Nursing Student Association

General Meeting
March 3rd, 2014

Tonight's Agenda

- Welcome!
- How to Join
- Active Membership & Dues
- Volunteer Opportunities
- Health Fair
- Heart-To-Heart Mentorship Program
- Nursing Summer Externships
- Today's Job Market
- Summary

How Do You Join?

- Join OrgSync:
  - usfconnect → Student tab → Get Involved link
  - Login with your USF email@usfca.edu (DO NOT ADD @DONS b/c it will not work) & USF password
  - Click on "organizations" → "add organization" → and search "NSA"
  - Request to join without password
  - https://orgsync.com/join/7344/nursing-student-association
- Like us on Facebook https://www.facebook.com/usfca.nsa
- Check out our website!
  - http://usfcansa.weebly.com/

Becoming an Active Member

- **Pay Dues** ONLINE – http://usfcansa.weebly.com
- **Spring 2014 Dues Schedule:**
  - **$10 due by March 31st**
  - $20 starting April 1st
  - $30 starting April 18th
- **Community Service Hours: 5 hrs per semester**

  *Must be NSA or NSA-Approved Events.
  - **DO NOT TURN IN *Community Service Hours* form unless specifically told to do so.**
  - Your hours will be recorded by your Event Leader, by taking attendance from the given roster.
  - IF SPECIFICALLY TOLD TO TURN IN FORM: Have *Community Service Hours* form signed by your Event Leader & submit to Jenna Maslowski's box in Cowell **OR** scan and email your form to Jenna at jmmaslowski@usfca.edu (preferred).

How to Sign Up for Events

- ***To view*** upcoming NSA sponsored community service opportunities, visit our website & click on the ***Community Service*** tab.
- ***To sign-up***: on the 1st of each month our Community Service Team sends out an EMAIL, listing upcoming volunteer events. Each event has an associated Google-Doc in which you will put your information.
  - -- IMPORTANT UPDATE: Sign-ups on google-docs will CLOSE within 3 days of posting.
  - -- If you have signed up and can no longer make it, you MUST inform the community service committee
  - -- You can NOT just remove your name from the list!
- If more opportunities arise throughout the course of the month, Jenna will send follow-up emails.

Volunteer Opportunities

Date	Time	Event	Location
March 4th	10:00am-2pm	HPS Health Fair	USF
March 8th	10:00am-2pm	Summer Resource Fair	Balboa High School
March 14th	9:00am-NOON	MedShare *East Bay	2937 Alvarado St.
March 15th	6:00am-NOON	The Color Run	Candlestick Park
March 16th 3 DIFFERENT SHIFTS	6:30-10:30am 7:30-11:30am 7:00-10:00am	Across the Bay 12k	Aquatic Park @ 500 Jefferson St.
March 25th	1:00pm-5pm	VA Hospital Volunteering	4150 Clement St.
March 28th	9:00am-NOON	MedShare *East Bay	2937 Alvarado St.
April 6th	11:00am-3pm	Multiple Myeloma 5k	Scott & Marina Blvd.
April 6th	5:00-9:30am	Rock & Roll ½ Marathon	Casa Way & Marina Blvd.

On-Going Volunteer Opportunities

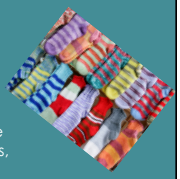
- Project Open Hand:
  Wednesdays from 2:30-5:30pm -- open to all!
  Contact: University Ministry um@usfca.edu
- St. Vincent de Paul Wellness Center:
  Fridays from 8:30am-12:15pm -- open to all!
  Contact: Clare Teixeira csteixeira@usfca.edu
- St. Vincent de Paul Meal Project:
  Mondays at 3:30pm -- open to all!
  Contact: Wilita wdsanguma@usfca.edu
- Presidio Nursery Drop in Program
  Every Wednesday & Saturday from 1pm - 4pm.
  Location: Presidio Nursery, 1249A Appleton Road, Fort Scott
  For more information:
  http://www.presidio.gov/volunteer/Pages/presidio-nursery-drop-in-program.aspx
  Contact: (415) 561-4826 or email ehuerta@parksconservancy.org

Health Fair!

- Date: Saturday April 19th, 2014
- What we need from you:
  - Booth Coordinators!
  - Volunteers!
  - Sock Donations!
    (Adult Male Size Large)

SOCK DONATIONS

- Help us & we'll help you!
- In exchange for 6 pairs of new socks, you will receive **one hour of NSA volunteer hours** (please fill out hours form!)
  - *You can only receive a maximum of one hour of volunteer hours for sock donations, but more donations are also greatly appreciated!
- All socks go to our Health Fair coming up this April!



Resource Page!

www.usfcansa.weebly.com

-Videos & links other students have found helpful.

-Send us YOUR resources to help build our page & help your fellow club members succeed!

Send Info to our Nursing Student Ambassador
Melissa Imamoto
mmimamoto@dons.usfca.edu

Mid-Semester Social!

Mark your calendars…

March 20th 2014 – 6pm to 8pm

Open to All ACTIVE NSA Members!
(This means you must have paid your dues ☺)

Heart-to-Heart Mentorship

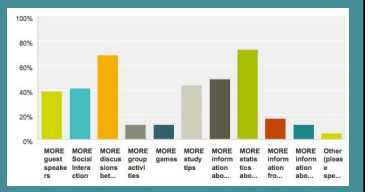
- Initiated as a way to connect nursing students
  - Mentee's are paired with upperclassman Mentors to:
    - Seek advice related to the nursing program (from scrubs, to classes/professors, clinical sites, study tips, stress-reducers, etc.)
- Mentors needed!! *Sophomore 1 & above!
- Interested in being a Mentor/Mentee?
  - Must have Active Status to participate
  - Directions found on our website

Questions?
Contact Melissa:
mmimamoto@dons.usfca.edu

Survey Results

What You Want MORE of:

#1 Statistics about the current nurse job market.
#2 Discussions between board & general members about clinical sites, classes, etc.
#3 Information about graduate programs.
#4 Study tips.
#5 Social Interaction
#6 Guest Speakers
#7 Info about NSA-BSN class reps
#8 Info about CPR classes in the area.
#9 Games
#10 Group Activities



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Nursing Summer Externships

- UCLA Summer Nurse Extern Program (unpaid)
  - Duration: 6 Weeks
  - Choose 2 specialties to experience (3 Weeks per specialty)
  - Must have completed Junior Year
- St. Jude Children's Summer Nurse Extern Program
  - Duration: 8-10 Weeks
  - Pediatric oncology environment
  - Must have completed Junior Year – Applications Open March 1-15th!
- Mayo Clinic Summer III Nursing Externship
  - Duration: 10 Weeks
  - Inpatient units & operating rooms – 60 inpatient & outpatient specialties
  - Paid - $16.21/hour
  - Must have completed two semesters of clinical experience.

Employment Rate of RN's first licensed from August 2012-September 2013

Geographic Area	Employed as an RN	Not Employed as an RN
Northern CA	67.5%	32.5%
Northern Sacramento Valley	77.3%	22.7%
Greater Sacramento	48.3%	51.7%
SF Bay Area	41.6%	58.4%
San Joaquin Valley	80.0%	20.0%
Central Coast	70.0%	30.0%
Los Angeles/Ventura Counties	58.7%	41.3%
Orange/Riverside/San Bernardino Counties	62.9%	37.1%
San Diego/Imperial County	56.3%	43.8%

California Institute For Nursing & Health Care

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You're Hired!

You're Hired! A Nurses Guide to Success in Today's Job Market
Brenda Brozek, M.A.O.L., B.S.N., R.N.

- Marketing Yourself
  - Always consider your image!
  - Google, LinkedIn, Instagram, Facebook
- Applying for Positions
- Preparing for a Formal Job Interview
- The Day of the Interview has Arrived!
- Wrapping Up the Interview
- Post Interview

*Do your homework before the interview! Always be prepared for competency questions about general patient care & the specialty area in which you're applying.

http://youtu.be/0Gou84ilfdA 30:27

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Do You Have Questions About Clinical?? Ask us!

- Clinical sites:
  - UCSF
  - Kaiser
  - St. Mary's
  - Seton Medical
  - Stanford
  - SF General
  - Mills-Peninsula
  - ACMC Highland
  - Laguna Honda
  - St. Francis Memorial
- Nursing Major Courses
- Core Classes:
  - Not sure which core works best with nursing course load? Ask us! If we've taken the class, we can help you decide!

ACLS/PALS/EKG-Pharm

Sign up for classes with Heart Shockers!

- ACLS + PALS + EKG-PHARM - $250 - a steal of a deal!
- ACLS or PALS + EKG-PHARM - $165
- ACLS or PALS or EKG-PHARM - $85
- ACLS + PALS - $165

Plus! An extra $5 discount if you like their page on Facebook!

- Please go to their website and REGISTER for the courses:

http://heartshockereducation.enrollware.com/registration/schedule.aspx

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Support NSA with the purchase of our merchandise!

Stickers	$1
Key Chains	$2
Water Bottles	$10
Totes	$15
Combo Pack! (1 of everything above)	$20
NSA T-Shirts	$5
NSA Sweatshirts	$35

NSA Merchandise!

Support NSA with our affiliate link to MDF Stethoscopes!

- NSA receives a portion of the purchase price without increasing the price for you! These are wonderful stethoscopes, & many of the faculty at USF love them!
- Ships for FREE & delivery usually within 2 business days!

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Any Questions??

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Essential Information

- **Spring 2014 Dues Schedule:**
  - **$10 due by March 31st**
  - $20 starting April 1st
  - $30 starting April 18th
- Sign up for Health Fair! Booth Coordinator/Volunteer!
- Make sock donations!
- Look out for Mid-Semester Party Email!
- Send us your photos from volunteer events!
- Send us videos/links/tips for the NSA resource page!
- Wear your NSA t-shirts to events!!
- **NEXT NSA General Meeting: 04/07/2014**

"THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS"
–MAHATMA GANDHI