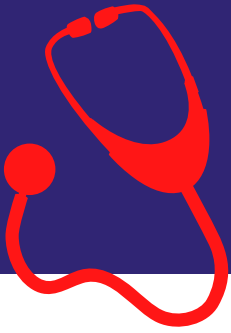




THE BEAT



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



In this Issue:

Join me in welcoming our new Board of Directors

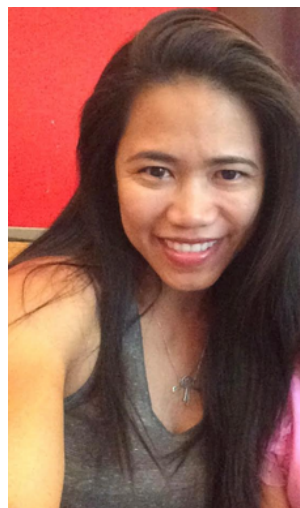
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President
Kristine Cordero - C26
Area of Interest: ICU/ED



Treasurer
Sreyna Ly - C26
Area of Interest: Wound care



Community Service Director
Mary Ann La Rosa- C26
Area of Interest: ED/OR

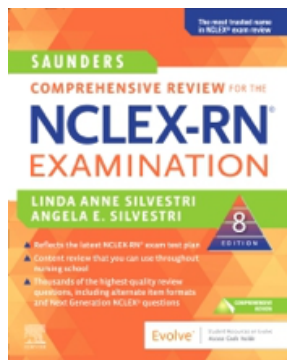




NCLEX Resources By: Kira Ryan

Did you know there are many different kinds of resources out there to help you prepare for that dreaded NCLEX day? There's something for everyone!

For those brainiacs who love trivia, RNtertainment is the perfect study tool! It combines NCLEX questions with a game night flare. You can grab a few friends and play a round or two of this trivia game while learning and refreshing your memory all at the same time!



Another one for those brainiacs who prefer the more traditional style is Kaplan's "The Basics" a comprehensive outline of nursing school content and Saunders Comprehensive Review for the NCLEX-RN examination. These books provide content and practice questions to prepare for the NCLEX.

For those who are more of a picture book type of reader, the Nursing School Bundle is the perfect study tool! This resource provides great infographics and techniques to remember lab values and other important nursing information. This resource was created by a nursing student, now nurse who has a significant following on TikTok and Instagram. You can find it at www.anurseinthemaking.com



NCLEX Resources cont.

If you're not really the reader type and you're more of a visual auditory learner, check out simple nursing. There are some great videos on YouTube for free! There is also a paid subscription option where you have access to even more resources from SimpleNursing. Also, check out Nurse Sarah on YouTube. She is very thorough and will help you all throughout nursing school.



If you're looking for quick tips and entertainment, check out these content creators

On Instagram:

Nurse.Blake

Kristine_nurseinthemaking

Nurse.org

Theresumerx

TikTok:

Nursehackit

Thatnursekev

chrissyCRNA

freshrn

flightnurseshay

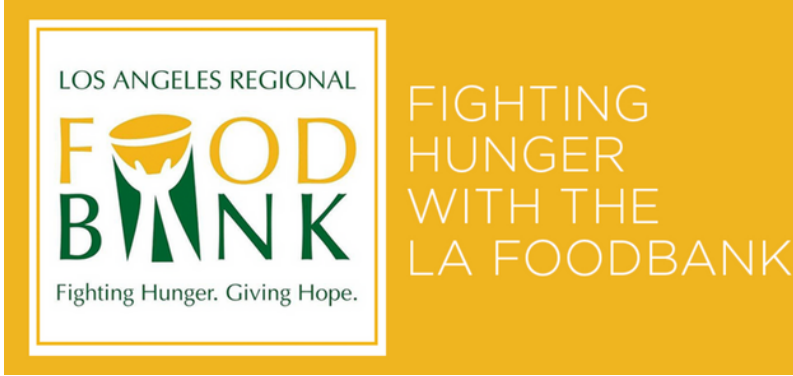
anna.the.nurse

thatnursetia

yournursingeducator

nursemegrn





By: Kristelle Gupit

The Los Angeles Regional Food Bank has been mobilizing resources to alleviate hunger since 1973. Their mission statement is “to mobilize resources to fight hunger in our community.” So far they have distributed 1.83 billion pounds of food and other essentials to children, seniors, families, or anyone in need. Throughout the year their volunteer department schedules volunteer days Monday through Saturday at three hour shifts. Some of our NUSNA members had the opportunity to volunteer by sorting foods and assembling food boxes for seniors. This experience was fun and a great way to get to know one another while helping the community. There are many ways to help the LA Food Bank such as volunteering and donating so I encourage everyone to help in any way they can to help fulfill their mission.





MARCOS SOSA Yes like the President, yes like the baseball player.

BSN, RN

COHORT: 18

GRADUATION YEAR: 2019

LONG TERM GOAL: To always enjoy teaching on the job.

NUSNA DIRECTOR: President

FAVORITE CLASS: Med Surg 2
Clinicals

I COPE WITH NURSING SCHOOL STRESS AND ANXIETY BY... Giving myself time every week to not do anything nursing school related. Go out and have a meal with a friend, go have a drink, go out dancing on a Friday night. All 3?

What advice would you give to nursing students that will be completing their first clinical rotation? The more hands on you are the more comfortable you'll get.

How did you prepare for NCLEX? Uworld. Three weeks off of work. Spent all three weeks answering all practice questions within the question bank. I created custom 75 question tests that were all on the same topic. Week 3 I started creating random 75 question tests. Anticipate you'll have 265 questions when you walk in.

What are your top three tips when it comes to getting your first job as an RN? Apply everywhere. If you already have a healthcare job, see if you can get an RN job there (even if it just for 1-2 years' experience). Look into all New Grad Programs months prior to graduation to see when due dates are, etc.

What unit or specialty do you work in? Do you plan on staying in this unit/specialty? Operating Room. I plan to stay in this specialty. It takes a while to get a routine and you are constantly learning, but it's a great place to be.

Have you had any challenges when it comes to delegation and how did you overcome these challenges? Start by delegating tasks like vitals, the rest will come. Establish a good work relationship with people and help them help you.

In your opinion, how far in advance should nursing students start looking for a job? If you already work at a hospital, talk to your manager and let them know you're finishing nursing school and interested in staying at the same department. If you're new, start looking into new grad programs 'start date' months prior to graduation and look to see when their application deadline is.

Did you do a residency program? If so, what are some things to look for when applying to these programs? I did a residency program. I got into the same hospital I was already working at. You can learn if a hospital has residency programs by going to their websites.

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? I have helped in several COVID units during the winter/holiday surge Dec. 2020 - Jan. 2021. Be sure you have all your supplies for all needed tasks, that way you don't have to continually don and doff PPE. If you don't know, ask.

Events:

Congratulations Cohort 24
YOU DID IT!



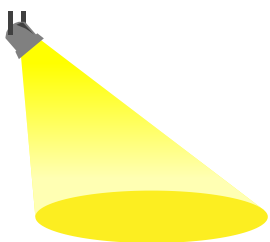
Congrats C24

Raffle

Member Spotlight

**Raffle at this months
member meeting!
Don't miss it!**

- 3m Littmann classic III stethoscope
- \$50.00 FIGS gift card



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



SCHOLARSHIP OPPORTUNITIES

Smarter College Scholarship

Amount: \$2,500

Due: June 20th 2022

Link: <https://smartercollege.org/scholarship-application/>

Description: The Scholarship is open to all residents of the 50 United States, the District of Columbia, age 17 or older at the time of entry. Employees and contractors of LeverEdge Association are ineligible to participate in the Scholarship Program. All federal, state and local laws and regulations apply.

A nurse I am Cherokee

Amount: \$3,000

Due: Jan 1st 2023

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

Description: The applicant must be currently enrolled in an accredited nursing program. Individuals who have been accepted to a nursing program but have not yet started their coursework as of February 1, 2023, will not be eligible to apply for the 2023 A Nurse I Am Scholarship program.

Future Behavioral Health Professionals

Amount: \$10,000

Due: Dec 8th 2022

Link: <https://americanaddictioncenters.org/behavioral-health-academic-scholarship>

Description: Enrollment in academic program in nursing, counseling, psychology, social work, marriage/family therapy, or other curriculum focusing on treatment of mental health and substance use disorders. GPA 3.2 or above. Open to full or part-time college undergraduate or graduate students.

Advanced Practice Healthcare Scholarship Program

Amount: \$15,000

Due: October 31st 2022

Link: <https://hcai.ca.gov/loans-scholarships-grants/scholarships/aphsp/>

Description: The Department of Health Care Access and Information (HCAI) works to increase and diversify California's healthcare workforce by providing scholarships and loan repayments to health professional students and graduates who provide direct patient care in those communities.

Don't forget to....

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NUSNA would like to give a special

***Thank
you!***

To everyone who made this newsletter possible.