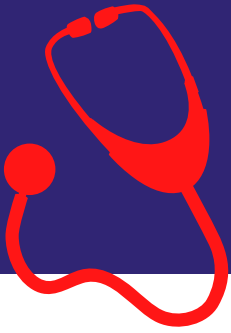




# THE BEAT



THE OFFICIAL NEWSLETTER OF NATIONAL UNIVERSITY STUDENT NURSES' ASSOCIATION - LOS ANGELES CAMPUS



## New additions to our Board of Directors

### In this Issue:

1. New BOD Members
2. Member Spotlight
3. COVID
4. Alumni Q&A
5. Events
6. Scholarships

CONGRATULATIONS



President  
Kira Ryan

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."  
-Maya Angelou



Secretary  
Guillian Viray

"For me life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer."  
- Arnold Schwarzenegger



Treasurer  
Tatiuna Flores

"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain."  
- Vivian Greene



Scholarship Chair  
Brenda Meza

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."  
- Martin Luther King Jr.



Membership Director  
Rachna Patel

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."  
-Helen Keller

### Positions Still Available:

- Community Service Director
- Legislative Director
- Breakthrough to Nursing Director

# Member Spotlight

## Meet Yuri

**Cohort: 24**

**Areas of interest of nursing:** I would like to work Med/Surg to establish a nursing foundation. My true passion is direct patient care and will pursue my MSN FNP over the next five years.

**Favorite Nursing Class so far:** My favorite class so far as to be my Fundamentals class. It is providing the beginning nursing foundations of our career, the essence of nursing.

**Hobbies:** I enjoy training service dogs for veterans and law enforcement officers. I enjoy providing first aid/cpr classes to our first responders. I enjoy taking veterans on shooting trips, where they can reconnect to something familiar as part of a PTSD program. I enjoy both skydiving and open ocean diving!

**Favorite Food:** Anything BBQ, Baby Back Ribs!

**Something Interesting:** 24-year Navy veteran, (Corpsman), as a veteran I have needed seven surgeries and have come to have a great appreciation for the nurses. I have been taught at adult occupational colleges since 2006, I had the privilege to teach at UCLA!





# Dodger Stadium COVID Drive

Check out Cohort 23 rolling up their sleeves to help during the pandemic! We jumped at the chance to volunteer at Dodger Stadium administering COVID-19 vaccines. Some of us even administered them in the pouring rain. We would like to give a special thank you to Dr. Brownell and Professor Takvorian for giving up their time to accompany us. We would encourage other nursing students to volunteer. It was a once in a lifetime opportunity that we will look back upon this historic moment.





# ALUMNI SPOTLIGHT – Q&A

## From Student Nurse to Registered Nurse

**What advice would you give to nursing students that will be completing their first clinical rotation?**

To always believe in yourself and to know that it is okay to not know everything. Also, do not ever be afraid to ask questions.

**How did you prepare for NCLEX?**

The way I prepared for the NCLEX is by practicing test questions, going over each question, and taking notes on the questions I got wrong.

**What are your top three tips when it comes to getting your first job as an RN?**

- 1) Always be yourself during each shift.
- 2) Never be afraid to ask questions.
- 3) Be kind to your patients.

**What unit or specialty do you work in? Do you plan on staying in this unit/specialty?**

I work in the telemetry unit. In the future I want to work in the Oncology unit as well. It will be nice to get experience in both fields.

**Have you had any challenges when it comes to delegation and how did you overcome these challenges?**

Yes, I have had challenges when it comes to delegation in the past. One way that I have overcome it is by thinking about patients and remembering what they need in that moment. Also, never being afraid to ask for help in the time of need.

**In your opinion, how far in advance should nursing students start looking for a job?**

In my opinion, they should start looking for a job at least six months before they finish nursing school. That way, it will give them time to think in what unit they would like to work. Also, it will give them time to gather all the necessary paperwork for their applications. The nursing world is impacted with lots of students, meaning that there is a lot of competition.

**Did you do a residency program? If so, what are some things to look for when applying to these programs?**

Yes, I did do a residency program. One of the major things to look for in these programs is to see and investigate if the hospital is willing to put in the time and effort to teach you. Also, decide what unit you want to work in because certain places they only offer a residency program in certain units only. I would say those are the two major things to look for when it comes to job hunting.

**Have you worked in a COVID-19 Unit? If so, what advice do you have for new grads working in these units for the first time?**

Yes, I have worked in a COVID-19 unit. I would say, always take your time when interacting with these patients. Especially, when you have to put on your personal protective equipment. As a nurse, you never want to rush that process because you need to protect yourself as well.

**Any other comments:**

Enjoy nursing school while you can. It might seem like a stressful moment at the time because of the constant exams and care plans, but it will be so different once you start working on the floor. Start getting in that mind set that working on the floor is going to be so different than what you are seeing in a nursing book. It might be the same topic but the outcome can be different. If you start thinking in that mind set, you won't be afraid once you start on the floor. You can do it, and remember you are human not a robot.



**Diego  
Altamirano  
BSN, RN**

**Cohort:** 16

**Graduation Year:**  
2018

**Long Term Goal:**  
To become a Nurse  
Instructor

**Favorite Class:**  
Pediatrics

**I coped with nursing  
school stress and  
anxiety by...**  
Giving myself a break  
each time I felt stressed  
out and telling myself  
that, "I can do it"



## 69th Annual Convention: A Virtual Experience • April 5-10, 2021

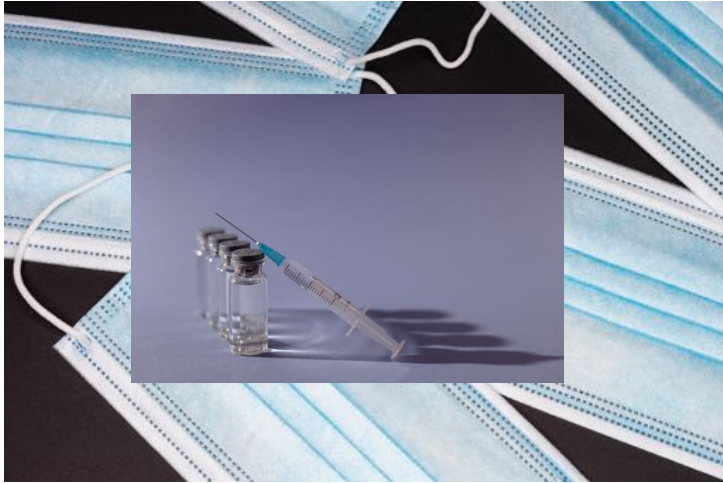
PLUS! NCLEX-RN® MINI-REVIEW  
POWERED BY LIPPINCOTT PASSPOINT!  
For more information, visit [www.nsnaconvention.org](http://www.nsnaconvention.org)



It's easy and fun to attend NSNA's 69th Annual Convention virtually! You will learn about multiple nursing specialties; take a live NCLEX-RN Review; meet NSNA leaders including the Board of Directors, Nominating and Elections Committee, and the chair of the Resolutions Committee; network with students across the USA; gain skills to manage state and local chapters; master test taking skills while learning clinical judgement—and much, much more

**[REGISTER HERE](#)**

# Events:



## COVID Drive

Thank you to everyone  
volunteered!  
As of 2/17/2021, we have  
vaccinated 158,134 LA  
residents at Dodger  
Stadium and we could  
not have done so  
without you!

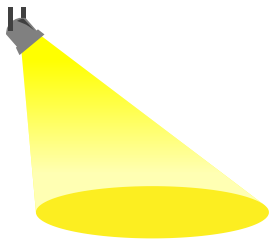
**COVID Drive**

**Upcoming**

**Member Spotlight**

## Upcoming Events:

We still have three open positions for the Board of Directors. In you are interested, please reach out to our vice president Natalie Chapa @ [nusna.la.vicepresident@gmail.com](mailto:nusna.la.vicepresident@gmail.com)



## Ongoing Events:

### **Member Spotlight**

Our NUSNA member's are amazing and we want everyone to know. If you would like to nominate someone to spotlight in our upcoming newsletter or on social media, please email [nusna.la.communications@gmail.com](mailto:nusna.la.communications@gmail.com)





# SCHOLARSHIP OPPORTUNITIES

## A Nurse I Am Scholarship by Cherokee Uniforms

Amount: \$2,000

Due: April 15, 2021

Link: <https://www.anurseiam.com/application>

Description: Applicant must be a student who is currently enrolled in an accredited LVN/LPN, RN degree (ADN or BSN), diploma, or RN-to-BSN program. Individuals who have been accepted to a nursing program but have not yet started their coursework as of January 31, 2021 will not be eligible to apply for the 2021 A Nurse, I Am Scholarship program. (e.g., If an individual anticipates beginning their coursework in Fall 2021, they will not be eligible for the 2021 A Nurse I Am Scholarship program.) Applicant must be currently attending (as of January 31, 2021) classes that are related to their nursing major (e.g., If an individual's current schedule consists of only general education or otherwise non-nursing related courses, the applicant is not eligible for the 2021 A Nurse I Am Scholarship program.) Enrollment may be full-time or part-time.

## Barbara Rhomberg Excellence in Nursing Scholarship

Amount: \$1,000

Due: April 30, 2021

Link: <https://b4brands.com/br-nursing-scholarship/>

The Barbara Rhomberg Excellence in Nursing Scholarship, sponsored by B4 Brands, is awarded each year to a non-traditional, full time student pursuing undergraduate degrees in nursing. Scholarship winners receive a non-renewable scholarship of \$1,000 payable directly to the institution in which they are enrolled, for their Fall 2021 Semester. Undergraduate nursing programs are those offering an associate or bachelor's degree in nursing. Non-traditional students are those students who postponed the pursuit of a college degree after high school, or had their college careers interrupted, and instead entered the workforce, or military or fulfilled a family or non-profit obligation. To be considered, applicants must have taken at least a three (3) year gap between graduating high school and enrolling in a college/university.

Don't forget to....

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**NUSNA would like to give a special**

***Thank  
you!***

**To everyone who made this newsletter possible.**