



Long Beach City College

Nursing Student Association (NSA) Newsletter

Spring 2016 Board Members

Not Pictured: Keith Seaman



Why join NSA

By: Misti Powell
Class of Fall 2015



The Student Nurses' Association is an organization that empowers student nurses to explore educational and employment opportunities all while benefiting their community. We aid in the development of the whole person, his/her professional role, and his/her responsibility for healthcare of people in all walks of life.

- **Networking:** Through active participation, you will have opportunities to meet and interact with professors, fellow nursing students, and guest speakers renowned in their specialty, and potential employers enabling you to advance your nursing career.
- **Community Involvement:** The foundation of nursing is based on the fundamental aspect of helping others. As an SNA member, you will have numerous opportunities to give back to your community.
- **Peer Mentoring:** Receive one-on-one mentorship from experienced students for your Pre-Nursing and CON courses.
- **Travel:** The National Student Nurses' Association has annual and mid-year conference around the nation. LBCC NSA helps provide opportunities for members to travel to these conferences.
- **Graduation Incentives:** NSA provides honors cords to all active members to proudly wear during graduation to show your participation in the Student Nurses' Association while at Long Beach City College.

If you are interested in becoming a member and sharing in these great opportunities, please contact Michelle Noel, BTN Membership, at MNoelsvn@gmail.com for more information.

NSA DECLARES A PENNY WAR!!



**Put on your game face,
get your change ready
and prepare to go to war!**

Your battlefield?

**The jars inside the learning center, C-304.
Upon entering, turn to the right and you'll see
how you can contribute to your cohort's jar.**

Here's how it works:

- Pennies are worth 1 point.**
- Bills are worth their value as pennies
($\$1$ is 100 points, $\$5$ is 500 points, etc.)**
- Silver coins are worth their value negatively
(nickels are -5 points, dimes are -10 points, etc.)**
- Add to your semester's jar with pennies and bills OR
sabotage your opponents with silver coins!**
- The semester that has the most at the end of the semester
gets half of the TOTAL of all semesters for a party at the end of the year!**

**This event will be going on all year so make sure to stop by whenever you can
and get rid of that change that's weighing down your pockets**

You're only a stranger once...

and show the other semesters who's boss! It's easy to only make friends with the people in your cohort, but this is a way for us all to meet someone new. Each month the newsletter will feature a NSA member (chosen at random) who attends the general meeting.

This month's featured NSA member is Nikki Pham



1. What semester are you in?

>>> 3rd Semester

2. What is your favorite NSA event you have attended or participated in and why?

>>> Boot camp. I benefited so much from attending boot camp when I was an upcoming 1st semester student. I was able to prepare for the program from a student's perspective, which helped me to gain information on what to expect. I volunteered for the Spring 2016 Boot Camp because I wanted to give back to something that I benefited so much from.

3. What is your dream job after graduation?

>>> I would love to work in a dermatology or plastic surgery office. I have always had a passion for health, wellness, and skincare and I enjoy the satisfaction of seeing the clients leave my office with the results that made them more confident about themselves.

4. How do you relieve your stress during the semester?

>>> With such a busy schedule, I really love just spending quality time with my two children and enjoying every moment of their development.

5. Do you have any advice for current or future students?

>>> Try to get things done as soon as possible when it comes to skills testing, submodules or math tests. Each rotation moves very quickly so having those areas completed allows you to focus on being fully engaged during lecture, clinical, and/ or lab

material.

6. Which of your past professors has influenced you the most and why?

>>> To be honest, each and EVERY one of my professors have taught me something different and valuable that I will take with me upon my future and life long career as a nurse.

7. Give an interesting fact about yourself that others may not know.

>>> I enjoy golfing and going to the driving range during semester or rotation breaks. I also LOVEEEEEEE to dance!



8. What are you looking forward to most for this semester?

>>> It's exciting to be in my second year of the program and knowing I am once step closer to graduating. As far as subject areas, I am really intrigued by behavioral or mental health, so I am excited to gain more knowledge in that particular discipline.

Feb 15th Campus Closed

Feb 18th Join-A-Club Day

Feb 20th Red Shoe Walk

Feb 23rd Wellness Walk

Mar 7th Next General Meeting

Mar 15th Flex Day

