself and your skin hydrated.

CNSA Election Results

by Andrea Perry

Cover the Uninsured Week

During the week of May 2-6, CNSA and Transcultural Nursing Students collaborated to provide CSUS students and faculty with free blood pressure assessments and blood glucose checks. Students also received information on free and low cost health insurance. Visit <http://www.cnsa-csus.org/> for pictures!

Here are your new CNSA Board members.

Executive Board of Directors

- President- Kara Kidd
- Vice President- December Stroble
- Secretary- Rebecca Worman
- Treasurer- Laura Heberle

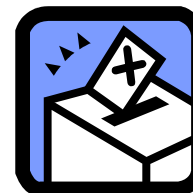
Board of Directors

- Fundraising Chair- Elyssa Anderson
- Legislative Director- Cori Coder
- Insurance Chair- Charisma Doria
- Monthly Shot Editor- Andrea Perry

- BTN Director- Sarah Sanderson
- State Chapter Rep- Emily Latham
- Undergrad Committee reps- Katy Bell and Alexis Hill
- Community Health Dir.- Razel Bacuetes

Semester Representatives

- Alpha 1st- Melissa Reddoch
- Alpha 2nd- Jeannine Stewart
- Alpha 3rd- open
- 3rd- Heather LaLone
- 4th- Taylre Miller
- 5th- Stacy Fowler



Congratulations to everyone elected into office. Any open positions will be filled at the first general meeting of Fall Semester. For those of you interested in holding office, come to meetings and learn what CNSA is all about. Three positions will be opening at the end of Fall Semester when 5th semester graduates. Check the board by the reception desk in El Dorado for contact information for all the officers.

NSNA National Convention

By Emily Latham, CSUS CNSA President (newly elected State Chapter Representative)

The NSNA national convention was held in Salt Lake City the first week of April. Professors Bridget Parsh and Denise Wall attended along with seven other CNSA members from CSUS. Workshops were focused in many areas such as interviewing for your first job, emergency medicine, passing the NCLEX, and more. CSUS

was allowed 3 delegates who were able to represent our chapter in the House of Delegates. California brought 4 resolutions, the most from any state, and 2 of them passed. One was based on increased education on asthma and the other focusing on metabolic syndrome. Medical facilities from across the

country were giving out information and trying to recruit the future nurses. Monster.com was a hot stop in the vendor ballroom where attendees could answer surveys which then identified them in the following categories (which were supposedly described their nursing styles): Greg Focker, Nurse Betty, Hot Lips

Hoolihan, Florence Nightingale. The weather was cool with flurries one afternoon but otherwise clear. The highlight was the birthday celebration for Denise Wall and Emily Latham who share their birthdays on the same day, April 7th.



Thanks to everyone who helped with the Monthly Shot this semester. I hope that everyone enjoyed the newsletter and will continue to read it and submit material. Everyone, please enjoy your summer, and get some much-needed R& R. I think that, for nursing students, it should be R, R, & R- rest, relaxation, and RECOVERY. We all made it through, and are one step closer to that graduation stage.

On another note- In trying to condense the newsletter, and become more savvy, parts of the Monthly Shot and a TON of pictures will now be available on the website, <http://www.cnsa-csus.org/>

Thanks again, and I hope you enjoy your summer as much as I'll enjoy mine.... Andrea

California State University, Sacramento
 El Dorado Hall
 6000 J Street
 Sacramento, CA 95819

916-278-6525
 Email: shoteditor@cnsa-csus.org
 We're on the web!
<http://www.cnsa-csus.org/>