

# NCANS HYPODERMIC

December 2010



Becca Neer

**Congrats  
December  
Grads!**

## Board of Directors Graduates:

**Scott Goodsite, ADN**  
*Wake Tech. Community College*  
NCANS President

**Becca Neer, BSN**  
*UNC Wilmington*  
NCANS Dir. Of Publications

**Leah Pursel, BSN**  
*UNC Wilmington*  
NCANS BTN Director

## **SEASON'S GREETINGS!**

Greetings Fellow Students!

It's been an exciting and eventful year- it sure is hard to believe that it is nearly over! I find myself thinking back over the past two years of my nursing school career- I recall the long nights of studying, the magical call of the 4 a.m. wake-up alarm, and the countless pens I've laid to rest in wastebaskets all over eastern North Carolina.

I can remember thinking it would never end- but to my surprise it really did! All of that hard work has paid off. I am left with the assurance that graduation day will come and go, but the experiences and knowledge gained will last forever.

I wish you all the best as you transition into this next season of life and into a new year. I encourage you to enjoy time with friends and family, take time to stop and smell the roses... or the mocha latte- whichever you have available at the time.

Finally, whether you believe it right now or not, take comfort in that old saying: "this too shall pass."

With Warm Regards,  
*Becca Neer, BSN*  
NCANS Publications Director

## PERSONAL REFLECTIONS

### “SIMPLY” CRITICAL THINKING

Jonathan Shaw, District Director IV

During my psychiatric rotation, I was assigned to a patient with Bipolar disorder. While interacting with this patient, I noticed he had many tattoos. Through conversation, I learned that the client was a tattoo artist, and that his medications made him “shake sometimes” which affected his ability to work and “make ends meet”. I recalled a recent lecture where I learned that mood stabilizers, such as lithium, can cause mild tremors when in therapeutic range. I spoke to the charge nurse about the situation and recommended that the doctor be informed in hopes that an alternative medication might be considered. It never occurred to me that a simple conversation about tattoos could lead to a potentially life changing event for this patient. This was one patient encounter that I will always remember in my career as a nursing student. It was an act of “simply” critical thinking.



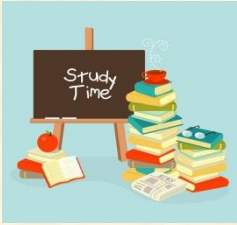
Above: Jonathan Shaw

### KEEPING THE PASSION ALIVE

Kelly Maines, Treasurer

Recently, I attended a lecture on *Communicating with patients in the ICU*. This presentation focused directly on the impact of communication in nursing. It illustrated the creativity that we as nurses are gifted with when it comes to communicating with patients who are not able to. This reminds me of the core of nursing, “doing for others what they cannot do for themselves.” As I sat through this lecture, the fire reignited inside of me- the very fire that inspired me to seek out a career in nursing in the first place! I urge you to take a break, go to lectures, and to do what you need to keep the passion alive. Even in the depths of nursing care plans and critical incident papers, there lies the passion, the light at the end of the tunnel, that when we finally arrive we will be the light in others’ lives.





## STUDY TIPS

Whitney Benfield, Legislative Director

*“Study smart- not harder” is my motto upon studying for any nursing exam. These are a few of my own personal study tips that won me a 100 on my first Med/Surgical exam and an average 4 point increase on other test grades. Dig in.*

### **Note Taking:**

There is no magic to taking good notes, just common sense. It's simply a matter of being thorough and accurate.

**KEY TIP: Use colors.** This may take a little bit longer but it will work. Just give it a chance. When you are taking notes change the color of your pen! Don't write in blue or black ink. Writing in color will help you retain 50% - 80% more of the information without reading it a second time!



### **Test Review Days**

1. **First, choose your perfect spot.** Find an atmosphere that works best for you and free from distractions. The library, coffee shops, etc are all great places to start.
2. **Review your notes**, rewrite anything not clear, or something that you may have missed. Remember, use **bullets**, indentions, and **colors**!
3. **Review your text** book and your professor's objectives, make them into test questions. Reading the book after note taking really reinforces the lecture and ties up all loose ends.
4. **Talk it out!** At the end of your review for the day, find someone to talk it over with! Verbally stating information and talking through it will make it stick!
5. **Take a mini-test.** Find a great NCLEX-RN review book and answer questions about the material you covered that day. Make sure to read each rationale, even when you get the answer correct!
6. **GO TO SLEEP!** We have been hearing this is since we were in grade school, it's time to listen.

Relax. Replace your fear and anxiety for joy. Be excited about what you know and have fun with it.

**Post Exam...**So you didn't do as well as you would have liked, or you just have some questions? Set up a meeting with your professor. Try not to ask questions about exams in public or around others, this can leave the professor feeling pressured or bombarded. This private meeting will answer your questions and leave a lasting impression reflecting your focus.

**Get a Life!** Always remember, with studying it is important to keep up your ADL's 😊. Make sure to keep that lunch date with your long, lost, non-nursing friend or keep your gym date. Find those simple ways to release endorphins; endorphins make you happy, and happy people pass exams!

### New Grad Benefits

North Carolina Association of Nursing Students (NCANS) members can join North Carolina Nursing Association (NCNA) at the *Discounted Rate* of \$35 your first year! And then take advantage of the three-year sliding scale for dues payment!!

NCNA Application available at: [www.ncans.org/membership](http://www.ncans.org/membership)



### NCANS Members

Don't Forget to Renew Sustaining Membership!

[www.ncans.com/membership](http://www.ncans.com/membership)

## NEWS FROM THE BTN DIRECTOR

Leah Pursel

### *Inspiring Others to Reach Beyond the Stars*

The Breakthrough to Nursing (BTN) Director is currently working on contacting schools throughout North Carolina in order to inspire younger generations to enter the field of nursing. By doing this, students exploring their career options gain a better understanding of the role of a nurse in healthcare and are inspired to reach beyond their dreams. In addition to reaching out to pre-diploma level students, BTN has a goal to inspire nursing assistants and LPNs to further their education in order to serve in the greatest capacity in nursing. By visiting hospitals, community college programs, and colleges these individuals can be inspired to reach beyond the stars by becoming influential healthcare professionals. Nursing is a respected, honorable profession and directly impacts the health of the community. By inspiring others to enter into a rapidly growing field, individuals with the heart to care for the chronically ill can change the face of nursing.

***BTN Director, Leah Pursel  
with Joshua P., Esq.***



# NSNA MIDYEAR CONFERENCE REPORT

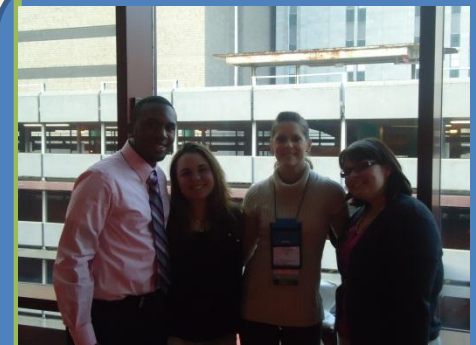
Becca Neer

Members from the NCANS Board of Directors the NSNA Mid-Year Convention in Cincinnati, Ohio in November. Those in attendance included Scott Goodsite (President), Chasity Hilliard (VP), Tracy Garrow (Secretary), Becca Neer (Publications Director), and Jonathan Shaw (District Director IV).

Attendees took part in various breakout sessions, including several that were specific to board positions. These workshops in addition to guest speakers provided valuable information regarding networking, marketability, and leadership. One interesting aspect of the convention was the "Expert Panel" session, a time where seasoned nurses from various nursing areas provided information about their experiences and offered advice to the nurses of tomorrow. Students also had the opportunity to submit specific questions of these "nursing experts."

NCANS President Scott Goodsite reported that he "learned a lot and got to network with several other states [while at convention]. So many great ideas were shared which our board looks forward to implementing to make this a great year for NC Nursing students." Jonathan Shaw, Director of District IV, called it "a great experience. Not only was I was able to get career advice from influential leaders in nursing, but I was also able to get tips for hire by various nursing recruiters across the country!" The board looks forward to attending the NSNA Annual Convention in April, 2011 in Salt Lake City, Utah!

For more information about the NSNA National Convention, please visit [www.nсна.org](http://www.nсна.org).



**Top (Left to Right): Becca Neer, Tracy Garrow, Chasity Hilliard**  
**Middle: Jonathan Shaw, Tracy Garrow, Chasity Hilliard, Becca Neer**  
 Photos Courtesy of Tracy Garrow and Jonathan Shaw

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