

INSIDE THIS ISSUE ...

WELCOME LETTER FROM THE PRESIDENT	1
THE PATHWAY TO NURSING	1
SCHOLARSHIP RECIPIENTS	2
THE POWER OF TEAMWORK	2
CREATING THE FUTURE OF NURSING	3
NAVIGATING THE EXHIBIT HALL	3
THANK YOU MONITORS	4
MEET YOUR 2013-2014 BOARD!	4
DISASTER PREPAREDNESS REVIEW	5
WRITING A SUCCESSFUL RESOLUTION	5
AMERICAN RED CROSS BLOOD DRIVE REVIEW	6
NJNS LASSOES THE FUN THIS YEAR	6

The *pulsebeat*

A Publication for New Jersey Nursing Students

Volume 57, Issue 4 • January 2013



Dear NJNS members,

Thank you for attending the 61st Annual New Jersey Nursing Students Convention, "Kings & Queens of Hearts: Ace Your Career in Nursing" at Bally's Atlantic City! We had an exciting few days filled with opportunities to have fun while learning & networking during our 47 breakout sessions, NCLEX Review, and Disaster Preparedness Health Services Workshop. Our first class Exhibit hall had over 30 exhibitors ranging from schools and hospitals to educational resources to help you launch your student and professional careers! Many solidified their resumes at our Resume Writing Workshop and participated in our American Red Cross Blood Drive. Thursday evening was spent with friends & colleagues

dancing the night away at our Western-themed First Night Party! This year's convention was a huge success and we hope each of you enjoyed yourselves!

Warm Regards,

SUSAN MORACA
PRESIDENT



The Pathway to Nursing

To ALL the nursing students, I would like to congratulate you on your decision to pursue this education. It takes a special person to have the dedication and devotion to become a nurse. Nursing is more than a profession; it is a way of life. And, in life, we reach our goals through different pathways. Along each path is a journey where we learn and grow. This is true of nursing.

I graduated in 2010 with a diploma in nursing. As a diploma graduate, I was challenged with getting a job in the typical hospital setting, but I did get that job within a six month time frame... in New Jersey! It is possible. The key is to be the best that you can be. Realize that nursing is a team effort and what I think helped me was the role I took in my pre-professional organization. Get involved in your local nursing organizations. I encourage you to join the National Student Nurses Association (NSNA), and not only maintain your membership, but become involved. Go to meetings with the New Jersey Nursing Students. Attend the events throughout the year and communicate with the board about your ideas. Become a delegate our next convention and learn how organizations run. This will set you apart from the hundreds of other applications going for the same job.

I continued my education and received my BSN in 2012. Education is a lifelong journey for nurses. I continue to learn new things every day in my practice as a staff nurse in a Progressive Care Unit. I want to know as much as I can to take care of those entrusted to me. Always keep this in mind as you graduate and move into your careers.

Finally, I would like to encourage you to consider nursing education as a career path. A challenge that is facing the nursing industry is an estimated nursing shortage. This shortage will be from a lack of schools that are able to educate nurses. The decline in

schools will be a direct effect of a faculty shortage. I would like to express my deepest gratitude for nursing educators. They are the lifeline of nursing. For every nurse that they are able to educate and guide, there are thousands of patients that will benefit from this.

Remember, learning is a journey; the path we choose to follow must be one that we will be able to manage. Stand proud and congratulate yourself every day for choosing nursing!

ELEANOR LAZAR BSN, RN
PRESIDENTIAL ADVISOR

Scholarship Recipients

The NJNS, Inc. scholarship committee is pleased to announce the 2013 scholarship winners! After careful consideration of 28 applications, seven students throughout New Jersey were chosen for varying scholarship amounts to aid in their nursing education. Nina Hass from Hackensack University Medical Center (UMC) Mountainside School of Nursing (SON), Christine Cho from Holy Name Medical Center SON, Kristin Torres from Felician College, Cristy Mangano from Hackensack UMC Mountainside SON, Abby Serio from Hackensack UMC Mountainside SON, Danielle Erickson from Seton Hall University, and Rashidah Garrett from Hackensack UMC Mountainside SON were deemed most eligible for the awards, congratulations to you all!

To be considered for an NJNS scholarship, students must be current NSNA members and are encouraged to attend the NJNS annual convention. Professional involvement, GPA, financial need, a detailed merit essay, and letters of recommendation are also considered in the selection process. Award amounts were determined once the application period ended and all applications were received by the Scholarship Committee.

On behalf of NJNS, Inc.'s scholarship committee, I would like to thank The New Jersey League for Nursing, and Christ Hospital for their generous donations, which helped fund these scholarships.

We encourage all nursing students to apply for our scholarships for the 2014-2015 school year. The application will be made available in the fall, on our website at <http://www.njnsinc.org>.



Candice White, RN
Second Vice President

The Power of Teamwork

Throughout life, we work with different people that enable us to learn and grow together towards our potential. NJNS held its 61st annual convention and all of us had the wonderful opportunity to serve the nursing students of New Jersey. Each board member had different roles and

responsibilities to ensure that the convention runs smoothly. We were all in this together! The power of teamwork has truly manifested itself throughout the convention week. We were action-oriented individuals who focused on achieving crystal clear goals for the purpose of a successful convention.

Two nights before the main convention day, we had the objective of packing 2000 bags. All of us were flabbergasted to accomplish work. However, we all decided to take the challenge and aimed to pack all the bags that night. There were 14 of us and we mapped out an assembly line to be efficient. We set up the tables, opened up boxes and took out the contents. Then, we allocated the bags, highlighters, memobooks, ID badges, and the convention books on different tables. Later on, each of us decided which part of the assembly we'd like to work on. Some board members packed the convention books, while some packed the ID badges. As we worked on our parts, I recognized that we functioned as a cohesive team that strived on cooperation, generosity, and the willingness to assist other team members. Because of the organized plan and the efficacy of our social dynamics, we successfully accomplished our objective!

At the main day of the convention, which was February 14, 2013, we were on a roll of doing all sorts of tasks. We set up registration, handled the monitors, organized the exhibitors, and made sure that we were amiably visible to the students. Our biggest achievement was when we operated the opening ceremony. As we prepared for the ceremony, all of the board members tried to gather each other and the local SNA presidents. Then, we all communicated in a coherent manner to line ourselves for the procession. As we walked through the double doors, we felt a sense of excitement and joy. It was memorably fun to sit in front of everyone on top of the platform. In any case, we followed through our list of objectives and began with the national anthem. Then, we proceeded with the roll call, our speeches, and the keynote speaker. Later on, we awarded the scholarships and continued to wrap up the segment. After the ceremony, we recognized that everything went according to plan and expressed our appreciation for the good work that we did.

Overall, our team was held together by strong interpersonal relationships in which we built trust, collaboration, and support. We embodied a team spirit that brought out our potential as leaders. The experience of working with a team has taught me that teamwork bears a lot of fruitful success. After all, when we're "alone we can do so little, but together we can do so much" (Hellen Keller). At the

end of the convention, however, I was happy yet sad about the occasion. The once in a lifetime opportunity to work with such wonderful people has been a splendid experience. I learned so much from everyone and I'll surely miss them all. Certainly, the experience is one of the most memorable moments in my life and I must say that it was an honor and a privilege to be a part of the New Jersey Nursing Students team.

In any case, it was a pleasure to write articles for all of you. I hope my topics about time-management, communication, study strategies, and networking has served you in many ways. Anyhow, I wish you all the best in your endeavors to succeed! May we all continue to learn and grow together and pursue meaningful goals to serve those who need our love.



Mark A. Polon
Treasurer

Creating the Future of Nursing

As chair of this year's Annual Deans' and Directors' Luncheon, it was my honor to acknowledge three professors of nursing, and one dean. The following individuals were recognized for their excellence in the field of nursing education, and for truly making an impact on their nursing students:

- Dr. Barbara Siebert, Associate Dean of Our Lady of Lourdes School of Nursing
- Dr. Mary Grace Amendola, Assistant Professor from Rutgers, the State University of New Jersey School of Nursing
- Rochelle Greenfield, Professor from Felician College
- Dr. Barbara Canella, Clinical Associate Professor from Rutgers, the State University of New Jersey School of Nursing

The luncheon was held at The Reserve at Bally's in Atlantic City, NJ. It was a wonderful event that brought educators together from all over the state. I was personally proud to be able to honor the individuals that are essentially shaping the future of the nursing profession through educating nursing students. It is difficult to envision at times, but our professors and deans are helping each of us to develop into the nurse we will soon become. It is nearly impossible to thank them enough for the knowledge and experience they share with us. I was honored to be a part of this event, and hope you consider one of your professors or Dean for an award next year!



AMANDA VAN PELT
SECRETARY

Navigating the Exhibit Hall

Valentines Day 2013 was not the usual couples retreat at Bally's Hotel in Atlantic City this year. This networking opportunity was themed Kings and Queens of Hearts: Ace Your Career in Nursing. The exhibit hall bustled with NCLEX test preparation organizations, colleges and universities, job opportunities, uniform sales, and raffle baskets. Freshman to senior students came prepared with resumes and enthusiasm as they professionally greeted exhibitors. Whether interested in applying to graduate school, ready to face the NCLEX, job searching, or just interested in seeing what opportunities were available, students were busily making new connections throughout the hall.

Armed with lime green tote bags donated by Hurst Review Services, students could store all the information they gathered throughout the day. NJNS annual fundraiser gift bags were a success and generous donations for the baskets were provided by Kaplan, Drs. Mark and Barbara Chamberlain, ATI, Mark Polon, Candace White, Eileen Allen, Gina Adams, and Sigma Theta Tau International Honor Society for Nursing. Exhibitors traveled from all over in order to showcase what they had to offer. Students could walk away with an application fee waived for a graduate school, possible externship offer, new scrubs or stethoscope, chance to win a free test preparation course, or a chance to talk to New Jersey nursing recruiters about the job market. We hope you enjoyed the day and will come join us again next year!



Alison Lazzaro
First Vice President

Thank You Monitors

The days of NJNS' INC. Annual Convention in Atlantic City ran quite smoothly and I want to thank our monitors for contributing to the success of the convention. The staffing ratios of monitors were a bit challenging at times but they were able to facilitate the flow of traffic while making sure rooms were equipt and accommodated for speakers to present. The ladies and men who were working in the registration booth and the exhibition hall also did a wonderful job. All worked as a team and were able to fill in the gaps where they needed to be filled at such a short notice.

I want to especially congratulate and thank the appointed head monitors, Angela Mukkudan from Rutgers University and Jillyan Suarez from Christ Hospital for your diligence in upholding your positions as head monitors. They

were running around both days making sure all was running smoothly, which is something that requires a lot of mental and physical energy. They went above and beyond in making sure the staff received the proper breaks and they filled in the gaps whenever it was necessary.

Lastly, I want to congratulate Yulieth Hernandez of Essex County College, who was a monitor for the convention, for landing the position as Fundraising Director for the 2013-2014 NJNS, INC. Board. Best of luck to all of you in your future endeavors!



Ilise-Kelly Serrano
Pulsebeat Editor/
Public Relations
Director

Meet Your New 2013-2014 Board!

Our 61st convention “Ace Your Career in Nursing”, climaxed with the installation of the New Executive Board of the New Jersey Nursing Students Inc. (NJNS) for the 2013 to 2014 term. The pleasure is mine to announce this enthusiastic board.

Stephanie Huang – President (Rutgers University College of Nursing)

Cassandra Bowman – 1st Vice President (Burlington County College)

Valine Bogue – 2nd Vice President (Rutgers University College of Nursing)

Jo Vincent Emperio – Treasurer (Felician College)

Mary Rhodes – Secretary (Essex County College)

Heather Foley – Community Health Director (Mountainside School of Nursing)

Frankel Gabriel – Membership/Nominations Director (Felician College)

Cristy Mangano – Public Relations/Pulsebeat Editor (Mountainside School of Nursing)

Abby Serio – Legislation Education Director (Mountainside School of Nursing)

Margarita Molodan – Resolutions Director (Rutgers University College of Nursing)

Alyssa Sebba – Breakthrough to Nursing Director (Holy Name Hospital School of Nursing)

Yulieth Hernandez – Fundraising Director (Essex County College)

On behalf of the members of the New Jersey Nursing Students Inc., please accept our sincerest congratulations on your recent election to the board. We are grateful for your willingness to serve in your various capacities and are extremely thankful for your ambition to shape the future of this organization.

Being a state officer enables you to demonstrate your leadership qualities and the ability to engage in a unique learning experience. In your various positions on the board, you will have the wonderful opportunity of working together as a team in planning and organizing various functions to meet the needs of nursing students throughout the state.

We look forward to working with you and helping you transition into your new roles. Once again, congratulations to you all.



Sandra Cameron
Membership/
Nominations Director

Disaster Preparedness Review

I hope you all enjoyed the convention as much as we did. The first night party was a huge success. The dance floor was packed and we danced the night away.

The Disaster Health Response workshop was the first time we have had this at the convention. It was attended about 50 students and staff. Lisa Braunwell RN MSN from the American Red Cross hosted the class for the convention. The class was very informative about what happens when a disaster happens. She also explained the different positions you can do as a volunteer with the American Red Cross. I

personally really enjoyed it and signed up to volunteer with them. I hope those of you who attended enjoyed it as well. On another note, as the delegate chair for this year’s convention, I want to thank all the delegates who represented their schools at the convention. This is your organization and you stepped and represented your schools.



Kathleen Bridgewater
Legislation Education
Director

Writing a Successful Resolution

Hello, New Jersey Nursing Students,

The 2013 New Jersey Nursing Students, Inc. (NJNS) convention is now behind us but, for the future, we have a new NJNS Facebook page, a brand new board ready and eager to begin working in their respective roles, and the House of Delegates approved resolution! After many intense discussions, decisions, proposed amendments, approved amendments, additions, and deletions, we have a resolution that is ready to take center stage the National Student Nurses (NSNA) convention in North Carolina.

Resolutions are opportunities for nursing students to impact the future of nursing by identifying and calling attention to issues as they arise. However, they have to be written in a specific format, which is established by the NSNA, and then evaluated, discussed, and amended according to *Robert's Rules of Order*®. This year we were able to make changes to the resolution as recommended by the House of Delegates that have helped to make our resolution more clear to the general public and thus a stronger document to present to the national nursing student body. Although, it took some time and much discussion; the delegates worked as a team to develop a stellar resolution that can set the stage for national information sharing.

This year's resolution calls attention to a few of the various substances people across the world are using to alter

American Red Cross Blood Drive Review

Hello New Jersey nursing students!

This year at convention we continued the tradition of having an American Red Cross blood drive. I'm proud to report that the attendance at the drive was great and we collected 29 pints of blood. This is enough to save 87 lives!

There is currently a high demand for blood donations in our communities so it was truly amazing to see all the

their mind and/or mood. In an effort to raise awareness and initiate information sessions that can educate nursing students and professionals alike, the resolved clauses within the resolution ask that the NSNA publish articles in the *Imprint* magazine, and offer sessions during the mid-year and annual conventions as allowed. As future nurses it is imperative we are knowledgeable about the care we provide to individuals that are suffering from the effects of substances that alter the mind and/or mood.

If you have any questions or comments please feel free to email me at resolutionsnjnsinc.org. I look forward to seeing you at the National Student Nurses Association convention and discussing the resolution.



Dia Sanders
Resolutions Director

Do you have questions or comments for our board members and consultants? Go to njnsinc.org and leave a message under our contacts tab. We look forward to hearing from you!

donors give blood. Those valuable pints will help our patients in the hospital who are struggling to survive. It takes a special person to donate blood so I want to extend my gratitude to all those who took the time at convention to stop in at the blood drive.

I hope everyone enjoyed the convention and I wish everyone a safe and happy rest of the school year. Only a few more months until summer!



Carly Rogers
COMMUNITY HEALTH
DIRECTOR

NJNS Lassoos in the Fun this Year!

This year's first night party was a huge success. All who attended had a great time. The Diamond Club at Bally's featured beautiful views of Atlantic City's boardwalk, and the Atlantic Ocean. In addition to the spectacular views, the venue was well decorated to match the Western rodeo theme.

To compliment the Western theme, one of the NJNS, Inc. board members led a "Watermelon Crawl" dance lesson, where partygoers could learn this traditional western line dance. This was a huge hit with all in attendance, and certainly led to a few laughs as everyone tried out their new dance moves. The DJ had an impressive selection of music, and kept the mood lively as the party continued.

The first night party also featured an expansive selection of gourmet food. The menu featured buffet style items, such as pasta dishes, as well as a made-to-order fajita station. There was also an ice cream bar, with numerous toppings and flavors to chose from. All in attendance agreed that the food was delicious.

A sincere "thank you" to all who attended the first night party; it was a wonderful time for all. On behalf of the NJNS, Inc. board, I would like to thank each of you for making not only the first night party, but also the entire convention a huge success.



Madeline Sweeney
Breakthrough to Nursing Director



As a board, we want to thank you for attending NJNS INC.'s 61st Annual Convention in Atlantic City. We will see you again next year!

Advance your education Advance your career...



Your choice.
Your schedule.
Your terms.

Look into the many choices offered by UMDNJ*

- MSN including dual-track options & many nurse practitioner specialties
- Post-Master's Certificates
- BSN to DNP
- MSN to DNP
- PhD in Urban Systems (with Urban Health option)

Campuses in Newark and Stratford, NJ
Applications are now being accepted. Contact us today.
973-972-7014
SNrecruiter@umdnj.edu

Educational excellence at affordable rates.

* Effective July 1, 2013, UMDNJ-School of Nursing will transfer into the family of nursing programs at Rutgers, The State University of New Jersey.

UMDNJ-School of Nursing will have a new name: *Rutgers School of Nursing*. We will continue to offer the same programs, with the same flexible options, and the excellence you've come to expect.



SCHOOL OF
NURSING

University of Medicine & Dentistry of New Jersey

sn.umdnj.edu