

March 2021

# MARCH 2021

*Nursing Students Association's Monthly Newsletter*



## WELCOME TO MARCH!

Hello NSA members! We hope you're all doing well and cruising through the Spring 2021 semester! March was a busy month for NSA, so in this issue we'll take some time to highlight some of the amazing things we engaged in as an organization in March. We'll also provide you with a preview of what to expect for April. We hope you all enjoy it!

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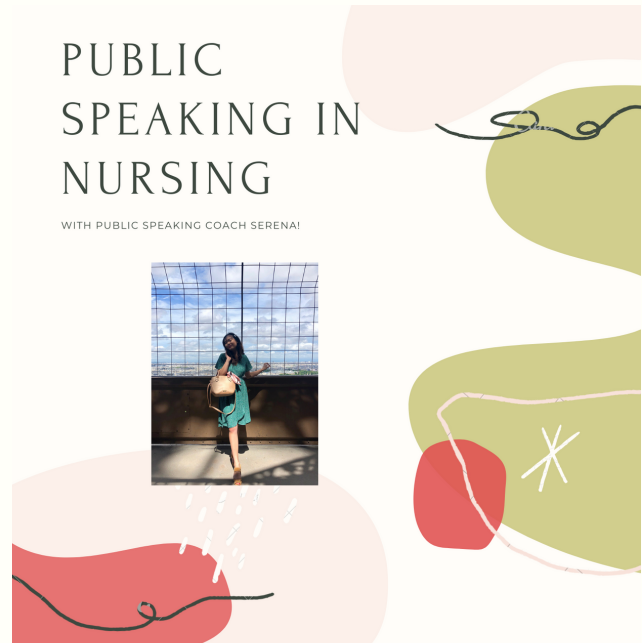


## RECAP OF MARCH

March was a great month for workshops and growing ourselves professionally as both students and future nurses!

### PUBLIC SPEAKING IN NURSING WORKSHOP

On March 5th, our wonderful Vice President, Serena, hosted a Public Speaking in Nursing workshop with the USF Speaking Center! This workshop strived to bring together the power of public speaking with patient care, nursing advocacy, and collaboration!

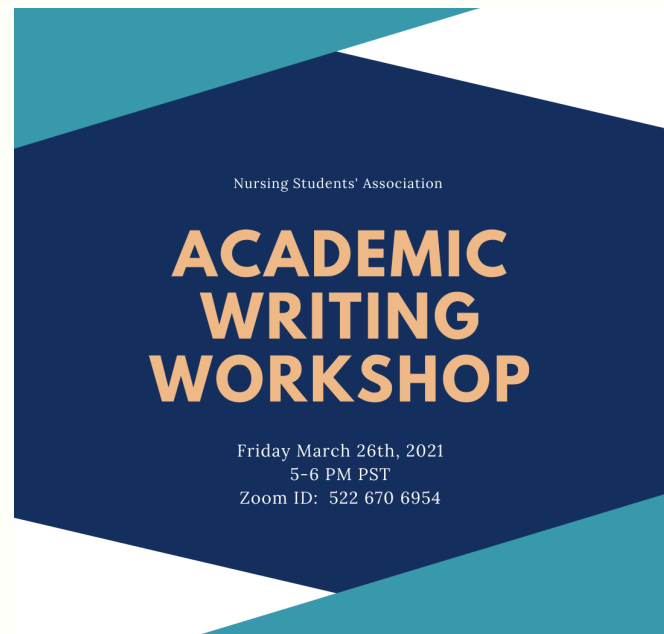


### MSNS X NSA WELLNESS WORKSHOP

On March 14th, NSA partnered with MSNS to hold a Wellness Workshop for all members! It was hosted by our Community Service Officer, Sunshine, and MSNS' Health and Wellness Chair, Gabe Laroya. The workshop focused on the empowerment of failure and how we can rebound after encountering setbacks!

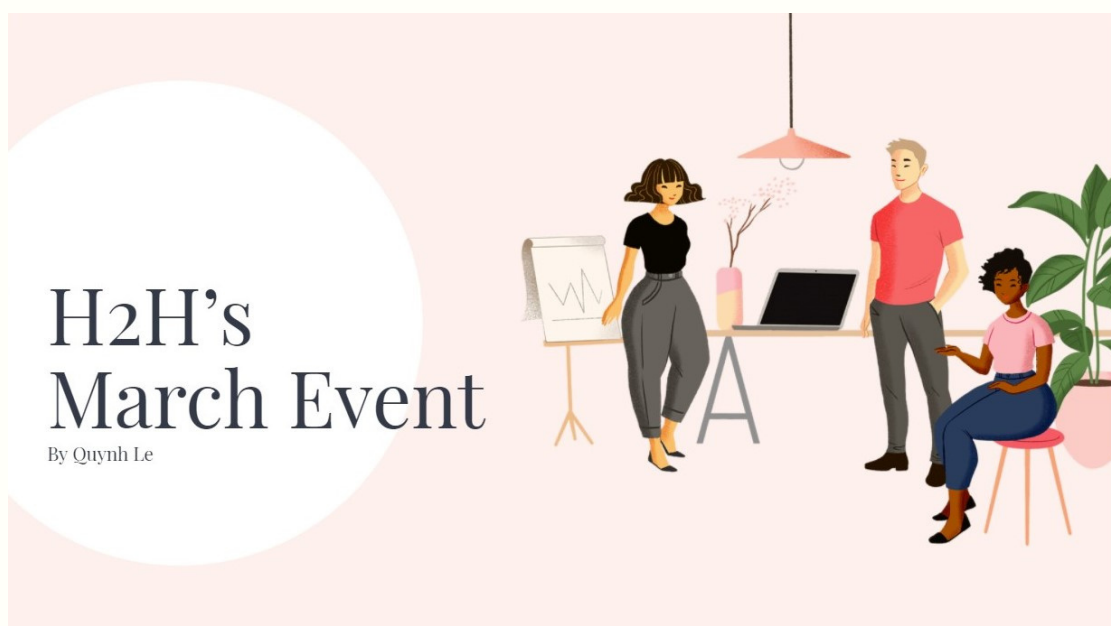
## ACADEMIC WRITING WORKSHOP

On March 26th, Sunshine also hosted a workshop for our NSA community focused on academic writing! Sunshine shared her experiences as a published author and gave us some valuable insights for navigating the process of APA writing and publication!



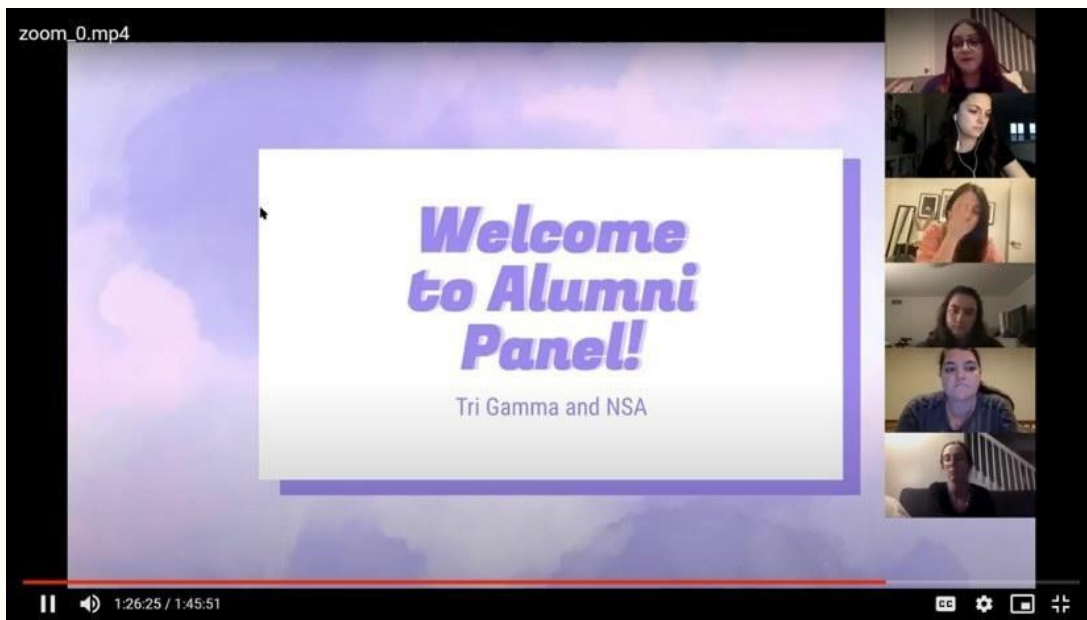
## HEART-TO-HEART MARCH EVENT

This month's Heart-to-Heart's event took place on March 28th and was all about preparing for the SO2 HESI exam! Our Mentorship Coordinator, Quynh, imparted her wisdom and encouragement to our members and shared tips for studying for success on the exam.



## TRI-GAMMA ALUMNI PANEL

NSA closed out March with an alumni panel hosted by our awesome Philanthropy Chairs, Katelin and Jasmin, in collaboration with Tri-Gamma Nursing Sorority! Attendees were able to have the opportunity to engage with alumni and learn valuable skills that could help them in the future such as building a strong resume!





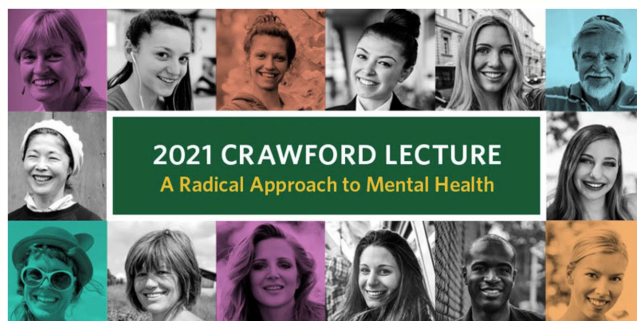
## PREVIEW OF APRIL

Happy April! Here are the events we have planned for this month. We'd love for you to join us, but if you're unable to attend these you can always visit the [Community Service Page](#) for more ways to get involved!

### 2021 CRAWFORD LECTURE

Wednesday, April 14th 11:45 AM -  
12:45 PM PST

[Registration Link](#)



**USF School of Nursing and Health Professions  
Crawford Lecture Presents  
Benjamin F. Miller, PsyD**

A radical approach to expanding the mental health workforce

by Benjamin F. Miller, PsyD, chief strategy officer,  
**Well Being Trust**

April 14, 2021 | 11:45 a.m.–12:45 p.m. (PT)  
Zoom Webinar

### APRIL HEART-TO-HEART EVENT

Saturday, April 17th 1 PM PST  
Zoom ID: 820 8202 7660



# IMPORTANT INFORMATION

Here are some important NSA updates and reminders!

## MEMBERSHIP REQUIREMENTS

- **Community Service Hours:** Friendly reminder that to fulfill active membership requirements, NSA members need to earn at least **5 points** through participation in NSA activities over the course of the semester. Visit our [Membership page](#) to learn more. The deadline to submit points is **Friday, May 21st at 11:59 PM!**
- **General Meetings:** Our last general meeting of the semester will be on **April 5th!**
- **Membership Dues:** Spring semester early dues are **\$10** and due **March 21st**. After that, the price increases to **\$20** and is due **May 14th!**



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## ADDITIONAL RESOURCES

**Google Calendar:** [click here!](#)

**Instagram:** [click here!](#)

**Website:** [click here!](#)