

VITAL SIGNS

CALIFORNIA NURSING STUDENTS ASSOCIATION,
CYPRESS COLLEGE CHAPTER

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SAVE THE DATE!
CNSA State Convention
October 20-23

**2011 NATIONAL
CONVENTION!**

2011/2012 CNSA BOARD MEMBERS

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FUNDRAISERS

PENNY WARS

We managed to raise almost \$400 from Penny Wars at the Job Fair! Congratulations to 4th semester, who won the competition. Way to go!

DECALS

Show your school spirit and raise money for CNSA at the same time! Buy a decal.

KETTLEKORN

Congratulations to 4th Semester for raising over \$200 towards Pinning Ceremonies. Expect more kettlekorn fundraisers in the near future! At \$2/bag, we make 100% profit!

CODE OF CONDUCT

Attention Nursing Students! The Nursing Program now has an approved Code of Conduct that will be representative of the nursing student body. This Code allows us to present our expectations of ourselves and fellow students in a unified and professional manner.

Now approved, the Code will be included in the Cypress College Nursing Student Handbook beginning Fall 2010. Nursing students will be required to read and sign the Code. This code includes expectations delineated by faculty and students alike. It is incumbent upon every student nurse to live up to the expectations enumerated therein.

CALENDAR OF EVENTS

Fall Orientation May 12

Pinning Ceremony May 25

Cypress Graduation May 26

Family Night/CPR Training August 11

Fall Classes Begin August 15

CNSA State Convention October 20-23

JOB FAIR

What will YOU do after you graduate? Cypress College CNSA hosts a job fair each semester to aid students with that very question. The vendor list includes hospitals, home health-care companies and other community vendors. In addition to prospective employers, universities are represented for students who intend to continue their education to the Bachelors, Masters or PhD level.

This year's job fair was very well attended by students. The vendors were impressed with the level of organization by CNSA members and sponsors. Job fair is an essential event for our students. Since our job fair is primarily attended by our students, it is a way to get noticed by these facilities in a more personal way and hone your interviewing skills. A recent flood of new graduates has increased the competition for new nursing positions. This has reduced the number of available positions in urban areas.

Not a 4th year student? It is important to remember that ALL semesters benefit from our job fairs, as they allow us to solidify our relationships with our clinical partners. And best of all, you can always pick up some great Job Fair ware, like pocket hand sanitizer, chapstick, pen lights, and even a stethoscope!

NATIONAL CONVENTION



Eight Cypress College students attended the NSNA 59th Annual Convention at the Salt Palace Convention Center in Salt Lake City, Utah. This year's theme was "Defy Gravity – Reach New Nursing Summits!"

Nursing students from all over the country participated in the NSNA delegation, workshops, and elections. There was also a first night party where students, including our very own Jonathan Powers, dressed up like superheroes. The student delegates were very busy, but there was still time for food and a little fun. The biggest challenge of it all was trying to stay dry in the rain and snow that we had every day that we were there.

Cypress students learned just how much they had in common with other students from all over the country, and even left convention with a few new friends. We also had a great time hanging out and getting to know one another, which can really be a challenge on campus due to our different schedules.

Our keynote speaker Patrick Hickey, Dr PH, RN, CNOR, was the first RN to climb the 7 summits and was an amazing and very inspirational speaker. His keynote address was "Reaching the Summit of Nursing Education: Are You Prepared for the Journey?" and it was a very motivating. He challenged us to broaden our horizons, continue our education, and be successful at reaching the summit of our nursing careers.

It was an awesome experience to be surrounded by such strong nursing leaders. It was also great to see the differences we can make by being involved in our professional organizations. Be the leader and step up to the challenges that are presented to you, make yourself stand out. One of the best quotes I heard was "it's not who you know, but who knows you!" Going to convention is very motivating and also a great way to learn about the latest trends, timely issues, and valuable career opportunities we face as we transition to the role of RN.

KINDERCAMINATA

KinderCaminata is a combination of the German word for children, Kinder, and the Spanish walk to fire fighters, police officers, teachers, nurses, Cypress athletes and more.

Eager kindergartners filled up the Cypress College campus to explore aspects of career oriented programs offered at Cypress College. Our CNSA group gave these kindergartners an opportunity to listen to their own heart beat by listening through a stethoscope. The nursing students (from different semesters) also taught children the importance of hand washing. While singing their favorite songs, the kindergartners were taught to rub their hands together as long as the songs lasted.

A special thanks to Rita Pierce and Cypress College Staff Development for organizing KinderCaminata and inviting us to participate.



Staying involved with our community is vital for nursing students who must learn to connect with patients on a daily basis.

WELCOME TO CYPRESS COLLEGE NURSING PROGRAM

CONGRATULATIONS!

Welcome to Cypress College. All that hard work has finally gotten you through those doors. Over the next two years you will grow in so many ways. You will learn about yourself, your patients, and build friendships that last a lifetime.

We are the California Nursing Student Association, Cypress College Chapter. We are here to help make your transition a little easier. We truly pride ourselves on being Cypress College Nursing Students. The faculty here is dynamic in their pursuit to make us the best nurses we can be. We welcome you in joining us in our quest to be the best.

NEW STUDENT FAMILY NIGHT

Thursday August 11 at 5:30pm

This is a mandatory meeting for new nursing students! Feel free to bring an ADULT family member. You will meet new students, current students and faculty.

Photos for ID badges will start at 5:30pm. Uniform patches will be available for sale. This is the only time that badges and patches will be sold, and you will need these items to start your clinical rotations (if you have an emergency and CANNOT attend, you MUST make other arrangements with the Health Science office).

Please bring cash or your checkbooks (we do not take credit cards) as you will need to pay for these items this night. Patches are \$4 each (we recommend 3) and badges are \$6 each (we recommend 2). If you buy the recommended quantities it will be \$24 total for badges and patches. Correct change is appreciated.

LIABILITY INSURANCE

You will need to get liability insurance prior to starting your clinical rotation. You MUST have proof of malpractice insurance before school starts, so don't procrastinate! Go to: www.nso.com

JOIN NSNA!

You may join NSNA by visiting the NSNA website, and once you are a member, you are automatically a CNSA member. Joining gives you access to what is happening nationally with student nurses like yourself. There is a \$40 fee, but the benefits far outweigh the cost. As a student, this is one of the best opportunities to be involved with fellow students, develop leadership skills, provide services to the community at large and be involved with other nursing students. The NSNA website <http://www.nsnamembership.org>

CREDIT FOR PARTICIPATION

If you are a member of CNSA you can receive unit credit for your participation in the organization by registering for Nursing 99 (you must have an add code from Sally McNay to register for this class). A contract must be filled out (available www.cypresscnsa.com) detailing your learning objectives. To sign up for the class, please contact our CNSA advisor, Sally McNay for an add code at: smcnay@cypresscollege.edu

EVERYONE MUST HAVE CPR

You will need your American Heart Association – Healthcare Provider CPR certification prior to starting clinical. Be sure that the class is for healthcare providers and not for laypersons of the community. If you take the wrong class, you will have to take the healthcare provider class all over again at an additional expense!

CNSA has a perfect solution. We have contracted with Heart-to-Heart (a CPR licensing company) to give a CPR course to NSNA members at an extremely discounted rate of \$25. This course would normally be \$65 or more. This is an effort by CNSA to increase our number of members, which increases our voting power.

The course will be held at the Heart-to-Heart office in Cypress (a few miles from campus) August 11 (the same day as Family Night) from 12:00 noon - 3:30 pm (address will be given out upon confirmation of attendance).

First, go to www.nсна.org to become a member (\$40 one year, \$70 two years). Then contact us by email: cypresscollegecnsa@yahoo.com and we will send you a confirmation email with more details. Bring your CNSA membership printout or card to the class. Please pay in CASH ONLY. If you decide NOT to attend after signing up, please re-email CNSA at: cypresscollegecnsa@yahoo.com

ORDER TEXTBOOKS ONLINE NOW!

One of the best things you can do is order your textbooks early and read up over the winter and summer holidays. Having a jump on your reading will really make a difference and take some pressure off once things start full throttle!

Textbooks can be ordered now, online and delivered to your house. Visit www.cypresscollegebookstore.com today to order your books!

SUMMER PLANS

New students often ask, "What can I do to prepare for nursing school?" Here are a few handy tips. Go with what you know: review A&P. It is a common thread in all classes and it will gradually be integrated back into your course work, substantially in the latter semesters. Then, brush up on your test-taking skills. You can Go to: www.metamath.com/lswb/dv-clearn.htm to discover what kind of a learner you are and help you study more effectively. Plan for your first three weeks of class, which entail M-F classes, basically all day. You will probably need the weekends to read and study as well. Try buying your books ahead of time. The Bookstore can tell you which books you will need for each class. Review basic math, specifically proportions and ratios. Prepare your loved ones, especially significant others and children, to understand that your time with them during school may be limited and that you may not be able to take on as many responsibilities in the home as you currently do. Finally, get yourself healthy. Eat well, exercise regularly, reduce stress, avoid excess alcohol and cigarettes, get plenty of sleep and enjoy your summer!

Cypress College's CNSA is a chapter of the California Nursing Students' Association. The California association is linked nationally to the National Student Nursing Association NSNA.

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