

FALL 2020

Vital Signs

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Be Your Own Barista

College in the Digital Age

CNSA & NSNA Recap

Why Nursing?

Cover Art by JR Ortiz

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The Road to Success

by Katie Huynh

Let's say your destination is SDSU. If you were to pick a point of a road and looked straight ahead, would you be able to see your end destination at the furthest point of the road? Most would say no. There are turns in the road that will take you through a variety of routes depending on where you start. Even if your road trip is linear and you see the end goal, you can only see a small glimpse of your point of interest. You can't reach your destination if your feet are glued to one point. We need to explore and take one step at a time until we reach the finish line. This is very similar to each person's nursing journey. Some people's paths are short and simple, some paths are windy and others go in a completely different direction before making a U-turn. My path had bumpy roads, valleys that I fell in, and hills that I had to climb.

My journey started in high school not really knowing what I wanted as a career except the fact that I wanted to work in a field that was filled with compassion and make an impact on others. As a high schooler, I wasn't ready to think about what I wanted to do for the rest of

my life, and when choosing nursing it was just a check on the application. I never really thought of the extent of what nursing was except it involved patient care. As a result, my lack of effort in the application process had me deferred from many of the nursing schools including my dream school, SDSU. When I had no choice, but to go to a community college, I asked myself why was a 4.0 student involved with a variety of school clubs, sports, and leadership end up attending a community college? To be honest, it was not finding my passion when applying.

It took a rejection to SDSU nursing to light the fire within me. I had to dig deep and take this time to take the opportunity to stick with nursing or change to another major. I knew I had to start somewhere to learn more about the field so I decided to volunteer at a hospice and eventually got into an internship where I ended up in labor and delivery. It was then that I realized that the failure of not getting in, brought me opportunities that I wouldn't have taken if I was accepted from high school. If I was directly admitted I don't think I would have

the same drive to become a nurse. Let me rephrase that statement; *I know* that I wouldn't have the same drive and take my spot in the nursing program for granted. It was only the beginning stages of my journey and I had already encountered a big speed bump.

It was never my decision to go to community college, but taking 2 years to finish GEs for the fraction of the cost at SDSU allowed me to branch out into the healthcare field and find my reason to become a nurse. There are many people who finish a bachelor's degree before switching to nursing or take 10 years to figure out what they want. Whether you are a direct admit, transfer, RN-BSN; be proud of the

"...BE PROUD OF THE BUMPS IN THE ROAD YOU OVERCAME TO GET TO WHERE YOU ARE TODAY."

bumps in the road you overcame to get where you are today. I have struggled with dwelling on regrets on how my path to nursing panned out. I am still learning to own up to how to accept my lows and take my downfalls with a grain of salt. Building your self-worth and confidence will help make your journey that much better.

There are so many unexpected twists in the road that take you on detours, but they ultimately lead you down the same path, becoming a nurse. You could say my destination is 3 years away, but I think of it as 3 miles away. I am taking on

each mile one by one until I reach my goal and able to set a new destination. There will be rainy days where I have to remind myself it is going to be ok. There will be sunny days where I will be able to soak in the impact I made on patients. There will be traffic along the way and I will have to be flexible and take detours until I find a solution. There will be accidents where I have to learn to accept my mistakes and learn from the experience. You can't predict what the future holds for you so take a chance in taking uncharted routes - even if you get lost, your core values will put you back on the map!

first semester of college, but then make it virtual

by Nina Izabel Go



"The CSU announces plans to conduct a majority of classes virtually at all 23 campuses for the fall 2020 term...". This announcement from Timothy White, the California State University Chancellor, made my heart sink because it made my fear of beginning college in an online environment a reality.

With my senior year cut short, I was holding onto the hope that I would still be able to have the traditional freshman college experience. So, when I found out classes were going to be mostly virtual, I was crushed. And as much as I wanted to live on campus in the fall, I knew it was not practical for my family to spend money on

"...I REALIZED THAT I SPENT SO MUCH WORRYING ABOUT THE FUTURE THAT I DID NOT GET THE CHANCE TO FOCUS ON THE PRESENT..."



on-campus housing when I did not have any in-person classes to attend. I spent my entire summer wondering how college was going to go: Would I still have time to work? Would I make friends? Would I be able to truly learn in an online environment? And when late August came around, I realized that I spent so much time worrying about the future that I did not get the chance to focus on the present and make my summer in the era of COVID-19 as enjoyable as it could have possibly been.

With this realization, I was determined to not make the same mistake with my first semester of college. So when school started on Monday, August 24, 2020, I tried my best to mimic what I would have done if I was actually at SDSU: I established my daily routine of getting coffee every morning before class, I joined a few recognized student organizations (such as SDSU SNA), and created a schedule that allowed me to balance school, leisure time, and work.

Putting in effort to make my first semester of college as good as it could be genuinely made a difference. Establishing a school routine and getting involved helped me feel a sense of normalcy during

these unprecedented times and helped me combat the worries I had over the summer.

So I guess I am sharing my story because I want you to know that your feelings of sadness and worry of college being online are completely valid and shared amongst other students. But more importantly, I want you all to know that you can channel these negative feelings into putting in effort to get over them.

I don't want anyone to waste the rest of their school year feeling sad or worried like I did during my last summer before college. So while you don't necessarily have to establish a daily routine or join a recognized student organization like I did, I truly hope you at least do something to create a positive college experience for yourself in this current world of so many negatives.

WHY NURSING?

"I chose to go into nursing because I found it interesting and challenging. The opportunity to make a difference in people's lives every day and to interact with individuals across different backgrounds, cultures, and ages was always something I wanted to do since I was little."

MICHELLE ZHANG
TRACK 2 JUNIOR

"I chose to study nursing because I am passionate about healthcare. I have always been fascinated with biology and human health, and that fascination coupled with a love to serve other people makes the field of nursing especially attractive to me."

SARA HERMANN
TRACK 1 FRESHMAN

"I was initially drawn to nursing because I wanted to pursue a field that was challenging and impactful, with a variety of different career possibilities. The chance to connect with patients and work alongside knowledgeable healthcare professionals would be extremely rewarding."

THALIA LOI
TRACK 1 SOPHOMORE

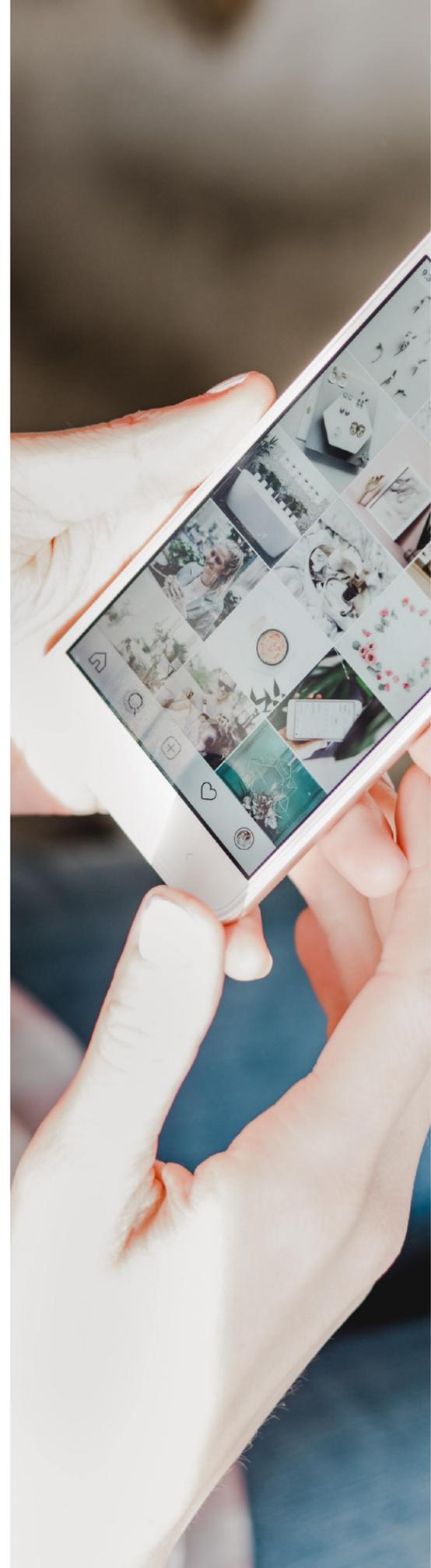
presenting yourself well on social media and the importance as a nursing student

by Danica Chun, SNA Image of Nursing Director

Social media is everywhere and there's no denying that. It has been on the rise for decades, and now, with everything being online or virtual, its use has exploded exponentially. Social media is a general term, but every network serves as a platform that allows us to communicate our thoughts with others. As nursing students and future healthcare professionals, it has always been important to present yourself well on social media, which is why we make sure to cover the do's and don'ts during your time at SDSU. However, as social media becomes one of our main forms of communication, *especially* during the pandemic, it's extra important to be aware of our social media presence.

WHAT NOT TO DO:

- To start off with the basics, I want to say, for obvious reasons, please don't put your personal information in social media; this includes your phone number, address, location, or any vacation plans.
- Also, avoid posting any inappropriate photos or videos of drugs, sex, or wild partying. Though, at the end of the day, these acts are done at your own discretion, I highly advise against posting about it. Although your accounts may be private and "stories" may only last for 24 hours, everything is one



screenshot away from becoming a permanent part of the internet.

- Another obvious point is to not use offensive language, which is usually done through rude comments, insensitive language, and cyber bullying.
- Similarly, avoid any inappropriate mention of hospitals, work conditions, and clinical experiences. As nursing students, we have the privilege of learning from an array of nurses and from various teaching hospitals. On the other hand, as humans, we're bound to have bad days, but do not let one bad post ruin your position as a nursing student. If anything is bothering you regarding your hospital or clinical experience, speak to your instructors and faculty; remember that they're available for support and advice.
- Lastly, and most importantly, do NOT share patient information, as this is in direct violation of the Health Insurance Portability and Accountability Act (HIPAA). As nursing students, we come into contact with private information and we have the honor of serving people in their most vulnerable states. Therefore, we must maintain the sense of confidentiality and trust.

"BUT I'M ONLY A COLLEGE STUDENT, WHAT'S THE BIG DEAL?"

Though we're just college students, we're also more than that. Being a nursing student comes with the expectation of conducting yourself more appropriately and there are several reasons for that. As I stated before, we have the privilege of caring for patients within hospital walls. There is a certain level of trust between nurses and patients and we must do what we can to maintain it. Not only that, but HIPAA violations can also result in a fine or even jail time.

You must also think long-term; like "would I be okay with my future employer seeing this?" Even after securing a job, be aware of what you post. In 2014, an RN was fired for posting an insensitive picture of the ER on Instagram. Although it was not in direct violation of HIPAA, it goes to show that one innocent but inappropriate post can have serious consequences. Other consequences include a loss of potential job offers as a majority of employers search their candidates' social media profiles.

Whatever we post is not only representative of us, but of SDSU's School of Nursing and our hospitals as well. Again, please don't let one mistake negatively affect your reputation in healthcare forever.

"SO WHAT SHOULD I DO?"

Now my goal here isn't to scare you into deleting all of your social media accounts. I'm here to guide you into utilizing it safely and responsibly. If used wisely, it's a space that people can build communities, and express themselves as creatively as they wish. **Here are some tips on what to do to properly utilize social media!**

- Google Yourself! See what comes up and ask yourself if you'd be okay with a potential employer seeing this.
- Clean up your profiles. If you aren't okay with what you found, time to do a clean up. Delete potentially inappropriate posts, and ask your friends to remove you from inappropriate tagged posts. You should also have a professional profile picture and keep your accounts on the highest privacy setting.
- Create a professional LinkedIn profile for networking purposes only rather than using personal sites like Facebook or Instagram. There, you are better able to promote your positive accomplishments.
- Follow people who inspire you and

those who you can learn from. Personally, I love the account @yournursingeducator on Instagram. She provides informational posts like "Med Mondays" and advice on how to become confident RNs. Another great account to follow is @nursingandnclxmastery. This account mainly focuses on NCLEX prep with practice questions and other resources.

- Overall, think before you post. Now that we have entered into the world of nursing, we are called to be professional, even in our private lives. You represent the SDSU School of Nursing as well as the future of the nursing profession.



Be Your Own Barista - Everything You Need to Start Your Home Cafe

by Michael Tangingco, SNA Legislative Director

Need that caffeine fix before clinical? Tired of draining your wallet for that Starbucks every other day? What you need is to learn how to make your own drinks by building a home cafe! It is super easy and cheap to start one, here are the basics you will need:

1) Coffee maker equipment: You need a basic coffee brewing contraption that will be your go-to for making your coffee

- French press - super easy to use, just pour hot water onto your grounds, press down the plunger and you'll get a nice strong flavored coffee
- Moka pot - if you want to make espresso drinks like lattes and macchiatos, moka pots are a cheap alternative to getting that espresso flavor without the cost of a machine
- Auto drip - your average, everyday coffee maker that brews fresh coffee with the press of a button (don't forget to buy filters for this one!)



2) Coffee: Can't decide which coffee to get from the hundreds of selections in the store? Here are some tips to get you started:



- If you are new to coffee, start with a medium roast. This way you can determine if you want darker or lighter flavors in the future
- Some good common grocery store brands are Peets Coffee and Starbucks
- Can't choose between Ethiopian, Guatemalan, etc? There is no bad place to start when it comes to coffee origins. In fact get a few coffees from different places and put your palate to the test!
- For espresso drinks, get a dark roast coffee
- Go to your local small coffee shop (not Starbucks) and buy their recommended selections. These are the best and freshest beans you can't get at a grocery store. At the same time you are supporting small businesses and farms abroad!
- Keep trying different coffees and see what you like!

3) Barista essentials: This is where you add your own personal flair and flavor to your home cafe set up. You're the barista, you're calling the (espresso) shots!

- Sugar - cane, brown, stevia
- Milk - whole, fat free, 2%, oat, almond
- Creamer - vanilla, hazelnut, plain
- Syrups - chocolate, caramel, vanilla, peppermint, pumpkin spice
- Toppings - chocolate flakes, flavored powders, matcha
- Whipped cream



The beauty of making your own home cafe set up is that you can make it however YOU want. Everything I listed above are my recommendations to get you started to make your own coffee. I personally believe that absolutely anyone can enjoy a nice cup of coffee - you just need to find the right drink for you! You do not need everything on this list, these are just to get you started. Buy whatever you want and what your budget will allow.

At the end of the day, I hope that you are able to use this information to create the drinks that you love and save some money at the same time. Happy brewing!

I Am Me.

by JR Ortiz

I'm a terrible nursing student
 so don't convince me otherwise that
 I'm the best version of myself
 because I'm not.
 I'm going to be a bad nurse
 And don't say
 Hang in there
 things are going to get better.
 It won't since
 It's all downhill from here,
 and if you say
 That's not true,
 I'm sure you can agree that
 Exams
 Clinicals
 Attitude
 It's out of my control
 and you'll never hear me say
 I'm a great nursing student

Sometimes we get a little too hard on ourselves through negative self-talk, especially during our downs from nursing school. That is why it is as important to encourage and motivate ourselves when things get rough and just keep on swimming.

Finish strong and now read the poem from bottom to top :)

Recap: CNSA Convention & NSNA Midyear Conference

by Sarah Faucheux, SNA President

In a virtual world, there is still opportunity to connect with others and be surrounded by inspiring, passionate people. This could not be more apparent at the virtual nursing student conventions I attended this semester! Although it looked differently this year, much of the format and purpose of these conventions remained the same. The California Nursing Students' Association (CNSA) Convention took place October 2-4 and the National Student Nurses Association (NSNA) MidYear Conference took place October 29-31.

To start off with the CNSA Convention, like in previous years, we still heard from motivational speakers, met in the House of Delegates, attended breakout sessions, and interacted with vendors in the exhibit hall. The main difference was that these meetings were held over zoom! The House of Delegates is a large portion of convention where representatives from each school vote on resolutions, amendments to the

CNSA bylaws, and the board of directors for the next term. San Diego State University had over 30 members in total attend convention this year, including fourteen students who served as delegates. In fact, we had the largest representation out of all the nursing schools in California! It was really exciting to see how big of an impact SDSU SNA made on the state level.

Speaking of impact, there were lots of things to be proud of as an organization by the end of this year's convention. We had one SDSU SNA member who was elected to be on the CNSA Board of Directors for the 2020-2021 school year! Our very own track one senior, Joshua Almadin, was elected to serve as a General Board Director. SDSU SNA was also recognized four times at the awards ceremony. We received the Outstanding Website Award and the Outstanding Newsletter Award thanks to our Communications Director, Kasey Bethel. We also received the

Breakthrough to Nursing Project Award and the Star Chapter Award! Lastly our resolution, which was led by our Legislative Director, Michael Taningco, passed at the state level and was voted to be sponsored by CNSA at the national level! The topic of the resolution was to increase student awareness of nurse unions and their role in health policy advocacy.

The NSNA MidYear Conference is slightly different from the annual state and national conventions. The MidYear Conference focuses on career development and exposure to the different nursing specialties. Thanks to IRA funding, we were able to cover the registration fee for over 20 SDSU students to attend for free! There was a helpful NCLEX review, an opportunity to meet one-on-one with a professional and get career and resume advice, breakout sessions to learn about nursing specialties, and a roundtable for chapters all over the country to meet and talk about our unique experiences and how the

pandemic has impacted them. There were nurses representing specialties that I did not even know existed! Here is a list of some of the specialties that were present: forensic nursing, emergency nursing, holistic nursing, informatics, nurse leadership, ambulatory care, infusion nursing, and wound/ostomy nursing.

At both conventions, there was a theme of resilience and unity. Even though I couldn't physically meet the speakers and other nursing students in attendance, I still felt a sense of connectedness. Attending and experiencing these virtual conventions served as an affirmation that I am entering the right career and surrounding myself with caring, impactful individuals.



Words from a nursing student in these “unprecedented times”

Like many others, I was stopped from going to Medsurg clinical around March of 2020 due to the Covid-19 pandemic. We began virtual clinical which consisted of watching lots of videos, clinical scenarios, and online simulations. Summer passed and now I am currently in the critical care rotation. Due to covid, our classes have been split up into two groups with half of the class in clinical and the other half in virtual clinical. I had my virtual clinical first which meant that I didn't start in-person clinical until mid-October. This is 7 months of no hands-on clinical experience and an increased amount of anxiety about going back to the hospital.

I was excited to go back to the hospital and practice my skills and just be a part of the care. I was assigned to be in the ICU and again, due to the conditions, only 1 student was allowed on each floor so I was the only student in the ICU for the whole clinical rotation. This is quite a lot of pressure, to say the least.

So here comes the first day of clinical. I get assigned to a nurse and she has one patient who is in respiratory failure and on the ventilator. He had a lot going on; there were so many new things to me and I vaguely remember some things from Medsurg 7 months ago.

My nurse had a strong personality, but I tried to push through it and just make the best of the short time I had in the hospital. As the day progressed, she kept drilling me with questions that I didn't know the answer to, but instead of educating me, she would respond with things like “you don't know what a PVC is??” or “you need to go home and look it up on YouTube.” At this point, I was getting frustrated with myself because I was really excited for my first day and prepared as much as I possibly could have, but there were so many things that came up that I just didn't know or wasn't familiar with. I approached my nurse and told her that COVID has really limited the amount of time nursing students have had in clinical and that I wish I could have come in the day before to research my patient and all his meds, but we are only allowed one day in the hospital and one day only. I also tried to tell her that I was a part of the group who got cut from half of the Medsurg clinical, but that it wasn't my choice either because of COVID. She disregarded all that I told her and instead responded, “When I was in nursing school if you didn't show up to clinical prepared you would get sent home” and “I think that the students who got cut off from the most fundamental nursing clinical should have gotten held back and finished the clinical.” I was really distressed. I knew I wasn't prepared for clinical and my nurse obviously knew that I wasn't prepared as well. I

was blaming myself for things out of my control and didn't know what more I could do to change the situation.

Since we had no post-conference, again because of COVID, my nurse told me that I can leave whenever I want. I stayed until the very end and just tried to soak up as much information as I could. I went home and I cried to my clinical professor. I was frustrated at myself but also knew that there was nothing I could control. I knew I couldn't research my patient the day before and be ready to answer questions related to my patient since I wasn't even sure what kind of patient I was going to have. So I thought to myself, what could I control? I decided to take it upon myself to gather all the information up from my patient and do all of my in-depth research at home. I made a small document of all the meds I have encountered, their indications, and their therapeutic effects. I drilled my professor with all of the questions I could come up with so that I would familiarize myself with vents, labs, meds, and the whole disease process. I knew that I may have a completely different kind of patient during the next rotation, but I also knew that I was ready to continually learn and grow from these new experiences, even if the nurses put me down. I was determined. They weren't going to get rid of me or take me away from the small amount of opportunity I had been given.

I studied and learned about so many of my patients. All of the following clinical days after were great experiences with wonderful nurses who gave me so much opportunity and let me provide hands-on care to the patients. I was thankful for this. It made me want to work in the ICU. I respected the nurses and they respected me. It was such a good learning environment and I thrived in it.

During my 5th clinical rotation, I got placed with the nurse that I was assigned to on the first day. I had anticipated this day to come and was ready for it. I was ready to show her how much I've grown and prove to her that I'm not just some “dumb nursing student.” My patient ended up being very critical that day. It was the first time my nurse had this patient and the patient had to go back into the OR after receiving lots of blood in only a matter of a couple of hours. I decided to step back and soak up everything again because I could tell my nurse was stressed. She told me that she was sorry that she couldn't give much opportunity to me because she was busy. I helped other nurses and did skills for them throughout the day and by the time my patient went into the OR, I just tried to keep busy and learn from other nurses and patients.

My clinical instructor was very supportive of me throughout the entire day

and frequently checked in on how I was doing. I saw her talking with my nurse and didn't think much of it. I planned on confronting my nurse after about how I felt about the day and the previous time I was with her, but she first approached me instead. She told me that my professor talked to her about my situation. She said that it's a common saying that nurses sometimes eat their young, but that she was sorry if it felt like she treated me that way. She also told me that my professor told her that I had been working really hard to really know my patients and their situation. She told me she was proud of me and that I really couldn't control not being able to research my patient. At the end of it all, I was relieved and felt a lot of stress and underlying anxiety lifted off my shoulders.

Though stressful, I am thankful that I had this experience. I have grown a lot and know that I still have so much to learn. This experience has built my strength and I know in the long run it will help me to be a better nurse. I'm still a semester shy of graduation, but who knows? I might just apply to the new grad residency on this floor.

For all the nursing students out there, I hope you are staying strong through this pandemic. Know that you are strong and that even though nursing school is hard, you just have to keep trying your best, and eventually, your hard work will pay off and you will pass nursing school.

Sincerely,

A struggling nursing student in these "unprecedented times"

COVID-19's Economic Impact on Global Health

by JR Ortiz, SNA Global Health Co-Director

OVERVIEW

Global health is the prioritization of improving health and achieving health equity for all populations in the global context through research and practice. To secure global public health for all, the World Health Organization (WHO) aims to "minimize vulnerability to acute public health events that endanger the collective health of populations living across geographical regions and international boundaries". Currently, the imminent public health threat that is the novel coronavirus pandemic plagues humans as it has taken the lives of nearly 1.4 million people worldwide, and arguably has impacted the health and lifestyle of everyone on this planet. This section of the newsletter will mainly focus on the economic impact COVID-19 has on society and how nursing students can take an active role on active and preventative measures within the global health system.

BACKGROUND

First and foremost, as a means to "flatten the curve" legislative authorities and public health experts took action by implementing travel restrictions, stay-at-home orders, and temporary cessation of non-essential services. Not to undermine the importance and necessity of these actions, but as a result, citizens from developed and developing countries alike would have their healthcare accessibility be deeply affected. Access to health care is contingent on a variety of factors, but ultimately runs on the economic flow of society, specifically the balance of the supply-and-demand chain.



WORKFORCE

Unemployment rates would skyrocket and this is worrisome because unemployment often leads to being uninsured which directly correlates with decreased access to healthcare, and the same case goes for those who are underemployed/underinsured and may not be able to afford their usual health care coverage plan or would still be ineligible for federal programs such as Medicaid. This is one of the rare instances where the benefit of having employer-based private insurance making up a majority of the insured percentage backfires.

TRAVEL

To make matters worse, individuals who struggle with health coverage often resort to medical tourism, which is when someone travels to another country for medical care, therefore travel restrictions may be a barrier for those who actively rely on this form of health care. Additionally, providers who travel to areas



and countries that have a higher underrepresented population may not have the opportunity to provide their routine care.

TRADE

Given the possibility of trade restrictions, there could also be an outbreak of other neglected diseases or health issues, similar to how flu season will overlap this pandemic, and an example of this could be the lack of medical supplies such as surgical masks and vaccines or even food insecurity. If limitations like this keep up, then the costs of goods will also rise due to supply and demand, leading to further health barriers.

CONCLUSION

Moreover, issues that arise in any of these markets will

inadvertently have an impact on each other, thus further disrupting the flow and balance of the economic system that in which global health is funded on. These three components of the economic system are deeply intertwined with how global health is promoted across borders, and therefore must be considered while safely implementing proper public health measures. As a nursing student however, you have a vital role to assume in order crises like this are minimized as much as possible, like how WHO intended to do so. Actions you can take are to:

- thoroughly embrace your leadership capability to effectively plan for situations like this and carry out well established protocols
- continuously innovate with modern solutions to keep up with the ever-changing world
- constantly advocate for the nursing profession and

how we deserve a seat at the policy-decision making table

*We just want to be clear and reiterate the importance of public health measures such as testing, self-quarantining, face mask mandating, staying home, and social distancing. This segment is to view this pandemic merely from a different lens. Regardless, leaders in fields outside of the health profession must be transparent, consistent, and adamant on solving this global issue.

dear future me...

by Katie Huynh

Getting into nursing school was really tough and I was always striving for perfection as that was the expectation of what nursing candidates were when trying to transfer. This unhealthy mindset took me through my first 2 years of college. Looking back it was great that I did well in my rigorous courses, but mentally it was draining. I constantly was alone and depressed during the two years because all I did was obsess about planning how to get into nursing school down to the small details. All I did was calculate my future. My stress was out of control trying to maintain a standard that only I have created for myself.

Fast forward to my first semester of nursing school with Pharmacology and Pathophysiology. It was only the first week of the course and it was already kicking my

"...GRADES DON'T DETERMINE WHO YOU ARE AS A PERSON."



butt. In my mind, I was already planning to become a nurse practitioner, so getting As was mandatory and not a question. As a perfectionist and an avid planner, I began to feel the same pressure that I put on myself before. Now as I am finishing up my first semester, I have adapted and learned to go with the flow. I have accepted that grades don't determine who you are as a person. The person with a C has the ability to excel on the clinical floor yet they are just a bad test taker.

"YOU HAVE THE POWER TO TURN IT AROUND BY BREAKING DOWN THE PROBLEM RATHER THAN SWALLOWING IT WHOLE."

Take a deep breath and ground yourself in finding how you can be proactive. Don't blame others for your failures. You have the power to turn it around by breaking down the problem rather than swallowing it whole. Finding your happy place is a must as it helps to destress by using distractions such as pets, running, hiking, painting,

singing, or anything else. Be you. The solution comes when you acknowledge that it didn't turn out in your favor and move on. Failing happens to everyone whether you like it or not. Failure is ugly. Failure is growth. Failure is ok.

"FAILURE IS UGLY. FAILURE IS GROWTH. FAILURE IS OK."

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