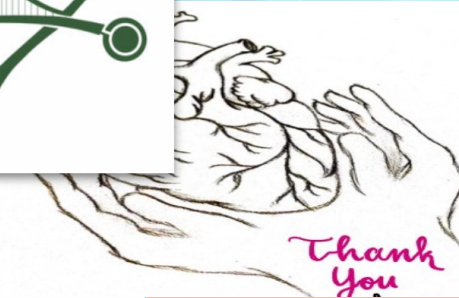
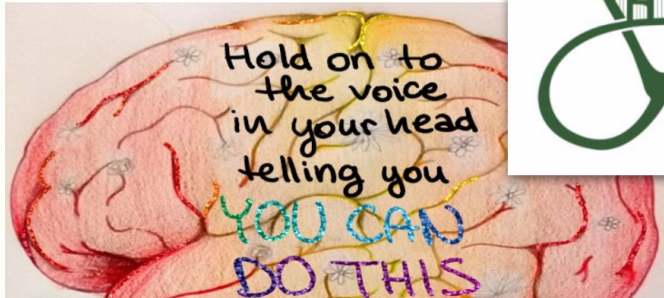


FEBRUARY 2021

Nursing Students Association's Monthly Newsletter

Think of COVID-19 as a reminder to the world that you are the strongest people among all. *With much appreciation*



Welcome to Spring 2021!

-NSA E-Board

Hello wonderful NSA members! Welcome to the Spring 2021 semester! We wanted to take some time to highlight all the amazing things we have done as an organization in February! We also wanted to provide a small preview on what to expect in March! We hope you enjoy it!

Senior Cords

Congratulate seniors on completing their Exit HESI! NSA senior cords are here! If you believe that you have completed the requirements of being an active member, please fill out the form found [here](#)! Please fill it out using your Dons email address. You can also check your membership status on our "NSA Resources" tab on our website [here](#)! Lastly, as a reminder:

In order to qualify for an NSA cord, you must have:

- been active for **2 consecutive** semesters
- paid dues for those **2 consecutive** semesters.

The form will close on **Sunday, March 13th at 11:55 PM (PST)**.

I will not accept late submissions.

IN THIS ISSUE

BLACK HISTORY MONTH HIGHLIGHT

RECAP OF FEBRUARY EVENTS

PREVIEW OF MARCH EVENTS

IMPORTANT INFORMATION

Black History Month

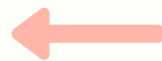
Amanda Gorman



Born and raised in Los Angeles, California, Amanda Gorman developed a love for writing. She went on to attend Harvard and earned a degree in Sociology. She is a Barnes and Noble Writers for Writers Award recipient and is the first National Youth Poet Laureate, as well as the United States' youngest inaugural poet. Some of her well-known works include *Change Sings*, *The Hill We Climb* and *Other Poems*, and *The One for Whom Food Is Not Enough*.



PHOTO BY MARTIN R. SMITH



Estelle Massey Osborne

The first Black woman to earn an MA in nursing and the first Black member of NYU's faculty, Estelle Massey Osborne is honored as a champion of education and nurses' rights. She advocated for other Black nurses' access to higher education and significantly expanded the number of nursing schools that would accept Black students.

BLACK HISTORY MONTH INFO

We, as an organization, strongly stand by diversity and acceptance within the nursing profession and at USF. To learn more about the importance of recognizing and celebrating Black History Month and its influence on the nursing profession, please visit this website for this information:

<https://nurse.org/articles/black-history-month-nursing-leaders/>

Recap of February Events

Here are some February events that we had during this month! This includes our Heart-to-Heart February event and our Oncology Nursing Society Self-Care Week & Event!

Oncology Nursing Society

During the days of February 18th - February 24th, NSA members and E-board members were able to engage in a self-care week on Instagram! They were able to share their views on self-care and different techniques they use to maintain their overall health. NSA members were then invited to attend a panel event on February 25th that was focused on self-care for nurses hosted by the Oncology Nursing Society. Our very own Carly Feckley spoke as a panelist, sharing her own experiences and insights on the importance of self-care on the path to becoming a nurse! Burnout, making self-care a habit early on, and boundary-setting were some key topics highlighted throughout the event.



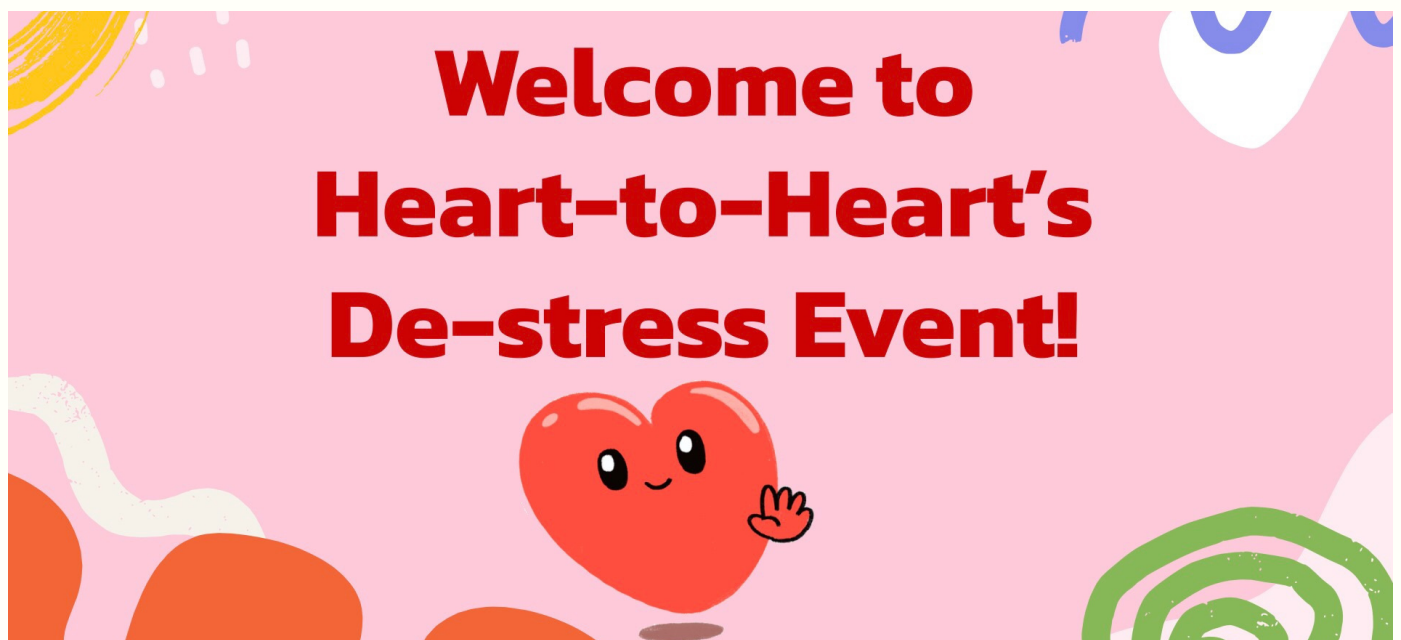
ONCOLOGY NURSING SOCIETY INFO

"All pre-licensure nursing students can join ONS for free. With your student membership comes access to our online, on-demand Cancer Basics course. This is a perfect way to supplement the wonderful education you are receiving at USF and build up your resume. There are plenty of free, online educational webinars and courses that you can take at ONS as a member. You'll also be placed in a local chapter that will allow you to network with oncology nurses in your area and maybe find a mentor. For those of you that have passed your NCLEX within the past 5 years, you will fall under our Early Career Professional category and receive a discounted membership. Info about ONS for students: <https://www.ons.org/student-nurse-resources>" - Patrick Flynn, CAE



Heart-to-Heart February Event

This month, Heart-to-Heart's February event was all about de-stressing! Throughout this intimate event, we addressed what has been stressing us out and went through some activities to decrease our stress. As a group, we each spoke about what was causing us stress and what techniques we were using to deal with our stress. Then, we took some time to make art as a way to de-stress. Once we were done drawing, each artist shared their beautiful pieces of artwork. Lastly, we went through some free de-stress workbooks as resources we can use when we're feeling stressed! Overall, it was a lot of fun getting to de-stress using art and getting to bond with other nursing students!



FUTURE HEART-TO-HEART EVENTS

There will be more Heart-To-Heart events throughout the Spring 2021! They will be hosted by our amazing Mentorship Officer, Quynh Le (qxle@dons.usfca.edu), and Mentorship Intern, Andrea Butler (ajbutler2@dons.usfca.edu)! Please reach out to them if you have any questions or concerns.

Preview of March Events

Happy March! Here are the scheduled events happening in March. If you can't make any of these, you can visit the [Community Service Page](#) for more activities!

Public Speaking in Nursing Workshop

Friday, March 5th 4PM PST

Registration Link: <https://forms.gle/WMbirRWmkdAwliiB7>

MSNS x NSA Wellness Workshop

Sunday, March 14th 1-2PM PST

Zoom ID: 740 779 4189

Academic Writing Workshop

Friday, March 26th 5-6PM PST

Zoom ID: 522 670 6954

Topic Request Form:

<https://docs.google.com/forms/d/e/1FAIpQLSfTXOumNHkcyGbWDtYgc9APA/Wn0B-smNAUXXcGBefdDcr0U8g/viewform>



Tri Gamma Alumni Panel

March 31, 2021 at 6PM PST

Zoom: TBA

COMMUNITY SERVICE

For more information regarding all the community service opportunities for Spring 2021, please visit our website [here](#)! We will also be sending out emails with updates and sign-up sheets! Please contact our Community Service Coordinator, Kristen Chan (kchan22@dons.usfca.edu)!

Important Information

Here are some crucial NSA information for Spring 2021!

Membership Requirements

Due to the current state of the COVID-19 situation, NSA has made some revisions to our membership requirements for this semester. They are as follows:

- **Community Service Hours:** This Spring 2021 semester to fulfill active membership requirements volunteers need to earn a total of 5 points through their choices of the activities listed here.
- **General Meetings:** Our general meetings will be conducted over Zoom and will be recorded and posted. Look out for emails containing more information regarding our meetings. Attending a meeting is not a requirement for active membership, but is recommended! Meeting minutes will be sent out afterwards.
- **Membership Dues:** Fall semester early dues are \$10.00, due: March 21, 2021. After the early due date, the price increases to \$20.00. Last day to pay dues is May 14, 2021.
- **Fundraising:** There will be no fundraising requirement for this semester.

We understand that this can be a difficult time for everyone. Feel free to reach out and contact any of our officers for any questions, comments, or concerns. Stay safe everyone!



Contact Us!

Christine Chu: cchu26@dons.usfca.edu

Serena Hua: sthua@dons.usfca.edu

Lucy Wang: lwang96@dons.usfca.edu

Ashley Tran: aqtran2@dons.usfca.edu

Carly Feckley: cdfeckley@dons.usfca.edu

Catherine Nguyen: cnguyen42@dons.usfca.edu

Norman Feng: nfeng4@dons.usfca.edu

Kalyssa Chan: ktchan2@dons.usfca.edu

Quynh Le: qxle@dons.usfca.edu

Kristen Chan: kchan22@dons.usfca.edu

Amanda Soto: amsoto4@dons.usfca.edu

Sunshine J Batasin: sabatasin@dons.usfca.edu

Katelin Sha: kssha@dons.usfca.edu

Jasmin Sanchez Hernandez:

jsanchezhernandez@dons.usfca.edu

Andrea Butler: ajbutler2@dons.usfca.edu

Seema Shaik: sfshaik@dons.usfca.edu

Lora Batchvarova: labatchvarova@dons.usfca.edu

ADDITIONAL RESOURCES

Here are some ways to further connect with NSA and stay up-to-date with our events!:

- Add our Google Calendar here!: [shorturl.at/pN056](https://calendar.google.com/calendar/ical/shorturl.at/pN056).
- Please follow us on Instagram for more updates!: [@usfca.nsa](https://www.instagram.com/usfca.nsa)
- Visit our website here!: <https://usfcansa.weebly.com/>