

NCANS HYPODERMIC SUMMER 2010

Congrats
May
Grads!



*Becca Owens
NCANS Publication
Director*

*Summertime! And the living's easy...
...or is it?*

Greetings Fellow Students!

It's been a whirlwind season for this board member as I have transitioned from being nursing student into the role of a REAL nurse! I can remember imagining myself walking down the halls on a hospital floor, working with my own group of patients and completing my own assessments and med passes. I can assure you that the real world of nursing is nothing like what I imagined and dreamed of for years. It brings tremendous challenges along with immeasurable rewards.

Enjoy your summer vacation... but be sure not to lose sight of what is waiting on the horizon: NCLEX! We have some great tips in this issue for staying on track with NCLEX, even when the beach is calling.

*With Warm Regards,
Becca Owens RN, BSN
NCANS Publications Director*

DISTRICT HAPPENINGS

NEWS FROM THROUGHOUT THE STATE

Putting a Little Love in Nursing

*Abigail Jenkins, Publications Director
Gardner-Webb University SNA*

SNA is more than an organization that looks good on an application and at Gardner-Webb University, our main goal is to reach out to the community. Over the past three years, the GWU-SNA has made Valentine's Day cards to send to local nursing homes. This year, the cards were sent to Crawley Hospital, a long-term care facility located right off of GWU's main campus in Boiling Springs, NC. Crawley has been gracious in providing our School of Nursing with clinical opportunities as well as a facility to have "hands-on" experience in lab simulations. It's because of their contributions to our learning that SNA wanted to give back. During our February SNA meeting, we made 41 cards and delivered them to each resident in the Hospital. Not only did this brighten the day of many patients, but it also showed them that they are loved and cared for by the nursing students at Gardner-Webb. Making Valentine's cards is not only a fun way to give back to the community, but also a time of fellowship and relaxation during the busy life of a nursing student.



NEW CHAPTER EXCITEMENT!

Ciarra Church, District III Director

Durham Tech is located on Lawson Street in Durham. Recently, Durham Tech has contacted me to start a brand new ANS chapter! This is a very exciting opportunity for these students as Durham Tech recently does not have a chapter. Please send suggestions or comments to the school on what ANS involves as well as encouragement as these hard working students prepare their chapter!

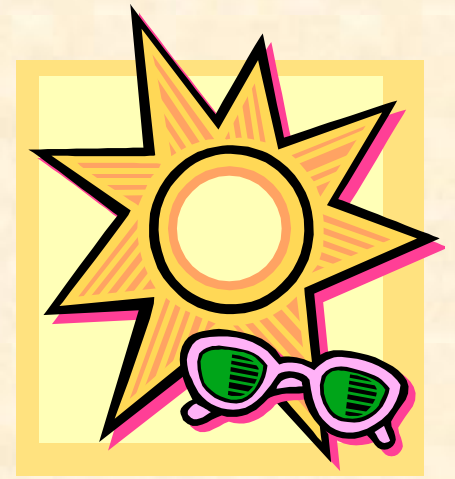
Their faculty contact is Kasey Jordon:
jordank@durhamtech.edu.

Their student contact is Melissa Bravo:
bravo5312@connect.durhamtech.edu.

Want your school's news featured in The Hypodermic? Email your news to your District Director OR drop a line to...
ncanspublicationdirector@gmail.com

NCLEX FUN IN THE SUN!

So you've just wrapped your first or second semester of Nursing school, and you're ready to relax! No clinicals for a little while, no care plans or homework- ALRIGHT! It can be all too easy to lose sight of something extremely important that looms at the end every North Carolina nursing student's school career-THE NCLEX! Check out these tips for staying on track to be prepared for the big day!!!



***Books to the Beach?** Who wants to lug those heavy NCLEX books to the beach with them? Heaven forbid you get sand in the creases or spill a sunscreen on the cover. Solution: Write several NCLEX questions on notecards or purchase laminated notecards! Go over 5 questions each time you finish a chapter in your non-textbook reading choice and every time you re-apply sunscreen! You'll have dozens of questions under your belt before sunset!

***Notecards to the party?** This one is just silly- no one is going to study at a pool party or any other summer gathering! Try this: use sticky notes to place several questions on your mirror ahead of time. Shoot for 5 questions each time you get ready to go out. Even if you only go out once a week, that's 40 questions over the summer while you curl your hair or brush your teeth!

***Another game of "Eye Spy?"** Nothing says summer like a long road trip! You will run out of music and conversation before you would like to, so DO bring an NCLEX book along with you and commit to ten minutes of review for every hour of travel. Think of all the questions you will rack up on that trip to Florida!

NSNA NATION CONVENTION REPORT

BECCA OWENS, NCANS DIR. OF PUBLICATIONS

NCANS Board members traveled to Salt Lake City, Utah to attend NSNA's National Conference. They braved intense snow and cold temperatures to take part in workshops on career-building, leadership, and specialty areas in nursing.

In addition to voting for the new NSNA Board of Directors for 2011-2012, NCANS Board Members also had the privilege of participating in the National House of Delegates to vote on resolutions for NSNA. NCANS' own Whitney Benfield presented a resolution titled "In Support of Further Evidence-Based Research on the Effects of Job Related Nursing Fatigue." The resolution passed with a 90% acceptance rate! Whitney, of Western Carolina University, collaborated with Miss Angi Reddoch of Texas Women's University of Houston, Texas.

A wonderful time was had by all!

WELCOME TO THE NSNA EXHIBIT HALL
2011 ANNUAL CONVENTION - SALT LAKE CITY, UT



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



NCANS Members

Don't Forget to Renew Sustaining Membership!

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