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The *pulsebeat*

A Publication for New Jersey Nursing Students

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Welcome Letter from Susan Moraca, President

Welcome to the New Jersey Nursing Students, Inc (NJNS). Congratulations on joining a well-respected state and national membership organization that strives to propel your student nursing career. NJNS, Inc. is an affiliate of the National Student Nurses Association (NSNA) and, like the NSNA, we work to support you, the future professionals of nursing by aiding in your transition from New Jersey student nurse to professional nurse.



NJNS, Inc is focused on providing you, our valued members, with the tools and resources to take your student career to the next level. Becoming a NJNS, Inc. member means that you've taken a step in the right direction to tap into the power of an already established community of successful student nurses and the platform to raise your voice to affect change and influence within the nursing community.

Stay connected with NJNS, Inc. upcoming student events and educational resources through our website www.NJNSINC.org. Not a member yet? Please visit our website and click on the "membership" tab. Looking forward to an exciting year together!



SUSAN MORACA
PRESIDENT

Work as a Nurse's Aide During Nursing School

Nurse internship and externship programs offered through hospitals are very prevalent these days, however, most programs only last a few months, and have an application deadline. A great alternative to these programs is obtaining employment as a nurse's aide.

Working as a nurse's aide can serve as a great foundation and prerequisite for a person entering the nursing profession. Nurse's aide certification (CNA) can be obtained through community colleges, technical schools, and other avenues. The following website offers a helpful list of CNA training programs throughout New Jersey: <http://www.cnatips.com/classes/nurse-aide-nj.php>. Programs consist of classroom and clinical instruction; program length ranges from 2-4 weeks, and tuition ranges from \$1,000-\$4,000. Certification is required for employment at long-term care facilities, assisted living facilities, and home health care. The state of New Jersey does not require certification for employment at an acute care hospital; however, hospitals may prefer that their aides complete at least one clinical rotation prior to employment.

I obtained my Nurse's Aide Certificate prior to beginning nursing school for the sole purpose of making sure that nursing was really a profession that I wanted to pursue. I wanted to make sure that I had the "guts" to work with bodily fluids and ill patients. As it turned out, I loved working as a CNA and by watching the nurses I worked with, I found that nursing was indeed a profession that I knew I would love.

While working at Cooper University Hospital as a nurse's aide, I gained invaluable experience that helped with my studies. It seemed like I was familiar with every skill and every concept that I learned in nursing school. I knew proper infection control procedures, data collection and reporting procedures, as well as the normal ranges of vitals signs and blood glucose levels, prior to the start of nursing school. Aside from my primary duties, I often assisted nurses while they performed their duties, such as dressing changes, urinary catheter insertion, and trach/vent care.

Now that I am a practicing registered nurse, I am very appreciative of the experience I gained while working as a CNA. It has helped me with the delegation process; I know what I *can* and *cannot* delegate, and I am very cognizant of the nurse-CNA relationship, having practiced on both sides of it. It has also helped me with skills such as therapeutic communication, personal hygiene, toileting, grooming care, and ethical behavior. I eagerly encourage all nursing students to pursue employment as a nurse's aide while attending nursing school, you'll be glad you did!

References:

New Jersey Department of Health. (2012). Certification of nurse aides in long-term care facilities. Retrieved from <http://www.state.nj.us/health/healthfacilities/nadetail.shtml>.



Candice White, RN
Second Vice President

Productive Study Strategies for Nursing Students

One of the most important activities that nursing students do is to study. Studying involves investing a substantial amount of time to learn and understand concepts that are important to know and apply in the nursing profession. These concepts can be long, hard, and painstaking to learn, and can intimidate students. This intimidation can lead to ineffective learning, but it does not have to be that way. By having productive study strategies under one's belt students can study and; therefore, learn effectively. For instance, sitting for more than 20 minutes at a time can be difficult. Some people like to perform another, less desirable task such as cleaning the house while studying. Taking a short break to clean in between studying can break the monotony and help you digest information. Besides, it makes going back to studying seem appealing. The following list includes a number of such strategies:

1. Organizing Information
2. Proper Location
3. Mnemonic Devices
4. Writing/Verbal Repetition
5. Visualization

Organizing Information can boost productive studying. It encompasses a broad spectrum of features that include categorizing information, writing good notes, using advanced organizers, outlining notes and content using an outline, or similar, creating index cards, or scheduling study time. Since the mind naturally attempts to organize and integrate information, organizing the information externally can help integrate information internally (Wood, 2000).

Location is another important factor in productive studying. The environment in which you study affects your train of thought. Choosing the right location involves an area wherein your focus of attention is not displaced. The library, for example, sets an atmosphere in which "the lighting is perfect, the noise level is low, and it signals the mind to focus and get to work" (Ellis, 2009). If you do best with a little "white noise" the best areas to study include: Barnes & Nobles, Borders, Starbucks, and Panera Bread. However, you don't have to go to bookstores, cafés, or even the library to study. You can actually study at the comfort of your own home. If you do best in total silence, lock yourself in your room and separate yourself from all distractions. The bottom line of Where to Study is to be in a conducive environment wherein you are readily alert and able to "focus your attention more quickly" (Ellis, 2009), but should also match your learning style.

Mnemonic devices are an excellent tool for remembering concepts. It involves the use of verbal constructs, like Acronyms and Acrostics. Acronyms refer to "words formed from initials" (Soukhanov, 2004). For example, **R.A.C.E.** which in the healthcare setting is understood as **R**escue, **A**ctivate Alarm, **C**onfine the Fire, and **E**vacuate/Extinguish. Apparently, these abbreviations are quite effective in memorizing information. On the other hand, Acrostics acts in a similar fashion and it refers to "a number of written lines containing a word" (Soukhanov, 2004). For example, the location of the heart sounds, which include: **A**ortic, **P**ulmonic, **E**rb's Point, **T**ricuspid, and **M**itral can be remembered by saying "**A**ll **P**igs **E**at **T**oo **M**uch." The bottom line of these mnemonic devices is to help the mind retain information by converting the concept into a less abstract form (Levin et al, 1992).

Writing content repeatedly or repeating it over and over is an excellent means to memorization. One method is to take hand written notes while you read a chapter, transcribe the hand written notes into

a word document, and then consolidate the word document into a short outline. As you continually write and verbally reiterate the sentences, it continually gets ingrained in your mind and gets stored into your memory. Not only are you memorizing the concepts, but understanding the ideas as well. When I reviewed for a Pharmacology exam, I received a study guide and it displayed a barrage of drugs to memorize. It looked intimidating at first. But I took out a piece of paper and wrote the drugs and the important concepts that I needed to know, such as their adverse effects and their nursing Implications. I started to read it over and over again until I memorized it all. Later, I re-wrote the content over and over again until it was ingrained in my mind. As a result, I got an A on the exam – True Story. The bottom line of Written and Verbal Repetition is to store the reviewed data in your long term memory, but it takes rehearsal of the information.

Visualizations are a great tool for understanding and retaining information. They actually promote active learning by incorporating representational thinking. These representations are analogies of symbols that correspond to concepts or ideas (Williamson, 2011). I remember, for instance, that my health assessment teacher taught us about Addison’s disease and Cushing’s syndrome. To help better explain the S/S of the diseases, she gave hand-outs of two cartoon individuals who expressed the S/S of each disease. You can also draw your own pictures to help you visualize a concept. So there you have it; a chock full of learning tools that will help you become productive in studying. I ask that you apply and experiment with them. You don’t even have to subscribe to one strategy or two; you can actually combine them and make them your own. I highly believe in a flexible study system that conforms to your own style of learning because that is quite beneficial. In any case, the bottom line of these strategies is to encourage active learning with *understanding*. Use these strategies well and they will help you stretch your learning potential – not to mention a sense of maximum preparedness.

Ellis, D. (2009). *Becoming a master student*. St. Charles, IL: Houghton Mifflin Company.

Levin, J.R.; Nordwall, M. (April 1992). "Mnemonic vocabulary instruction: Additional effectiveness evidence". *Contemporary Educational Psychology*.

Soukhanov, A. H. (2004). *Encarta world english dictionary*. New York, NY: St Martins Press

Williamson, G. (2011, February 02). *Representational thinking*. Retrieved from <http://www.speech-therapy-information-and-resources.com/representational-thinking.html>

Wood, G. (2000). *How to Study: Use Your Personal Learning Style to Help You Succeed When It Counts*. New York: Learning Express.



Mark A. Polon
Treasurer

HOW TO LAND YOUR FIRST JOB AS A NURSE!

Are you one of the lucky nursing students graduating this year? If so, then congratulations on nearing the completion of your nursing degree! The New Jersey Nursing Students Inc., Board has an event planned JUST FOR YOU that graduating nursing students cannot miss! This year at our Council of School Participants Event we will be holding a Career Counseling Workshop entitled “Stacking the Deck: Planning your Future in Nursing”. Here we will have a panel discussion followed by a question/answer portion that will teach students about resume writing, the interview process, what recruiters look for in a new hire and, for the underclassmen, we will address the externship and internship programs available for nursing students. The panel will encompass nurse recruiters and nursing career professionals that will provide you with a great deal of valuable information to help land your first job in nursing. This is an opportunity that all graduate students should take full advantage of!

The Council of School Participants will take place on Saturday, October 13th, 2012 from 9am until noon. Students can preregister online for \$5 before September 29th or they can pay \$10 at the door. Registration will begin at 8:30 and the panel discussion will begin promptly at 9am and end at noon. A complimentary lunch will be provided by the NJSNA. We will also have door prizes, gift baskets and one awarded scholarship available for those who attend! Could it be any better than that? Hope to see you there and good luck this academic year!



Avery Gardner, RN

COSP Sneak Peak!

A daunting task stands between you and the next step in your life. Landing your first job requires a sheet of paper that shines with your credentials and puts you at the top of the list for an interview. Luckily, you do not have to worry. This year's Council of School Participants event will help you construct the perfect resume!

By putting in a little extra time you can create an eye catching resume suitable for your specific job desires. One page will keep things simple for the reader. Establish yourself as a professional person with high standards looking to land an interview. Your resume should be clear, well organized, and easy to read. Notably, a cover letter should also be attached.

Back up your qualities and strengths with real life experiences when possible. Just saying you are a critical thinker could be boring to read. Your resume can come to life when you add specific experiences. Include key words that the institution will catch, such as Magnet Status, patient centered care and evidenced based practice. Make sure your titles are worthy of grabbing the reader's attention. Do not be afraid to use bullet points. Employers can judge a resume in less than a minute, so keep it short and to the point. Include your professional goals for the future so employers know the direction you wish to go in.

Do not wait until the end of your resume to put the important information because that risks the reader brushing over it. Make sure to put individual sections that are most important first. The smallest font you should use is 11 point. Try using Arial or Times New Roman to be safe. Leave out things like "Available for an interview"

or "references available upon request." Use that space for something that the employer does not already know about you. Try explaining the benefits of your skills. Leadership and management skills in a student organization can be beneficial for the job you are applying for. Tailor your resume for the job you are applying for rather than sending out a standard form for everyone and update the resume regularly.

To your benefit, attending COSP will allow you the opportunity to meet with resume writing professionals to review your work. This is a chance to observe first-hand how a recruiter would read your resume. The added bonus is that they can fix anything that does not jump out at them in a positive way. Remember, this could be the ticket you create to landing your dream job.



Alison Lazzaro
First Vice President

How Can We Take On the New School Year?

Happy new school year! At least that's what we say for now. The fall semester means seeing old friends, meeting new ones, but most importantly, new nursing classes. New nursing students look forward to starting their studies, while weathered nursing students, such as myself, look forward to improving themselves as future nurses. We start the school year with such enthusiasm but this morale seems to slowly fade as time passes. Tests and quizzes pop up expectedly and at times, unexpectedly. Then there are the validations for our skills, then it is the clinical papers, then a project or two. Not to mention, we need to somehow maintain our personal lives. Sadness! Where did that joy and enthusiasm for nursing go?

Nursing is a dream to many but nursing school is another story. On the road to our future, we are sometimes blindsided by the numerous challenges encountered. We simply have too much to do! We only wish we had time to find a boost of confidence outside of our studies. In truth, we have time. Even if it is literally 10-15 minutes in between class or running errands, we can sit down and breathe. Now, as nursing students, I am sure you are all aware of deep breathing techniques, oxygen, tissue perfusion, etc. Let me get straight to the point: INHALE and EXHALE!

After stating this hackneyed but reliable technique, let me share with you my favorite tip to fight stress. Looking up an inspirational quote or two always seems to open up a new realm of energy that could not be found before. I always wrote inspirational quotes on little post-it notes and plastered them throughout my room and every time I go back home, I am able to renew a part of hope in me so I can move onto the next task. I suggest you type up some of your favorite quotes and pin them up in your places of study, so every time you feel overwhelmed, you can look up at the quote and be reminded of your purpose in studies. Perhaps keep a little booklet with you and write your favorite quotes in them so you have them on the go.

On that note, let me share with you a quote I stumbled upon recently. "When faced with a challenge, look for a way, not a way out" – David L. Weatherford. The tips mentioned are how I like to go about my studies, but I am sure you all have a way to relieve stress and clouded minds. Look for that perfect, healthy technique to find the way through your studies and discoveries. We do not want to become too emotional during our studies but we

cannot deny what we are doing contains sentimental value. We are studying for our future and when we receive our licensure, we will have a multitude of opportunity to change lives. Even as students we are capable of touching the hearts of people we meet! We will be on the road to our ultimate goals for a while, so remember this fact and see the bigger picture as we begin the new school year: stress and hard times do not last forever.



Ilise-Kelly Serrano
Pulsebeat Editor/
Public Relations
Director

Sail Away Onto the NSNA Membership Cruise Line!

The National Student Nurses Association (NSNA), a non-profit organization founded in 1952, is for all nursing students as well as those students who are taking the prerequisite courses and has the goal to enter into a program leading to an associate degree, diploma, or baccalaureate degree in nursing. An advantage of becoming a member of this organization is that it acts as a mentor for students who are preparing for the initial licensure as registered nurses. This organization fosters the standards, ethics and skills that each student needs to meet the current and future demands of this global healthcare society.

The mission of the NSNA is to:-

- Bring together and mentor students preparing for initial licensure as registered nurses, as well as those enrolled in baccalaureate completion programs.
- Convey the standards and ethics of the nursing profession.
- Promote development of the skills that students will need as responsible and accountable members of the nursing profession.
- Advocate for high quality, evidence-based, affordable and accessible health care.
- Advocate and contribute to advances in nursing education.
- Develop nursing students who are prepared to lead the profession in the future.

Here are some reasons to join the NSNA:-

- Recruiters appreciate the fact that a job applicant is a part of a professional organization like the NSNA
- It shows a deep passion for the profession
- Attend conferences and conventions around the country
- Network with other students and professionals
- Contact with professional role models
- Attend Council of School Presidents (COSP)

In addition to increasing one's knowledge, there are several benefits that can be had being a member of the NSNA. Benefits include reduced rates on products and services, the ability to join selected specialty nursing organizations at a lower rate. Members are able to create their nursing portfolios online, which helps members stand out when looking for the perfect job. There are also practical savings on Health and Accident Insurance, Malpractice Protection through the Nurses Service Organization (NSO) and discounts from Life Uniform. Scholarships are also awarded to undergraduate nursing students.

Be official, become a member of the NSNA/NJNS INC. and

demonstrate a passion for the profession. The NSNA is the parent organization for nursing students whereas; the NJNS Inc. is the representative body of all nursing students in the state of New Jersey. Anyone who becomes a member of the NSNA automatically becomes a member of the NJNS Inc. So, JUMP ON BOARD THE MEMBERSHIP CRUISELINE. For further information on membership, benefits, scholarships and much more, visit our local chapter on the web at www.njsinc.org and click on membership, or go to www.nсна.org.



Sandra Cameron
Membership/
Nominations Director

Meet Our Legislation Education Director, Kathleen Bridgewater

I am so excited to serve as your Legislation Educator Director for 2012-2013 for the New Jersey Nursing Student, Inc.. It is a great honor for me to serve you this year. I am excited to see what the year will bring.

As a graduating nurse, I see the issues nurses face on the floors trying to provide safe care with the assigned nurse/patient ratio. I will be watching this issue that is in congress. I have sent letters to Representative Jon Runyan, Senator Frank Lautenberg and Senator Robert Menendez in reference to the Registered Nurse Safe Staffing Act. According to Senator Lautenberg response we will have a major shortage as nurses, approximately 40,000 nurses, by 2020. So what will happen? Time will only tell.

I will be watching this in congress to see where it goes from here. I wish you all success in your up coming year of school!



Kathleen Bridgewater
Legislation Education
Director

Need for Research and Education on how to Screen and Care for Individuals who have Taken in a Mind/Mood Altering Substance

In recent years there has been a dramatic increase in the number of individuals willing to try various methods to affect their brains, and thus alter their mind and/or mood (Volkow, 2011). To increase awareness and draw attention to these ever-changing methods, the

resolution topic will focus on identifying and addressing these techniques. National drug officials once thought certain methods were contained in small pockets of the United States but have now changed that opinion based on the presentation of individuals in emergency departments.

Historically, ingesting alcohol and drugs was the method used to alter the mind and change the mood. However, healthcare providers have begun to see a steady rise in the use of unusual techniques that alter the brain and, when strong enough, cause death. Inhaling bath salts or fermented feces is one example of how individuals are changing their brain chemistry. Another method currently gaining popularity is the insertion of alcohol soaked tampons into the vagina or anus to allow the alcohol to penetrate directly into the bloodstream. The absorption of the alcohol through the mucus membrane(s), allows it to avoid the digestive tract altogether, thus making the alcohol undetectable even when using special equipment such as a breathalyzer test. There are even more techniques currently being used, but I will save those for another time.

As nursing professionals with a variety of specializations, we may care for individuals who have engaged in these practices. Therefore, it is in our best interest to stay abreast of these current trends. The popularity of methods used to obtain mind/mood alterations will continue to change; the resolution topic for the 2012-2013 year will address these issues.

You have a part to play in this as well. Nursing students in the state of New Jersey, and nursing students in other states if interested, are invited to actively contribute in the drafting of this resolution. Your input can be a great help in presenting and addressing different viewpoints, so I encourage you to ask questions and make comments as I shape the resolution. You can stay abreast on the progress I am making via the NJNS, Inc. website, and correspond with me via email at resolution@njsinc.org with any questions or comments you may have.

Reference:

Volkow, N. D. (2011, February). *Bath Salts" - Emerging and Dangerous Products*. Retrieved from National Institute on Drug Abuse



Dia Sanders
Resolutions
Director

Do you have questions or comments for the NJNS and board member? Visit www.njsinc.org and find our 'Contact Us' tab. You will find our email addresses and comment box. We look forward to hearing from you!

Meet Our Community Health Director, Carly Rogers

Hello fellow nursing students of New Jersey! My name is Carly Rogers and I am the Community Health Director for the 2012-13 NJNS Executive Board.

As community health director, I will work directly with the local communities. Education about health matters that face the medical field today are imperative. Last year's project on organ donation was extremely successful, so successful that there was discussion on continuing with this project! However, there are many issues that must be brought to the communities' attention.

This year, the NJNS board has decided to create a community health project on an issue that has tripled over the last 30 years: childhood obesity. This is of great concern because obesity puts children at risk for cardiovascular disease and diabetes, not to mention the numerous psychological and social problems they most likely will encounter. Our goal as professional nurses must be to focus on the prevention of obesity in addition to recognizing and stopping it before it happens. Encouragement and education about healthy eating habits and physical activity is the first step. However, institutions such as schools, child care centers, restaurants, and food stores must make supportive changes in order for obesity to decline.

Please join us at our exciting Council of School Participants event this October and learn more about the prevalence and prevention of childhood obesity, and how you as a professional nurse can help change the stats!



Carly Rogers
COMMUNITY HEALTH
DIRECTOR

LEARNING, ACHIEVING AND GROWING: MY EXTERNSHIP EXPERIENCE

“So, have you applied to any externships yet?”

“What hospitals are you applying to?”

“Have you gotten called for any interviews?”

These questions, as well as many others, quickly became the soundtrack of my fall semester this past school year. The idea of landing an extern position was on everyone's mind as we tracked down professors for recommendation letters, scoured the internet for application deadlines, and polished our resumés for what seemed like the hundredth time. I had set my sights on NYU's externship after discussing the program with a professor and getting in contact with several alumni who had worked as externs and gotten hired after graduating. I applied as early as possible, submitting my application within the first week it became available. Next thing I knew, I was being interviewed for an extern position for NYU's main PACU, or Post Anesthesia Care Unit.

To put it simply, this was by far the best experience I have had in nursing school. In the PACU, patients are received from the operating room following surgical procedures. Procedures spanned all specialties, with five beds specifically designated for cardiovascular procedures. The patient population ranged from infancy to geriatric, comprising all levels of acuity. To provide patient care in the PACU, one has to think critically at all times, and have a strong sense of autonomy. I truly saw nurses as the hub of patient care in this fast-paced, dynamic, critical care environment.



Throughout this ten week program, I was able to perform patient assessments, learn about various procedures and medications, give and take report during patient hand-off, and provide patient education during discharges. I was able to observe arterial line placements, insertions of Swan-Ganz catheters, and witnessed a code blue, which occurred very differently in the PACU as compared to other units in which I've observed codes. To top it all off, I was able to experience 12-hour shifts, which were surprisingly manageable! Ultimately, I felt I gained an invaluable amount of knowledge and experience in just two months, and am grateful to the nurses, my managers, and fellow externs who made this the experience of a lifetime. Of course, I cannot forget to acknowledge the amazing professors, classmates, and alumni who supported me throughout the application process; had I not spoken to my professor about working in New York, I may never have even applied to NYU!

As I move forward into my senior year, I cannot stress enough the importance of sharing your goals with those around you, networking, and taking your dreams seriously. As Eleanor Roosevelt said, “The future belongs to those who believe in the beauty of their dreams.” As a board member of NJNS, Inc., it is my honor to serve you, the nursing students of New Jersey, and support your dreams and goals. To this year's juniors and seniors, we hope to see you in October at our organization's annual Council of School Participants (COSP), an event created just for you! We will be hosting a panel of speakers to discuss everything from resumés to interviews, from externships to landing your first RN position. It will be an exciting day, and the perfect opportunity to begin focusing on your goals for the upcoming year. I look forward to meeting and working with you in the future, and wish you all the best as we begin another semester!



AMANDA VAN PELT
SECRETARY

We cordially invite you to the Council of School Participants (COSP) on October 13th, 2012. Take advantage of this opportunity of our career workshop. This just might help you land your dream externship/job! Check out our flyer, agenda, and attached registration form!



The NJNS Council of School Participants (COSP) Proudly Presents



Stacking the Deck: Planning Your Future in Nursing

The council of school participants, also known as COSP, is an opportunity to meet and discuss important matters with fellow nursing students from around the state.

This year we will focus on how to stack the deck in your favor so you are able to land the nursing job or externship you are applying for! We will be hosting a panel of nurse recruiters and educators to cover the following topics:

♠♥
♦♣ *Resume Writing*

♠♥
♦♣ *Interview Tips and Techniques*

♠♥
♦♣ *Externships, Internships, and Preceptorships*

♠♥
♦♣ *The Hiring Process*

Date: October 13, 2012

Time: 9:00 AM-12:00 PM

Lunch provided following panel discussion

Location: New Jersey State Nurses Association Headquarters
1479 Pennington Road
Trenton, NJ 08618

Registration: \$5.00 Pre-Registration online or fax

\$10.00 On-site registration - day of conference

(All admission fees will be collected at the door + bring extra cash!)

Pre-register in one of the following ways:

- Complete and fax registration form to: 609-883-5343 Attn: Amanda Van Pelt, Secretary
- Email Amanda Van Pelt at secretary@njnsinc.org with the following information: Name, Address, Phone, Email, NSNA Membership Number, and School

DEADLINE FOR PRE-REGISTRATION IS SEPTEMBER 29, 2012 - NO EXCEPTIONS

**GREAT DOOR PRIZE GIVE AWAYS
BRING CASH OR CHECK FOR APPAREL SALE**

Presentation, lunch and prizes proudly sponsored by New Jersey State Nurses Association, MDF Products, and Drs. Mark and Barbara Chamberlain

Council of School Participants (COSP)



Stacking the Deck: Planning Your Future in Nursing

October 13, 2012

Agenda

- 8:30-9:00*** *Registration*
- 9:00-9:15*** *Introduction of NJNS, Inc. board members and COSP*
- Panelists*
- 9:15-9:55*** *Resume Writing Workshop*
- 9:55-10:35*** *Interview Tips, Techniques, & The Hiring Process*
- 10:35-10:50*** *Break*
- 10:50-11:30*** *Externships, Internships, & Preceptorships*
- 11:30-11:45*** *Additional Q&A*
- 11:45-12:00*** *Door Prizes/Scholarship*
- 12:00-12:30*** *Complimentary Lunch Sponsored by NJSNA*
- 12:40-2:30*** *NJNS, Inc. Board Meeting - All Welcome to Attend!*



Council of School Participants (COSP)



Stacking the Deck: Planning Your Future in Nursing

Date: October 13, 2012

Time: 9:00 AM-12:00 PM

Lunch immediately following presentation

Location: New Jersey State Nurses Association Headquarters
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**Registration Fee: \$5.00 Pre-Registration online or fax below
\$10.00 On-site Registration - day of conference**

(All admission fees will be collected at the door + bring extra cash)

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- Email Amanda Van Pelt at vanpela1@tcnj.edu with the following information: Name, Address, Phone, Email, NSNA Membership Number, and School

DEADLINE FOR PRE-REGISTRATION IS SEPTEMBER 29, 2012 - NO EXCEPTIONS

GREAT DOOR PRIZE GIVE AWAYS!

(MUST ATTEND ENTIRE EVENT TO QUALIFY FOR SCHOLARSHIP & DOOR PRIZE)

(ONLY ONE DOOR PRIZE PER PERSON)

(Please type or print information legibly)

Name _____

Address _____

Phone _____

Email Address _____

NSNA Membership Number _____

School _____

Presentation, lunch and prizes proudly sponsored by New Jersey State Nurses Association, MDF Products, and Drs. Mark and Barbara Chamberlain



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