



MEET THE BOARD ISSUE

UPCOMING CNSA EVENTS

SDSU CNSA VITAL SIGNS OCTOBER 21 ISSUE 1

Hello SDSU Nursing Students

by Philip A. Greiner, DNSc, RN

Welcome to a new academic year! Let me provide some background about me and review some of the highlights of this past year.

This is my second year as Director of the School of Nursing. My background is in public health nursing and aging. My wife, Lydia, and I conduct community-based participatory research (CBPR) in Nicaragua. I hold BSN, MSN and DNSc degrees and completed two post-doctoral programs of study. I held faculty positions at five universities and administrative positions at two universities prior to accepting my current position. I completed two leadership fellowships in academic/community

partnerships and nursing academic leadership.

Last year, CSU mandated a change of all baccalaureate programs to 120 units. The School of Nursing faculty did a fantastic job, with Dr. Marj Peck, Associate Director, in completing this task. Over the summer, we addressed administrative issues to implement these changes and submitted the new curriculum to the California Board of Registered Nursing and the CCNE. This 120 unit curriculum will begin for the 2014-2015 entering class

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Community Health Events

Tuesday, October 24

Daphne's Fundraiser for CNSA's Light the Night Walk team

Friday, November 8

Time: 8:00pm

Light the Night Walk & **Mentor-Mentee Event**

Location: Petco Park

BTN Events

Thursday, October 24

Time: 7:15am – 2:30pm

High School presentation

Location: 1405 Park Blvd San Diego CA 92101

Wednesday, October 30

Time: 5:00pm

BTN Meeting

Location: TBA

Wednesday, November 6

Time: TBD

Career Fair at Granger Junior High

Location: 2101 Granger Avenue, National City, CA 91950

Thursday, November 14

Time: 7:15am – 8:30am

Advanced Biology Class

Location: Point Loma High,

2335 Chatsworth Blvd, San Diego, CA 92106

Global Initiatives Events

Tuesday, October 29

Time: 6:00-8:00pm

Travel Nurse Panel

Location: TBD

The faculty also approved a major change to our School of Nursing admissions process. The 2014-2015 entering class will be admitted to both the University and the School of Nursing as freshmen. (All current students will follow the existing two-step process.) This change requires different entrance requirements and more stringent review of High School academic performance.

In July, the School of Nursing received a \$1 million Nursing Workforce Diversity grant award from the U.S. Department of Health & Human Services, Health Resources and Services Administration (HRSA). This funding will support our RN to BSN program at the Imperial Valley Campus.

This academic year we are revising the RN to BSN program and examining our Master's degree programs. Student

representation has been a regular part of our change process. We continue to value your input.

This brief review provides a glimpse of our progress. I look forward to working with you this year!



Dr. Greiner has held office

in state and national public health and nursing organizations. He is a Commission on Collegiate Nursing Education (CCNE) site visitor and active in Sigma Theta Tau; Gamma Gamma Chapter; the Association of CA Nurse Leaders, the CA Association of Colleges of Nursing (CACN) and the American Association of Colleges of Nursing (AACN).

Swiss Nursing Students Visit SDSU!

By Devin Gray and Stephanie Peterson



Do you ever wonder what nursing school would be like in a different country? Are you ever

questioning how our healthcare system differs from other countries? This July, eighteen Swiss nursing students and two faculty members participated in our exchange program to discover and learn about healthcare in the United States.

While the Swiss students spent a lot of time in the classroom, CNSA Global Initiatives had the pleasure of organizing some fun activities to help them become oriented to the beautiful city of San Diego. We adventured to a Padres game, Balboa Park, Seaport Village and Pacific Beach, to name a few. Some of the Swiss students even took a trip to Universal Studios,

Hollywood for the weekend! The enthusiasm of these students was contagious and I feel so privileged to have worked with them.

This coming summer, some of our fellow nursing students will be traveling to Switzerland to experience life as a Swiss nursing student. The exchange program offered by the SDSU School of Nursing is an incredible opportunity to broaden your cultural awareness and to learn how healthcare issues are handled in different countries.

CNSA Advisor



"My position at SDSU is one of a professor. I am the lecturer for NURS 354 Nursing Care of the Childbearing Family, or Maternal and Infant Nursing.

As a clinical instructor, I take clinical groups to the Naval Hospital to practice Women's Health Nursing during one of the most exciting times of a families' life. Also, in the springtime, I teach a class for the midwives in the graduate program.

I have been a nurse for 28 years and a midwife for 13. During my nursing career, I have taken care of women, children, and infants. I believe that being a nurse and a midwife is an honor and privilege.

Every day, we have an opportunity to care for others during the most stressful times of their lives, and we can make a difference: We touch so many more people than just our patients. We impact their families and

everyone they touch. As a professor, I have an even more valuable opportunity to teach and hopefully demonstrate a professional, caring image, so that these students will continue in their careers.

As a midwife and as a Labor and Delivery nurse, we can help the families accomplish their most desired birth, a birth that will always be a blessing and an accomplishment for that woman. We help women to transform from a woman to a mother, and I believe that we need to help them acquire this transition. Birth is a natural process, and by remembering that, we can make it into a very special event.

Besides being a professor, a L&D nurse, and a midwife, I am a member of Sigma Theta Tau. Hobbies include gardening, running, yoga, and, one of my most favorite hobbies: cooking Vegan food."

CNSA President

"My name is Brittany Perry, and this year I am serving as the California Nursing Students' Association Chapter President.

I decided to go into the nursing profession my junior year in high school when I realized my interest in the biology, anatomy, and physiology involved in dissection. I had never stepped foot in a hospital until my first round of clinical rotations as a first semester student, but I knew that nursing was the perfect outlet for my passion to help others.

I am a third semester student and I am ecstatic because it is my hope to be a Pediatric Nurse. I have enjoyed my clinical rotation this semester at Rady's Children Hospital. It includes float experiences that has helped me narrow down which specialty I would like to work in.

Traveling is my favorite pass time during my breaks in school. Most recently, I studied abroad in Cuzco, Peru to participate in a Medical Spanish Program. It is amazing to me that nursing is a universal language. Even though I am a beginner at speaking Spanish, in Peru I was able to comfort a mother whose 7 year old son got hit by a car.

Cultural diversity is becoming essential in our society today and I am grateful for the San Diego State University study abroad requirement.

My best advice to get through nursing school is time management. It is essential to create a schedule in advance which includes not only time for studying, but also personal time for your favorite hobbies. Also, utilize the upper classmen! We are great support systems both academically and emotionally."



CNSA Vice President



My name is Samantha Ahwah and I am originally from Palos Verdes, CA which is in the Los Angeles area. I'm currently in my fourth semester of nursing

school. I began at SDSU in 2007 as a biology major with the intention of going to medical school. Then, in December of 2009, I lost my mom to breast cancer.

My entire childhood, when someone asked me "What do you want to be when you grow up," my answer was easy: I want to be a doctor. I honestly have no idea how this dream got into my head, but it did and I stuck with it, at least until 2009.

On December 8, 2009 my mom lost her battle with breast cancer. I cannot express to you the pain that exists when you watch someone so close to you deteriorate; when you see someone's body fail them, and you feel so useless that there is nothing you can do. I wished that I could take her place so badly. Why was my mom, someone who loved and cared for others so deeply, destined to battle this terrorist living inside her? I felt so angry, sad, alone, outraged, unhappy, like a bomb exploding with emotional confetti.

The only thing that brought relief to me and my family were my mother's nurses. In a time of hopelessness, they gave us comfort that my mom was in good care. The doctor really only showed up once a day, so the nurses served as a familiar face, with kindness, and understanding of the ache

and heaviness we had in our hearts. They were accommodating, knowledgeable, and best of all genuine when it came to the care of my mom. I found them inspiring.

The reason I had always kept up with my dream of being a doctor was because I wanted to take care of people. After my experience at the hospital, I realized that the patient care I had always wanted was really in the hands of nurses. I want to be the person that can make things easier for patients and their families; be the sense of relief for someone that my family and I so desperately needed and appreciated.

So, when I realized that I had actually been dreaming about being a nurse, I decided to get my degree in Nursing. I felt more motivated than I had ever been before—I had found my passion. Getting my acceptance letter into SDSU School of Nursing is the proudest I have ever felt. And now, when people say, "What do you want to be," I respond, "I'm going to be a Nurse."

CNSA Secretary

"Hi, fellow nursing students! My name is Rachel Villarin. I am a 3rd semester nursing student and I am your 2013-2014 CNSA Secretary.

I like to think that I am a pretty laid-back kind of person, so most of my hobbies are centered around relaxing. I love to listen to music. I have my preferences such as soul, hip hop, and reggae, but I could virtually listen to just about anything. Nursing school takes up most of my day, but when I do have days off, I like to catch up on my favorite television series. I also like to stay active by running or playing sports; being outside definitely makes me feel alive.

I didn't start off as a nursing major. Like many freshmen, I was highly unsure of what I wanted to do in life. I tried everything

from business management, to marine biology, to geology, and so many other majors. After jumping around a bit and trying out different classes, I came to one conclusion: None of those majors were for me. My aunt, who is a nurse and someone that I respect very much, convinced me to volunteer at the hospital. A few weeks later into being a volunteer at Sharp Mary Birch, I instantly fell in love with nursing. I didn't feel like was selling someone a product, but instead, I felt that I was providing a service that people really needed.

Nursing is a career in which you are not required to be confined into one area. I am still unsure of where I absolutely want to be, but the more clinical experience I gain, I find myself leaning more and more towards the operation room. I really like the team-aspect and technical setting of the operation room. The OR is where some of the most dramatic life-changing events happen, and I want to be part of a team that creates such positive transformative experiences."



CNSA Treasurer



"Hi everyone! My name is Jordan Knight and I am a 4th semester student. I am on the executive board for CNSA as your treasurer. Some hobbies of mine include bike riding, swimming, and watching hockey and movies.

I choose nursing because I am a total science geek and I wanted to pick something that allowed me to use my love for science and help people every day. I truly love people, and being able to help them by showing compassion and advocating for them is a huge blessing for me.

My plan is to get into Emergency nursing and hopefully transfer to a trauma facility. After gaining more clinical experience, I would love to become a helicopter nurse. I love the fast pace and the need to "think on your feet" that emergency nursing encompasses.

One piece of advice that has gotten me through nursing school is that everything happens for a reason. I have used this advice throughout nursing school and my personal life, and it has gotten me through every tough situation that I have had to face.

During your time in nursing school, you will be faced with more stress that you ever thought you could handle. But, you will be able to overcome it. Every other person around you is experiencing similar emotions, so don't be afraid to ask for help and find other students you can talk with.

On top of school, we sometimes forget that life goes on outside of nursing school as well and you will face challenges there as well. It's important to lean on each other when having a tough day. All the stress and struggles make us stronger people and one day, stronger nurses.

Legislative Director

"My name is Maria Estrada, and I am your current Legislative Director for the CNSA Chapter at SDSU. My hobbies and passions are centered on the empowerment of the nursing profession via civic engagement and by teaching other skills in legislative and political leadership.

I have had the honor of partnering with the ACLU, San Diego Dream Team, Justice Overcoming Boundaries, and other organizations that play a pivotal role in creating a socially progressive milieu in San Diego. In addition, I have had the honor of being sponsored to do public speaking at the State Capitol in Sacramento as well as other public events in San Diego.

I am currently in my fourth semester of nursing school, and am eager to pursue my career working with vulnerable communities such as immigrants, the elderly, and prisoners, just to name a few.

Many people have asked why I chose nursing as my career. I always answer that it was not I that chose nursing, but that nursing chose me. I had the opportunity to do in-home care for an elderly woman who had a profound impact on my educational

development. It was through her mentorship that I saw my potential as a student and a nurse.

When she passed away, I realized that my passion lay in nursing and caring for vulnerable people. My patient was bed-ridden and suffered several co-morbidities, placing her in a position where she depended on others to accomplish her daily routines.

This resonated with me because as an undocumented immigrant, I, too, depended on the mercy of others to accomplish my everyday goals; together, we helped each other to achieve our full potential.

I believe this is the essence of nursing --to help our sick in their most vulnerable situations and care for and empower them to overcome their illnesses. I hope to share with my fellow nursing students what I learned from my patient; no matter what obstacles affront you, you always have the ability to dream. Never stop dreaming and striving to reach your full potential; the obstacles you face were created to make you stronger and wiser, not stop you."



Community Health



"My name is Casey Franklin and I am honored to be the new Community

Health Director for the SDSU CNSA Chapter.

I am currently a fourth semester nursing student and I cannot even begin to express how excited I am to be graduating this May.

There are many reasons why I chose to follow a career path in nursing. The simplest explanation is I genuinely care about others and have always sought to positively affect people's lives, especially those in need of help. Also, in the nursing profession things are constantly changing and I enjoy learning new things each day.

In the future, I would like to work as a traveling nurse. I find exploring new areas and learning about different cultures completely fascinating. I also have a special interest in the oncology and cardiovascular departments.

In my spare time I enjoy being with my friends and doing anything outdoors – hiking, tennis, going to the beach, etc. I am also involved with a couple other amazing organizations on campus. I am a member of Students

HEAL, which will be taking a group of students to set up free clinics in Thailand. I am also a member of Colleges Against Cancer, which puts on SDSU's Relay for Life to raise money for the American Cancer Society.

My advice to the newer nursing students is to make sure you make time for yourself and have fun. Whatever makes you happy, do it and do it often. As future nurses, we know and understand the importance of holistic health for our patients and it is just as important that we do the same for ourselves. Doing activities outside of nursing school to relax, such as hanging out with my friends or going to the beach, has truly helped me make it to this point in the nursing program.

This is going to be a great year and I look forward to sharing my passion for giving back to the community with CNSA. I am here for anyone and everyone so if you have any questions please feel free to contact me. I hope you all have a great semester!"

BTN Director

"My name is Malayna Tolley and I am one of the Breakthrough to Nursing Directors. I am a third semester student and I am absolutely loving my rotations in pediatrics and OB.

I first decided to become a nurse back when I was around 13 years old and my grandfather told me his stories as a World War II medic. He wanted to become a doctor, but he was injured in the field while saving someone's life. His walking was greatly impaired by his injury, which limited his ability to become a doctor.

My grandfather ended up becoming an accountant instead. He told me that his greatest regret was that he couldn't become a doctor and this deeply inspired me to join the medical profession so that I could help people just like he did.

Apart from helping people, I love to hike, stand up paddleboard, and play the

violin. I pretty much enjoy anything that involves being outdoors! My newest interest is traveling. I caught the travel bug this past summer after spending a month in Ecuador and a month in Scotland.

I participated in a medical Spanish program while I was in Ecuador, inspiring me to pursue a career in travel nursing. I either want to work in labor and delivery or in trauma. I hope to practice nursing both nationally and internationally one day. I love the idea of helping people in less fortunate areas, so I couldn't be more excited I am participating in a Thailand medical brigade with Students H.E.A.L. this winter break!

One piece of advice that has gotten me through nursing school is to always make time for you. It's easy to spend all of your time studying with the heavy workload that nursing school brings, but it's extremely important to spend time with your friends and keep up with hobbies that bring you joy. Even something as small as watching your favorite TV show once a week can make a huge difference in your stress level! Also – get involved. The people that I have met through CNSA and other on-campus



organizations have made a big impact on my life and my future career as a nurse. Our school has lots to offer, so take advantage of it!"



"Hi everyone!

BTN Co-Director

My name is Alyson Merz, I am currently in fourth semester and will be one of your 2013-14 Breakthrough To Nursing Co-Directors.

As for my hobbies, I have almost forgotten what hobbies are, but I love being outdoors. I will do just about anything as long as there is fresh air and the sun beaming down on me. I also enjoy recreational reading and eating all kinds of food; if you ever need to get on my good side me, ribs are the way to my heart.

We are all in this program because we want to help people and make a difference in each and every patient we touch. This is exactly why I chose nursing. Everyone has so much to give and I want to give to those in need.

I think it takes a special kind of

person to go into a room to care for someone without ever having met them and dedicate time to making them feel better. At the end of the day, I enjoy looking back knowing I was able to make my patient smile and, for me, that is all the motivation I need. While I want to help and care for any kind of patient, I absolutely adore kids, so I would love to end up on a Pediatric Oncology unit.

The one piece of advice that got me through nursing school is GET INVOLVED! If I had to give anyone advise, it would be to get involved. It doesn't matter how you do it; just do it! By getting involved on campus, you make friends while building time management and leadership skills, which are two HUGE aspects in nursing. So get out there and participate, you will find something you are passionate about; our campus definitely has it all."

Membership Director

"My name is Kendall Conn, and I am thrilled to be the Mentorship/Membership director for CNSA at SDSU! I am currently in 3rd semester, but I was originally supposed to be in 4th semester. I walked into the first lecture of 2nd semester with a ruptured appendix and, unfortunately due to complications, I had to take a semester off from school. While it was one of the most difficult decisions I have ever made, having the experience of being a patient has only made me more appreciative of nurses and our role as patient advocates.

Aside from being a busy student and your mentorship director, I enjoy going to the dog beach with my dog, Lily, practicing yoga, doing arts and crafts, usually with glitter, and competing in pageants while promoting a pediatric oncology camp I volunteered at over summer, Camp Ronald McDonald for Good Times.

What made such a "girly-girl" decide to choose such a non-glamorous field as a career? To put it simply, I love it. In high school, I was convinced I would be a business executive and conquer the world in fabulous pumps, but my junior year of high school introduced me to nursing through an anatomy class. My teacher, Mr. Maemone,

was a retired chiropractor who emphasized health and nutrition while going through basic anatomy and physiology.

I remember asking him after class one day, "If I wanted to take my love for this class and turn it into a profession, what would I be doing?"

He replied, "Kendall, you need to be a nurse."

That encouragement completely changed the direction of my life, and thankfully brought me to SDSU's school of nursing! I'm not completely sure where I will find my home in nursing, but right now I see myself becoming a pediatric oncology nurse. I truly believe every child deserves a childhood, regardless of illness.

As Mentorship Director, I feel it is only right to share a piece of advice that helps me get through nursing school, which is "Do YOUR best!" It is so easy to get caught up with tests, projects, and grades, and to feel overwhelmed or exhausted. At the end of the day, if you've done your best, whether that means with studying, performing a skill, or just being someone your patient can talk to and trust, that's all you can do. Nurses are

not defined by the grades they get; we are defined by the lives we impact."



Fundraising Director



"Hi everyone!

My name is Matthew Manglal-lan and I am a current 4th semester nursing student.

I am the 2013-2014 Co-Fundraising Director of CNSA. It is an honor to hold this position. I have made the whole-hearted commitment to maximize my efforts in fulfilling and exceeding the demands of this distinct role.

Aside from the busy life of a nursing student, I love to live a healthy and active lifestyle. When time permits, I usually workout at the gym, ride the waves at one of beautiful San Diego's beaches, shoot hoops on the basketball court, or just enjoy the natural beauty of mother earth on an exploratory hike. You can also find me randomly dancing to music on the way to class or while studying. I also have a great love for playing the piano.

I have chosen Nursing as a profession because I am truly compassionate about helping others live healthier lives. Whether it be stepping into a patient's room or performing home visits within a client's natural environment, my goal is to make sure that my client has improved their health in some way before I leave.

It always hits a soft spot in my heart when my patients express their gratitude and appreciation for the care that I have given them.

Having a great interest in science and critical thinking, I have decided to pursue a job working as an RN in the ICU, emergency, or trauma units. I strongly believe these areas will sustain constant gratification and self-fulfillment in me. Ultimately, I will go back to school after I have felt I have reached the necessary educational experience to be successful in completing a Master's Program in Nursing Anesthesia. Nurse Anesthetists are given a great deal of autonomy and are well respected amongst the communities they work in.

I haven't necessarily received a piece of advice that I got from nursing school that I use on a daily basis per say, however I have a saying that I live by on a day to day basis. The quote is, "Live life as if today will be your last." You only live once, so why not make the best of every opportunity and situation that crosses your path?

To those of you interested in pursuing a career in Nursing or the healthcare field in general-- do it! There will always be a need for genuine people who want to help others live healthier lives. Keep your mind focused, maintain your drive, and your success will be the fruit of your labor. Thank you for reading and I wish you all the best!"

Fundraising Co-Director

"Hi, my name is Camille Lugtu. I'm a 4th semester student currently serving as one of your fundraising directors! When I'm not studying or sorting out merchandise, I really like to watch musicals, hang out with my friends, and explore San Diego. Sleeping and eating are also some of my favorite pass times.

I knew I wanted to do nursing because, like everyone else, I wanted to help people. I want to be that person a patient can trust, the person that is doing everything that I possibly can. I want to take care of people, to put it simply. I'm not really sure what type of nursing I want to get into, but I'm really interested in doing something cardiac

related. But who knows, maybe I'll change my mind next week and I'll go for pediatrics or critical care. I think I'll just go where the wind takes me and I'm sure I'll figure out what I'm meant to be.

The best advice I can give about nursing school is to have a great support system, befriend the people in your clinical. The people sitting around you during those three-hour lectures are the ones that understand your stress the most. They're the ones getting up at 5am to get to clinical too. They'll be the ones that you can have dinner with and it won't be weird when you start talking about bowel habits.

I've found that the friends that I've made are some of the best people that have come into my life; they're the ones that make me strive to be better. They have helped me survive this adventure, and I probably wouldn't have made it this far without them."



Image of Nursing



"I'm Vaneesha Patel, your Image of Nursing Chair. I am in my 4th semester of

nursing school and I have loved almost every moment of it. Although nursing school is very time consuming and currently a big part of my life. In my free time, I enjoy rock climbing, hiking, and playing the flute and trombone in the community band among other interests

I chose nursing as a profession for numerous reasons. The thought of helping people every day sounds like a very rewarding career and I want to make a difference in people's lives. I also chose nursing because it is a growing field, the scheduling seems excellent, and the pay isn't half bad! However, one of my favorite things about the nursing field is the vast opportunities it offers. You can do so many different things within the profession and you have the ability to work in a variety of different settings.

I would like to be an ER / Trauma

nurse. I love the excitement that the specialty offers. You get to see different things every day, it is fast-moving and very interesting. I have also noticed that out of all of my clinical experiences, my 4 days in the ER have been my absolute favorite. I do want to eventually further my education and I would like to either become a Certified Registered Nurse Anesthetist or get my Nurse Practitioner license in the future.

If I had to give one piece of advice to help get people through nursing school, I would say make friends with the people in your cohort. These are the people that are going through exactly the same thing as you. They will understand your struggles, stress, stories, and success more than anybody else can. It is a lot easier to make it through nursing school when you have people supporting you."

Communications Director

"Hello everyone, my name is Karizma Carolino and I am very excited to be your Communications Director for the 2013-2014 school year! As communications director, I publish a newsletter for the school of nursing twice a semester and putting out a CNSA Board of Directors website.

I am currently in 3rd semester and enjoying my PEDS and OB rotations. When I am not busy studying for exams, I like to watch crime dramas on TV, shop for cute accessories, listening to music, and hang out with my friends. I am also very interested in learning about different languages and cultures, particularly East Asian languages because I love their writing systems. After graduating, I plan on taking language classes at community college.

I chose nursing as a profession because I grew up respecting them. I had aunts on both sides of my family who were nurses. I admired them because they were

who my parents talked to when they needed medical advice and they were always so passionate about their jobs.

As I got older, nursing became more appealing. I like that it's not a desk job. You're always on your feet and moving around, giving medications, or talking to patients. There are also many different nursing specialties and I like the freedom of not being tied down to one type of nursing. I also wanted a job where I could help others and with nursing, I felt that the help and care I provide in the hospital doesn't stop there. I could help my parents, my family, my friends, and even my community with the knowledge I have.

I am still not sure what field of nursing I want to go into but I am interested in ED and OB nursing. I am still keeping my options open.

One piece of great advice that got me through nursing school came from my

mentor. I would get so nervous about forgetting something or making mistakes that it got in the way of my learning in clinical. She taught me to take deep breaths and repeat a mantra to help me "let go" of my fears and get over my mistakes. I still use it to this day!"



Global Initiatives Director



"My name is Stephanie Peterson, I am a third semester nursing student at SDSU and currently the Global Initiatives Director for California Nursing Students' Association. When I was 15 my friend got injured at ice-skating practice and I helped her until the ambulance arrived. I knew right then that a

career in the medical field fascinated me and I have been working towards a nursing career ever since. I chose the nursing profession because the idea of combining my love for science, helping people, travel, different cultures, integrative medicines, and, quite honestly, wearing scrubs to work was too good to be true.

After my semester abroad experience this past summer to 13 different countries within the Mediterranean, I knew what it felt like to constantly be out of my element and not know the language. However, I also learned so much from my interactions with people belonging to a culture different from my own. For this reason, I am interested in going into travel nursing, both international and within the US, and hopefully becoming an Operating Room or Emergency Room nurse.

Showing compassion for a patient by adapting care and interventions to their cultural preferences is something that I am very passionate about; I believe will make their hospital stay feel more like home. I am so excited that being Global Initiatives Director gives me the opportunity to create

cultural flyers that expose the nursing community to the cultural preferences of people that we will see in the hospital.

One thing I wish I had done differently in my first semester of nursing school is to stress less and workout more. I honestly believe that most nursing students, myself included, think that if they study one hour more or sleep one hour less that they will get the grade they are striving for. However, after hours in the library, put the book down and get some sleep. It's so important to listen to your body and to stay healthy!

As nursing majors, we are expected to represent the nursing profession and be healthy individuals. However, I have never seen so many caffeine addicted, over exhausted, and weak people. So pick up some weights, go on a run, get some sleep, eat right, and laugh a little! It's good for you and helps you with do well on those tests; it's scientifically proven. "

Global Initiatives Co-Director

"Hello! My name is Devin Gray and I am one of the Global Initiatives Co-Directors. I am currently a 4th semester student and counting the days until I am an RN!

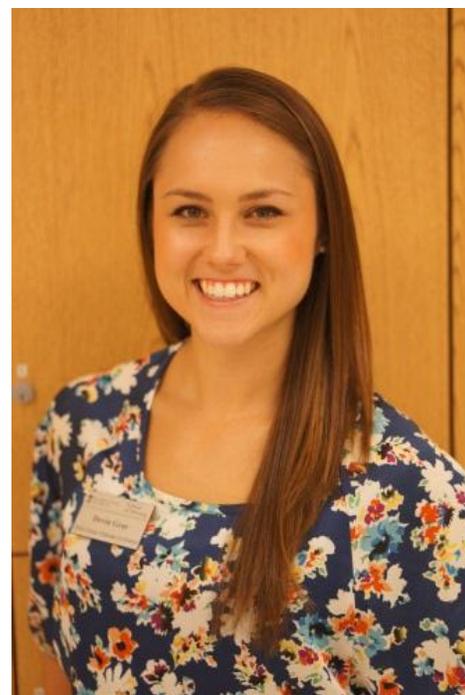
Since June, I have been working on the Spinal Cord Injury Unit at the VA Hospital in La Jolla. I absolutely love the population at the VA and have truly found a passion for rehabilitation nursing.

Aside from school and work, I enjoy being active and doing outside things. I love to be in or around the ocean, whether it be running, reading, or surfing. I love to do all of these things with my boyfriend, John. More than anything, I love to visit my mom, grandpa, brother, and two little sisters at home in Chico, California.

Growing up, I'd always had an interest in the medical field, but I was never sure of exactly what I wanted to pursue.

My junior year of high school, I traveled with my church down to Rosarito, Mexico to build houses for a poverty-stricken community. During this experience, I discovered my passion for people. It was so rewarding to know I had the resources to help this community and I realized I could feel that same reward in nursing. So, here I am.

Only eight months away from graduating nursing school and I am so excited to see where this profession takes me. The best advice I have received thus far is this: "the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all



matters of the heart, you'll know when you find it." Thanks, Steve Jobs."

sdsu- CNSA Vital Signs October 2013

Created by the Vital Signs
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