

F A L L 2 0 1 4

CNSA-SDSU Chapter

VITAL SIGNS

Issue No. 1



Wed,
SEPT 3

CNSA MOVIE NIGHT:
American Nurse Project
7PM: Second floor Student
Union Theatre

Fri,
SEPT 5

FRESHMAN Q&A NIGHT
5pm – 7pm: Cuicacalli
Residence Hall

Sat,
SEPT 13

HEART & STROKE WALK
7AM – 10AM: Balboa Park

Sun,
SEPT 14

WHITE COAT CEREMONY:
10AM: Arts & Letters Building

Sat,
SEPT 27

FOOTBALL TAILGATE
4PM – 9PM: Qualcomm
Stadium

Inside This Issue

Congratulations and welcome to another semester of nursing school! I hope you all have had a restful and wonderful Summer vacation to get you rejuvenated and ready to do marvelous things in nursing school!

This issue will highlight **new changes** that have been implemented in our program and new things that your new Board of Directors for CNSA has come up for you: a new **tutoring & scholarship program**, **new SDSU Nursing merchandise** with beautiful new designs, and so much more!

This issue also contains shared experiences from your fellow nursing students who have been where you will be and offer their compassion and words of advice through their shared stories.

Don't forget to check out the upcoming CNSA Events to plan ahead and get yourself ready to dive into a spectacular year of nursing school!



Notes from the Director of the School of Nursing

Welcome back for another year of school! It promises to be an exciting year for several reasons.

First, this fall semester we admitted the first group of students into the new curriculum. These students were admitted directly into the university and the School of Nursing, just like over 80% of the schools of nursing in the United States. While this approach is new to SDSU, it is the norm across most of the country. While those student continuing in the School had to work hard to get into the nursing program, these direct admit students will have to work hard to retain their place in the program. But the real importance of the new curriculum is that it guarantees graduation in four years if you stick to the curriculum plan. Again, SDSU was out of step with the rest of nursing aeducation in this regard. New federal Department of Education rules grade universities on their four year graduation rates. That is a primary reason why the California State University Chancellor mandated that all baccalaureate programs must be 120 units.

The new curriculum is science heavy in the first year and provides six semesters of nursing content. Our language will change as we begin to refer to students by their academic year (freshmen, sophomores, juniors, and seniors) rather than by what semester they are in. For CNSA it will mean that freshmen nursing majors can join and begin active participation in their sophomore year. We will continue the White Coat ceremony, but once each year in the early fall semester for students in the new curriculum.

Second, the university gets a new Provost. The Provost is the senior academic officer of the university, responsible for the academic mission. Chukuka S. Enwemeka begins his service to the university in July 2014. He is a physical therapist/research by training and has worked closely with the College of Nursing in his prior position as Dean of the College of Health Sciences at the University of Wisconsin, Milwaukee. Originally from Nigeria, Dr. Enwemeka obtained his Master's degree from the University of Southern

California and a PhD from New York University. Please take the opportunity to meet Dr. Enwemeka as he helps chart the course for SDSU's academic future!

And third, our nursing students continue to impress with the quality of the care provided in our partner agencies and the service to the community and CNSA that you provide. I am proud of our students! Just as you support each other, I ask that you support our new students as they transition into the continuing program of study and into the new curriculum. Healthcare is a team effort.

I hope to begin informal meetings with groups of students this year.

If you are interested in meeting for lunch, please let Rosemarie Busalacchi (rbusalacchi@mail.sdsu.edu) know. The goal of these meetings is to get to know each other better. It is also an opportunity for me to share what is happening in my nursing world and for me to learn more about what is important in your nursing world.

So welcome back to the School of Nursing. May you have a wonderful year!

Philip A. Greiner, DNSc, RN
Professor and Director, School of Nursing

INTEGRATIVE HEALTH CARE CLINICS



Free integrative health care clinics will be offered at different locations every Thursday from 3-7 pm. These health care clinics will integrate free acupuncture, massage, energy healing, chiropractic, biomedical consults, classes in yoga or other meditative art. One to two nursing students will have the opportunity to attend each Thursday and take vitals before and after treatment. Other students are welcome to attend and enjoy the free treatments!

DATES

1st Thursday of the Month:
O'Farrell Community School

2nd Thursday of the Month:
Hoover High School

3rd Thursday of the Month: TBA

4th Thursday of the Month:
City Heights Wellness Center

5th (if applicable) Thursday of the Month:
Hoover High School



An Effort to Insure Californians

The enactment of the Patient Protection and Affordable Care Act of 2010 (ACA) represents one of the most dramatic increases in access to private and public health insurance since the creation of Medicare and Medicaid in the 1960s. The Kaiser Family Foundation suggests the ACA expands access to medical insurance to approximately 26 of 50 million non-elderly uninsured Americans. While this policy has become entangled in controversies, one key feature of the emerging system has been the subject of a remarkable consensus: the exclusion of undocumented immigrants from the ACA. In an effort to expand access to health coverage to all Californians, on February 14,

2014, California Senator Ricardo Lara (D-Bell Gardens) presented The Health for All Act (SB 1005). Lara's bill proposes that California use state money to expand Medicaid eligibility to those who meet the financial requirements, but have not been able to qualify because of their immigration status. The Health for All Act is intended to establish a qualified health plan offered through the California Health Benefits Exchange, or allow purchase of affordable employer-based health coverage to Californians regardless of immigration status. This public health exchange will offer the same premium subsidies and cost-sharing reductions to unauthorized immigrants.



LIGHT THE NIGHT

A COMMUNITY HEALTH EVENT

Our annual community health event, Light the Night, is coming up soon! It will take place on **November 7th at Petco Park**. This year, our team will be walking in honor of Mike Parr, Professor Parr's husband, and in support of a fellow nursing student, James Pira, who was diagnosed with Hodgkin's Lymphoma right before his first semester of nursing school. This event allows us to **celebrate** people who have

fought, **honor** those who we've lost, and financially **contribute to research** as a nursing team! Last year, we raised \$3000, and we will aim to raise just as much, if not more this year! We will begin fundraising the whole month of September. Come join us in this event that empowers so many to continue fighting.



**"SUCCESS IS
LIKING
YOURSELF,
LIKING
WHAT YOU
DO, AND
LIKING HOW
YOU DO IT."**

- Maya Angelou

LITTLE BY LITTE ONE WALKS FAR

TRANSITIONING INTO THE NURSING PROGRAM

By **LIDWINA ARBIANTO, 3rd SEMESTER**

For me, first semester of nursing school was very hard. You know how when you visit a new country, you get "culture shock"? Well, first semester (and second) here at SDSU, I got "school shock". I had transferred from a community college near home, and moved by myself to San Diego. I thought it would be easier to handle the change of a new home and school, but it certainly wasn't. Compared to my community college, SDSU is so much bigger, there are a lot more students, and everybody in the nursing program is so smart! I was honestly used to being the smart one in class, but when I moved here, EVERYBODY was smart. It made sense; I mean otherwise they wouldn't be in the nursing program.

The nursing classes are at a totally different level and pace than what I was used to, and I often felt overwhelmed by the amount of work and knowledge I had to know. I cried a number of times, and felt horrible afterward because I felt that I was the only person who was *drowning* in school work. I obviously wasn't.

In the beginning, I was so scared to go out and hang out with friends because all I wanted to do was study all the time. I would think, "Finally class is over! Now I can go home to study." That's literally what I did: **SCHOOL, STUDY, EAT, REPEAT.** Many times I would hear people in later semesters say "Take some time for yourself, go have fun, go to the gym", but I thought, "Who has time for that? I need to study, or finish this care plan, or read this chapter!"

Two semesters later, here I am in third semester, and I'm just in awe with how much I've learned over the past year.

Not only educationally, but also about myself.

I've learned now that you can and you should take time for yourself to do what makes you happy. For me, it was taking a nap. Letting your brain rest, even if only for half an hour, really does make a difference. I would also suggest really using your mentor, because that person has been in the same spot that you are at, and they might know tips that can help you out.

Also, if you know that if you get distracted easily by being in your room, then go to the library and study! First semester, I was too lazy to go to the library because I didn't want to walk there but I found that I get so much more done at the library than anywhere else. Plus, maybe you'll find other nursing students that you'll be able to study together with.

So, **find what works for you and stick with it.**

Most importantly, never feel that you're alone. Everybody here is in the same boat. They have been where you are, and they've made it through. Know that it is possible to finish nursing school. Don't be afraid to express your worries to your friends, because you never know who's feeling the same exact way.

IF I CAN, YOU CAN TOO

WORDS OF ADVICE BY
NURSING SCHOOL ALUMNI

FRANKIE BOHM, RN



First of all,

congrats on getting into SDSU School of Nursing!

Go Aztecs! That's an achievement worthy of a Gold star. Oh first semester, geez where do I begin? I was a hot mess. I failed my first test, lost about 40 lbs from stress and cried like a baby all the time. I tell you this not to scare you but to let you know that you are not alone and hopefully you will have a more positive experience than I did. First semester is just all around stressful, awkward and downright hard!

**IF YOU WANT SOMETHING BAD ENOUGH
THOUGH YOU'LL PUT ON YOUR BIG GIRL
PANTIES AND NURSE ON!**

Nursing Fundamentals- the struggle was real my friends. Plain and simple if you don't study you won't pass. Read the syllabus and treat it like a bible. Not a good test taker? Yeah, that's the bane of my existence too. Get creative!!

Figure out the best way that works for you. It took me until the final to figure it all out, but hey I found my niche. In all seriousness, if it wasn't

for Fundamentals I don't think I would have passed my NCLEX first time with 80 questions. That semester really prepped me for it!

Pathophysiology- it's a sneaky little devil I tell you. If I could change anything in nursing school I would have studied harder for this course because without a doubt it follows you everywhere. It's particularly important for Medsurg and Critical Care.

Lastly, here are a few tips to live by. Embrace the challenges because this is a career field you chose. **STUDY AND LEARN BECAUSE YOU WANT TO BE A KNOWLEDGEABLE NURSE NOT BECAUSE YOU WANT A GOOD GRADE.** If you don't understand something, take a little extra time to get to a solution or rationale. Don't blindly accept something; make sure it makes sense to you! Ask questions! Take care of yourself. Eat right. Get some semblance of good nights rest. Lastly, and most importantly get a calendar and write everything in it including time to relax!!

I sincerely wish you all the best and look forward to seeing you on the floor. If you're ever in the ER, stop by to say hi!



YOU MADE IT!

WELCOMING WORDS FROM YOUR
MENTORSHIP/MEMBERSHIP DIRECTOR

Welcome new students to San Diego State's Nursing Program. The next 2.5 semesters or 4 years will include some of **THE BEST BUT ALSO PROBABLY SOME OF THE HARDEST TIMES OF YOUR LIFE**. You all know how hard it was to be accepted into this program. I wish I could tell you it gets easier but this is a hard path we have chosen. Luckily, there are people along the path here to help; your professors, your fellow nursing students, and your mentor.

Remember through this whole process, your professors **WANT YOU TO SUCCEED**. They may seem intimidating but I guarantee they are the best resource you have. I encourage you to use them as a resource. Also, I encourage you all to take a look around when you are in your classes; you will spend the next chunk of your life with these men and women and you might even work with them someday. They are another great resource at your disposal. **I ENCOURAGE YOU TO USE ONE ANOTHER AND WORK TOGETHER TOWARD THE GOAL OF BECOMING A NURSE**.

Finally, you have your mentor. On the day of new student orientation you will fill out a sheet that asks you a few questions about

yourself. Based off of these, you will be paired up with an enthusiastic student that has traveled your path before and is willing to come alongside you to help on this crazy journey. This person will probably become one of your closest confidants for not just school but personal things as well. They are there for you and want to see you succeed where maybe they did not. These people have resources that you and your cohort have not heard of so do not be intimidated they are still students, ask away, and try to learn from us.

MY HOPE AND PRAYER FOR THIS SEMESTER IS THAT NO STUDENT GETS LEFT BEHIND. I would like each and every one of you to pass your classes and continue in this amazing program. I think the mentor program is essential for this to occur so please be open to your mentor. As I stated earlier, we are here for you and want to help in anyway that we can. Welcome to San Diego State's Nursing Program and get ready for an adventure!

Danielle Gardner
Mentorship/Membership Director



TEAMWORK MAKES THE DREAM WORK

SHARED MENTORSHIP EXPERIENCES

"When I signed up to have a mentor, I requested to have a friend as my mentor. I later realized that it was really a blessing that my request did not follow through, because not only did I still have that friend as someone who could mentor me but now I had a second. One regret I have is that my mentor and I never met up in person to chat, study, or hang out. What I did love about my mentee experience is that my mentor would check in on me from time to time to see how I was doing. I think it's my own fault for not utilizing my mentor to the fullest potential. I should have come to her more often during the times of struggle for the support and understanding. I often times rely on myself in stressful situations, but in nursing school at SDSU you can't rely on yourself anymore I have come to realize. You really need to seek that help from outside sources, your mentor, your professors, your family, your friends. As a mentor, I want to help my

mentee recognize that **THEY ARE NOT ALONE, THAT THERE ARE PEOPLE TO SUPPORT THEM ALL AROUND**; they just have to reach out for it. I hope that my mentor experience will have more face-to-face meetings/check-ins, whether it's grabbing a coffee, or studying together."

"First semester was difficult. It was emotionally, intellectually, and physically taxing. However, there was something set up to help us first semesters, the mentor program and it is great. **IT ALLOWS YOU TO HAVE SOMEONE TO SHOWER WITH THE MILLIONS OF NERVOUS QUESTIONS AND EPISODES OF SELF-DOUBT THAT PLAGUE YOUR EXISTENCE THOSE FIRST COUPLE MONTHS.** I was really excited when I was assigned my mentor. Unfortunately, we never got to meet because of busy schedules, which is understandable. I just wished I had had a mentor that was more available to actually talk about my classes and what I was going through. This experience definitely inspired me to strive to be there for my future "mentee" because I really do think this is a great program. Ultimately, I relied on my classmates as my mentors, and we all came together to support, challenge, and encourage each other on those difficult days!"



MENTOR/MENTEE FOOTBALL TAILGATE

Come show off your new SDU school of Nursing gear at the first ever Mentor/Mentee Football Tailgate! It will be on Saturday, September 27th at 4pm to Game Time at the Qualcomm Stadium Parking Lot! We look forward to seeing you there!



FOR MORE INFO CONTACT:
Daniellegardner16@yahoo.com

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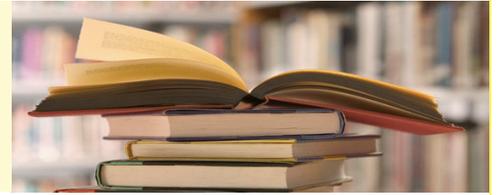
“THEN REPRESENT WITH OUR NEW ZIP-UP HOODIES”

BLACK NAVY GRAY



SDSU *Nursing* NEW PULLOVER HOODIES

SDSU CNSA TUTORING & SCHOLARSHIP



What is the tutoring & Scholarship program?

The SDSU CNSA Tutoring & Scholarship Program is a tutoring program powered by nursing students for nursing students. This symbiotic program promotes professional and leadership development in our more advanced students while academically and emotionally supporting the incoming nursing freshman. Junior and senior nursing students apply at the beginning of each semester for the chance to tutor freshman nursing students in the sciences and earn an academic scholarship, cord points, and a portfolio certificate. The freshman nursing students are each allotted 4 tutoring sessions per semester free of charge to the student to help them succeed in their classes.

How are tutors selected?

Tutors apply via the application found online at sdsucnsa.weebly.com at the beginning of each semester. Then, a select number of applicants are contacted for an interview. Finally, CNSA Board members and SON faculty members together select between four and six tutors to participate in the program for the semester. Tutors are selected based on their

academic record, extracurricular activity, work experience, and interview. We are looking for applicants that show a history of academic excellence, outstanding communication skills, strong leadership qualities, and a friendly and personable demeanor. While prior teaching and mentoring experience is preferred, we are open to any applicant with a passion for education. This Fall, we are looking for Microbiology and Organic Chemistry tutors. This Spring, we will be looking for

What is required of the tutors?

Tutors are expected to provide a minimum of 8 hours of availability per week and complete any appointments scheduled with a maximum of 70 completed appointments per semester. All tutors will receive cords points and a nursing portfolio certificate upon completion of the program; however, the scholarship amount is based on how many appointments the tutor completes. In other words, the scholarship is on a "sliding scale."



How do I schedule and appointment with a tutor?

Once the tutors have been selected, freshman nursing students can book appointments with the tutors through the online appointment making system, which can be found on the SDSU CNSA website, sdsucnsa.weebly.com. Appointments are first come first serve and can be booked several weeks in advance. Please be aware that two cancellations within 48 hours of the appointment and/or no shows result in the loss of tutoring privileges.

How do I donate to the program?

Fundraisers and donations currently fund the Tutoring & Scholarship Program, although we are working on getting support from the university. Ahus, as a non-profit student lead organization, we are always appreciative of donations to our program. Please contact Elissa Moore at sdsucnsapres@gmail.com if you are interested in donating!

How do I donate to the program?

Please direct any questions to the SDSU CNSA President, Elissa Moore, at sdsucnsapres@gmail.com.

IMPORTANT DATES

Thurs,
AUG 21 **Tutor Application Opens**

Mon,
SEPT 10 **Notice of Tutor Acceptance/Denial**

Tues,
SEPT 5 **Tutor Application Due**

Wed,
SEPT 10 **Mandatory Meeting for Accepted**

Sat,
SEPT 8 **Tutor Applicant Interviews end**

Mon,
SEPT 15 **Tutoring begins**

THE BOARD OF DIRECTORS SHARE
THE TOP 3 THINGS WE LEARNED
FROM NURSING SCHOOL



ELISSA MOORE
PRESIDENT

LESSON #1: Nursing school has taught me to value the bigger picture. Everyday problems may seem like they matter, but then I remember that there are bigger problems out there and I am blessed to have health and love.

LESSON #2: I can make a difference because nursing students have so many opportunities to change the people and the world around them in a positive way.

LESSON #3: Nursing school has taught me to not take myself very seriously. When you make silly mistakes, all you can do is look back, laugh, and move on.



ALLIE NEUNZIG
VICE-PRESIDENT

LESSON #1: Love what you do. Nursing school puts you through very stressful times, but if you remember why you love this stuff, it makes it so much easier.

LESSON #2: No one else can understand you the way your nursing peers can during these few years so embrace it because you need them.

LESSON #3: Hard work pays off. Knowing I have such an amazing future awaiting me after I graduate and walk keeps me patient and motivated.



DEVON DELATTRE
TREASURER

LESSON #1: It's okay to not be perfect. There is a lot to learn from not always being perfect or the best at everything.

LESSON #2: Friendships mean everything. Nursing school is not easy, and it is the friends you make in nursing school that will get you through the rough days.

LESSON #3: A little compassion goes a long way. Even the smallest act of kindness can make a patient's day.



ERICA JOHNSON
SECRETARY

LESSON #1: Comparing yourself to others will get you nowhere because we are all individually unique, and you must give yourself credit for being original.

LESSON #2: Procrastination can be very poisonous. Take the time everyday to prepare for your tasks and you will reap great benefits from it in the hospital and classroom.

LESSON #3: Nursing school is a huge social sacrifice but it's not everything so don't make it everything. Treasure your relationships outside of the program and don't forget you actually have a life and deserve to enjoy it.



MAKAYLA MARCO
LEGISLATIVE DIRECTOR

- LESSON #1: Make time for yourself! The stress of nursing school can be overwhelming at times and you must make yourself a priority.
- LESSON #2: Work as a team! Comparing yourself to others will only bring you hardship. More importantly, you never know what your peers are going through so be kind!
- LESSON #3: Be open-minded! By being truly present in all of your clinical rotations, you will really hone into what you are passionate about. What you find may surprise you!



GENESIS REYES
CO- LEGISLATIVE DIRECTOR

- LESSON #1: Confidence is key.
- LESSON #2: To be graceful when under pressure.
- LESSON #3: To be assertive and not passive aggressive.



NARISA KANCHANA
COMMUNITY HEALTH DIRECTOR

- LESSON #1: There is such a thing as studying too much. Attempting to push yourself past the "wall" is the easiest way to create burnout.
- LESSON #2: Getting involved in volunteer work (especially with CNSA events –wink wink) is a great way to take a break from the stresses of nursing school! It's as refreshing as making a tangible difference in the community while hanging out with your classmates!
- LESSON #3: Your cohort will turn into your family! They're one of the best support systems you could ever ask for.



MARILYN CERRILLO
COMMUNITY HEALTH CO- DIRECTOR

- LESSON #1: Procrastination is not an option.
- LESSON #2: I learned that I love coffee.
- LESSON #3: Sometimes a smile and a listening ear is all a patient needs.



SAVANNAH RHOADS
BREAKTHROUGH TO NURSING
DIRECTOR

LESSON #1: Make time for yourself. Even if its just an hour, you can always make time to do something that makes you happy. A positive attitude will help you to stay proactive and motivated.

LESSON #2: No matter how stressful or overwhelming a day at the hospital can be, never forget the type of impact you can leave on your patient. Make every encounter with your patient count and never underestimate the power of compassion and kindness.

LESSON #3: Naps and caffeine are life. Seriously. Learn it. Love it. Live it.



KATIE ZALLAR
BREAKTHROUGH TO NURSING
CO-DIRECTOR

LESSON #1: My dad taught me not to sweat the small stuff...and it's all small stuff. I know one day I'll appreciate time I spent preparing for patient care rather than stressing out about perfect grades.

LESSON #2: Prepare to be unprepared and expect the unexpected.

LESSON #3: My mom has showed me that every person you meet has value so give each other grace- especially when you feel they don't deserve it. You may be the only person who treats them well and that person will never forget it.



OLIVER ERECE
FUNDRAISING DIRECTOR

LESSON #1: Create a space that encourages balance in your life. For me, a good study area that isn't too cluttered helps ease my mind before I begin prioritizing for my classes.

LESSON #2: Never feel discouraged. No matter how hard school or clinical gets, always keep your head held high because mistakes and disappointments are bound to happen, which we learn from to become awesome nurses!

LESSON #3: Learn to speak up for yourself and ask questions.



ANTOINETTE ROSETE
FUNDRAISING CO-DIRECTOR

LESSON #1: It's completely okay if you do less than what you expected. Nursing school is tough so don't beat yourself up if you don't get the grades you want. Accept it, move on, and use it as motivation to do better.

LESSON #2: Take time for yourself. You may feel the need to be studying and stressing out 24/7, but its very important to take breaks to spend time with people you love, go for a walk, catch up on sleep, and do things you love to do.

LESSON #3: Coffee will be your best friend.



DANIELLE GARDNER
MENTORSHIP/MEMBERSHIP DIRECTOR

LESSON #1: You must learn healthy modes of stress management. When you're overwhelmed go do something that makes you happy.

LESSON #2: Keep your eyes open for things that spark your fire because these are the things that are going to keep you excited in the hospital and furthermore help push you through the difficulties to succeed.

LESSON #3: Being a "C" student doesn't make you a bad nurse. Give answers even if they're wrong, and slow down because as someone famous once said, "Life moves pretty fast around here if you don't stop and check it out every once and a while you might miss it!"



JAZAE AKHTARKHARVARI
GLOBAL INITIATIVE DIRECTOR

LESSON #1: When you feel like you have absolutely nothing left in you to study or make it through the semester, you somehow always have a little push left to make it out alive.

LESSON #2: Fake it 'till you make it and don't sweat the small stuff. Go in with confidence and act like you're doing something you have done a thousand times and if it doesn't go as planned, laugh it off and learn from it.

LESSON #3: A little compassion goes a long way. Even the smallest act of kindness can make a patient's day.



ARIANE LUZANO
GLOBAL INITIATIVE CO-DIRECTOR

LESSON #1: Nursing school has taught me how to keep composure when my anxiety levels are off the roof and that keeping your head above the stress level is essential.

LESSON #2: Eat healthy and stock up on Airborne, Coldeeze, and hand sanitizer!

LESSON #3: Coffee is part of a balanced diet



AIMEE DELEON
COMMUNICATIONS DIRECTOR

LESSON #1: Get your self-confidence and self-concept in tact. You must have faith in your abilities to succeed in order to advocate for those relying on you.

LESSON #2: Nourish the relationships you maintain and create in life. It's vital to have a strong support system and maintain balance in all areas of your life.

LESSON #3: Embrace change. If you're ever going to grow, you have to let go of anything that constricts your growth and allow yourself to experience things with an open heart and mind.



ERICA FONTANA
IMAGE OF NURSING DIRECTOR

LESSON #1: Confidence. Trust yourself and always remember you know more than you think you do.

LESSON #2: It's okay to make mistakes. Sometimes when we make mistakes we feel like it's the end of the world, but in reality making mistakes is the only way we can truly learn.

LESSON #3: You are never alone. No matter when you feel like you are having the worst day and want to give up, you always have your friends and cohort that are there to pick you up and help you get through the day.

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