

# Nursing Student Association Newsletter

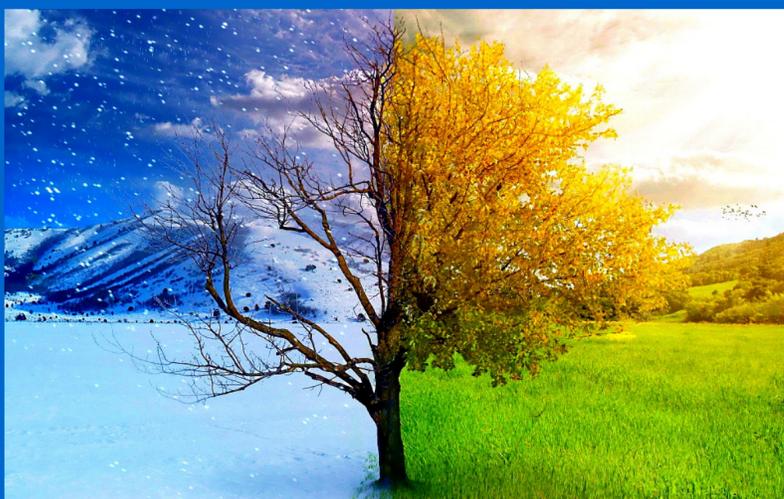


## Hey Ya'll!!!

Welcome back to another gut busting, test stress inducer, but above all exciting semester!



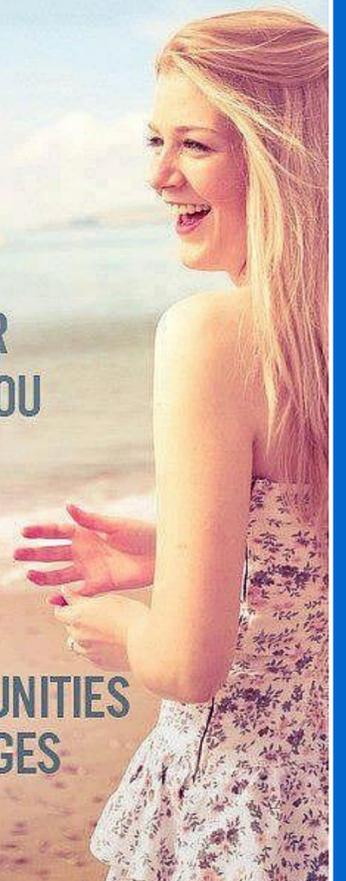
## Chicken Soup for Nursing soul



Hope everyone has had a rest filled winter break, we a ton of exciting new events to unravel for the semester!

## STRESS LESS

01. DANCE IT OUT
02. GO FOR A WALK
03. TALK ABOUT IT
04. BREATHE
05. GO TO BED EARLIER
06. FOCUS ON WHAT YOU CAN CONTROL
07. REMINISCE ABOUT GOOD TIMES
08. ASK FOR A HUG
09. LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES
10. SMILE





# NSA GALA !!!



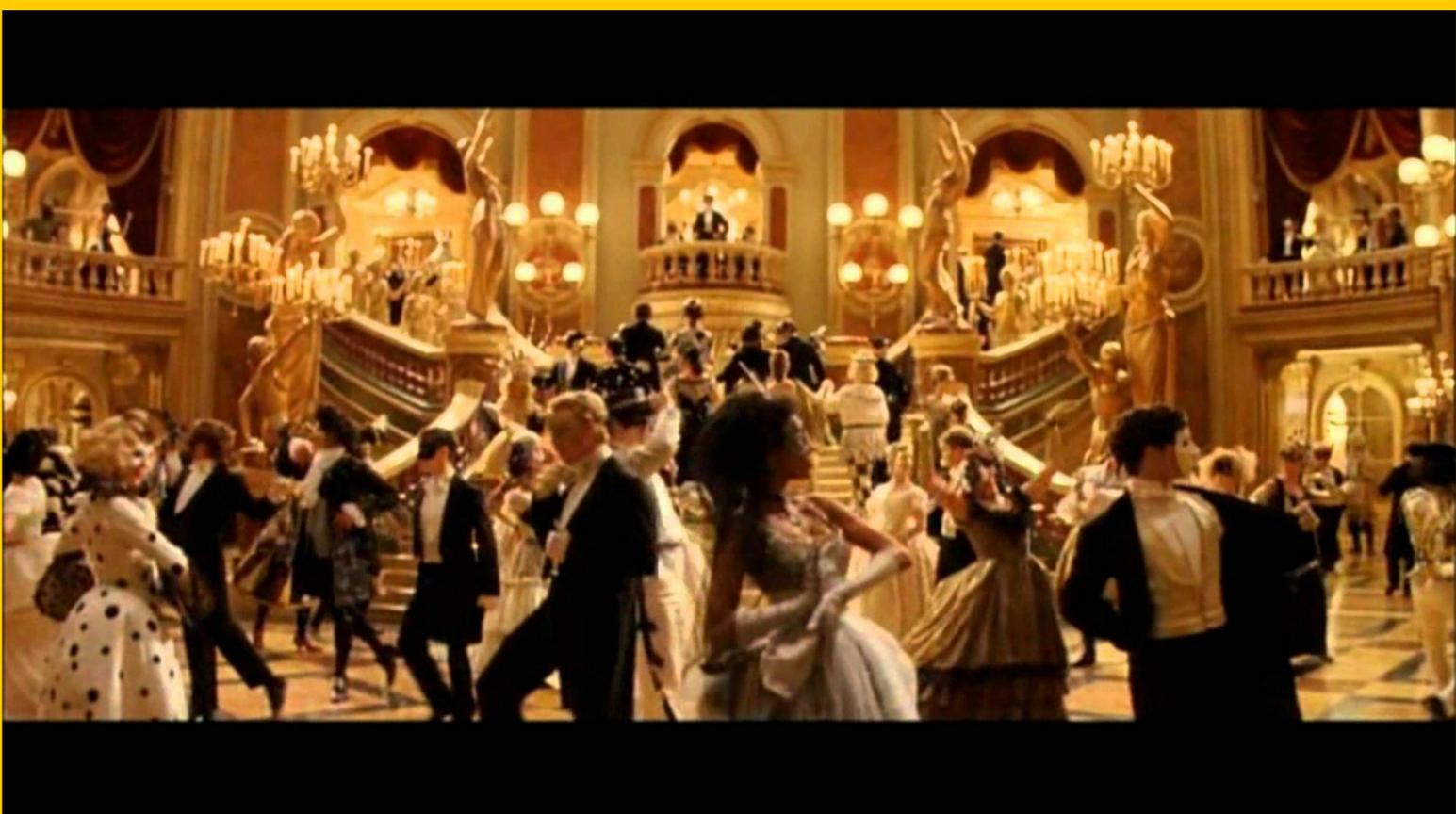
Come check out NSA's 2nd annual Masquerade Gala on:  
February 27th from 6:00pm-10:00pm in the McLaren Conference Center!

We will have food, a dance floor, and performances from VarCity and Hawaiian Ensemble! We hope to see you all there! Formal attire is recommended.

Ticket Portal: <https://commerce.cashnet.com/usfcaASUSF>

Students/Faculty/Staff WITH an ID - \$10  
General Admission/Non-student - \$12

Hope to see you there! Invite your friends as well!



# Volunteer Events Coming Up



2/19 11am to 1pm - NSA Bake Sale ~ up to a max of 3 hours

Benefits: Help NSA raise funds for future events such as our annual masquerade gala



2/27 6pm to 10pm - 2nd Annual NSA Masquerade Gala (10 Volunteers) ~ shifts TBA

Benefits: Support NSA in our annual charity gala. We will be fundraising money for Family House, a non-profit that provides housing for children with cancer and other long-term diseases and their families.



# Need Some Gear? We Got You Covered!

## How to Purchase :

Use the link on our website to purchase any items. Please PRINT your receipt for proof when picking up your items. If you are not able to pick up your merchandise, please write a note acknowledging that you allow someone else to pick up your merchandise on behalf of yourself.



## MERCHANDISE PICK UP TIME

We do not do individual pick ups so please make arrangements to pick up your NSA merchandise at the mentioned times.

\*If you have any further Questions you can contact out Treasurer Rainbow Ho at [who@usfca.edu](mailto:who@usfca.edu)



# PAY Ya Do's



In order to be an active member in NSA, you need to have completed 5 hours of community service (3 from NSA and 2 from other organizations ) and payed \$10

## A Little About Family House

For our second annual Masquerade Gala, the NSA committee has decided to lend a supportive hand for the non-profit organization family House. Family House serves as a home away from home for families with children undergoing cancer and other life - threatening illnesses by providing both emotional and physical support free from financial concerns. Your presence during the evening not only goes for a goes for a good cause but also bolsters our vision of wanting to change the world form here.



**FAMILY HOUSE**