

# CNSA LONG BEACH

“I alone cannot change the world, but I can cast a stone across the water to create many ripples.” - Mother Theresa

## 2014 CNSA State Convention

To Infinity and Beyond: Limitless Opportunities in Nursing

**This is our time! The future is now.** Don't miss this chance to learn more about the limitless opportunities available in the nursing profession. Join your peers, classmates and professional colleagues for what promises to be an outstanding convention, October 17-19, 2014, in Pomona.

**Jennifer Ericson, BSN, RN**  
2013-2014 CNSA  
Convention Director

ALREADY INVOLVED IN CNSA, BUT CAN'T GET ENOUGH? Apply for a State Position! Board elections take place in October.

Check out the campaign packet @ [www.cnsa.org](http://www.cnsa.org)



Breakthrough To Nursing Committee at Week of Welcome

## Dive In...

Welcome to Fall 2014! It seems before the semester even begins our to-do lists start growing. Mine usually begins with a to-do list of reading materials that quickly plays out as a *should'a-could'a-would'a* list instead, and before I know it my first test is upon me! Don't they know it's physically impossible to read 100+ pages of convoluted text, review power points, prep for a quiz, write a care plan, not sleep and still be able to make it to our 6 AM clinical?





## Heart Walk Sunday, Sept 14th

Join the **CNSA Long Beach** team for the American Heart Association's upcoming HEART WALK! This is a **FREE 5K** walk event, followed by a 1k Survivor Walk. Anyone is welcome, bring you friends!

Time: Registration & Expo open at 8:00 AM, Walk begins at 9:00 AM

**Please sign up to walk @**  
<http://heartwalkla.kintera.org>, click "find a team" and search "**Long Beach State CNSA**" & join the team!

Volunteers needed for the kids corner & blood pressure booth! Sign up with your reps or email me:

Brooklynn Fay

Community Involvement Director

[bk.fay1@gmail.com](mailto:bk.fay1@gmail.com)

Well we seem to do it anyway, and if this is your first semester, just wait, you can too. Moving into my third semester I can already see a change. I spent the first two semesters putting up a lot of mental resistance to our work load, preferring to complain rather than getting down to business. I don't know if it's the practice that makes perfect or a full-on surrendering to the process, but I just shut-up and do it now (for the most part anyways). While there are times I want to chuck my textbook at the wall and pick up the TV remote, I am grateful it is so challenging. When I overhear someone talking about a heart attack I have to bite my tongue to prevent unsolicited information about coagulation cascades and foam cells to come pouring out. While unsolicited information is extremely annoying to anyone I force to listen to me, I am proud that this program has instilled in me this kind of passion, as well as knowledge. It's true what they say: "You get out of it what you put in."

Brooklynn Fay; 3 Trimester  
Community Involvement Director

## SCHOLARSHIP OPPORTUNITIES:

- ◆ **NCJW: The June Miller Nursing Education Scholarship; \$2000**  
**Applications accepted AUGUST 1 – NOVEMBER 1. Scholarships awarded in DECEMBER.**
- ◆ **Inger Lawrence-M.R. Bauer Foundation Nursing Studies Scholarship; \$2000:**  
**Applications accepted AUGUST 1 – NOVEMBER 1. Scholarships awarded in DECEMBER.**



## 2014-2015 CNSA Board

### IMPORTANT DATES

**Sept 8th** - Happy Hour: Snacks provided! 1PM - 4PM, Glass Classroom

**Sept 10th** - Pre-Nursing Info Session, 4PM

**Sept 12th** - Japanese Nursing and Pharmacy Student Mixer; 2PM - 4PM

RSVP: Chizuru Vancil  
chizuru@lighthouse-ce.com

**Sept 18th** - "How to Get a Job" for 5th & 6th semester students. New Grad Panel of 4. 6:30PM-7:30PM

**Sept 25th** - Nurse Recruiter, Susanna Mortimer from Olive View-UCLA Medical Center

### Write Articles for the CNSA!

Each article is worth one CNSA event and is great for your resume! Articles should be at least 250 words, can be about anything school or nursing related. Articles are due the first week of each month. We want to hear from you!  
[bk.fayr@gmail.com](mailto:bk.fayr@gmail.com)

### INTERESTED IN JOINING THE CNSA?

Vacancies for the following positions:

1. Membership Director
2. First Semester Rep
3. 2 First Trimester Reps
4. 2 Fundraising Appointees
5. 2 Sixth Semester Class Reps
6. ADN to BSN Class Rep

### CONTACT INFO

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**Find us on Facebook:**  
<https://www.facebook.com/csu.cnsa>