

# Hypodermic

October 2017

## Say Hello to your 2017-2018 Board of Directors



Pictured Left to Right: Evelyn Hoover, Gabriel Rosa, Dallas Mooneyham, Gabrielle Ligas, Amy Gira, Lauran Lisbon, Lendra Gause, Jessica Perez, Diana Mhuriro, Jennifer Schwartz, and Christy Swinson

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North Carolina  
Association of  
Nursing Students

Note from the Editor: Hello! My name is Dallas Mooneyham! I am very excited to be your new Publications Director for the 2017-2018 year. Please feel free to send any events your SNA is participating in to [dmooneyham389@my.pfeiffer.edu](mailto:dmooneyham389@my.pfeiffer.edu). I hope everyone is off to a great semester. Good luck everyone!

# 2017-2018 Board of Directors



**Amy Gira: President**

I attend Watts School of Nursing and will graduate in May 2018. I have served on the NCANS board as District 3 Representative in 2016-2017. I was a member of my schools SNA before that. I am married with three children and I work at Wake Med Emergency Department. I am interested in PICU and Pulmonary Specialties when I graduate and Life Flight a few years after that! In my spare time, I enjoy running to loud music, eating out at restaurants, and spending time at church as well as with my family.



**Lendra Gause:  
Vice President**

Hello! My name is Lendra Gause and I am a current senior at Watts School of Nursing in Durham, NC. I will be graduating in December 2017 and hope to become a travel nurse and eventually a Nurse Anesthetist. In my spare time, I enjoy spending time with family and dancing. I'm excited to be a part of the NCANS board and hope to grow as an individual and future RN as well as help other nursing students see the career and personal growth opportunities in the nursing field.



**Jessica Perez: Secretary**

I am a fourth semester nursing student at Fayetteville State University and will be graduating May 2018. I am interested in pursuing labor and delivery, and would eventually like to become a Certified Nurse Midwife. I am excited to get involved with NSNA at the state level of NCANS and look forward to working with everyone and learning from this experience.



**Jennifer Schwarts:  
Treasurer**

Jennifer, a 10-year NC resident, is in the ADN program at Nash Community College in Rocky Mount. She has a 9-year-old son, Max, and two lovable puppies, Daisy and Cookie. She loves to spend time with her family, watch movies with her boyfriend, and go to the beach whenever possible. After graduation in May of 2018, she plans to remain in Eastern NC to pursue her BSN and MSN.

# 2017-2018 Board of Directors



## **Gabriel Antonio: Director at Large**

Gabriel Antonio Rosa brings 12.5 years of leadership experience as a United States Air Force Veteran from Allentown, Pa. He currently serves as the Vice President, Student Nurses Association at Fayetteville State University and will be graduating with his BSN, May 2018. Gabriel has spent many hours mentoring as a Youth Coach for the Hoke County Recreation Center in a variety of sports and clinically volunteers at The Care Clinic of Fayetteville. His particular expertise is communication and recruitment for healthcare and public health awareness. He hopes to work in ED or ICU and inspires to become a Nurse Anesthetist.



## **Dallas Mooneyham: Publications Director**

Hello! My name is Dallas Mooneyham. I am a current senior at Pfeiffer University and will be graduating in May 2018 from their BSN program! I am currently a Co-President of Pfeiffer University Student Nurse Association and NCANS Publications Director. I would like to work in an ICU after graduation. I plan to go on and continue my education possibly as a Nurse Anesthetist after I gain a few years of experience.



## **Gabrielle Ligas: District Representative**

Hi, my name is Gabrielle Ligas and I am a former raised Georgia Peach! My passions moved me to North Carolina in 2014 to accomplish my dreams of attending Nursing school while also playing Division II soccer. At school, I am involved in different clubs and organizations such as student ambassador, Co-President of our nursing club association, S.A.A.C representative, and division two athletics. My participation in clubs and organizations has prepared me to take on a leadership position with NCANS as the district 2 representatives to recruit other students to get involved on a state-wide level. In my free time, I work as a Nursing Aide in Raleigh North Carolina. I also love to write and inspire other nursing students through my blog [thenursesguide.com](http://thenursesguide.com). NCANS is a great way to show students how you can expand your career and go beyond what you thought possible.

# 2017-2018 Board of Directors



**Diana Mhuriro: District V at Large**

My name is Diana Mhuriro I was born and raised in Harare Zimbabwe. I am a second-degree-seeking student. I will graduate with a BSN in December 2017. My desire is to be a critical care nurse and be the best nurse that I can be. I enjoy spending time with my husband and my 3 kids.



**Lauran Lisbon: Legislative Director**

Hi everyone! My name is Lauran Lisbon and I attend Fayetteville State University (BRONCO PRIDE)! I am currently serving as the Legislative Director. I also serve as the Sergeant at Arms in my school's chapter. Many may think that it's a tough position, but I enjoy making sure things run and flow smoothly! I love working with the SNA and know that I have benefitted from being a member. I'm pretty family oriented, when I have the chance and love spending time with them, especially my two nieces. I'm looking forward to graduating in May and hope to become either a NICU, Cardiovascular, or CVICU nurse!!

## Dates to Remember!

**DUKE:** <https://www.dukenursing.org/student-nurse-new-graduate-faqs>: Most Clinical Nurse I positions are posted during the months of October and November for December graduates, and between March and April for May graduates.

**UNC REX:** <http://www.rexhealth.com/rh/careers/new-graduate-residency-programs/new-graduate-nursing-program/>  
Nurse externship for rising juniors: Application Date is January- February 28, 2018:  
<http://www.rexhealth.com/rh/careers/new-graduate-residency-programs/nursing-externship-program/>

**WAKEMED:** It is not open yet for Spring 2018 but the website prompted to check back again soon! <https://www.wakemed.org/careers-clinical-nurse-fellows-what-to-expect>

**CHS:** Applications for December graduates are due October 1. Applications for May graduates should open soon.

**Make sure to frequently check out hospitals websites that you wish to work at! The information for hiring and for New Grads it typically under the career tabs. Be proactive with your future and stay updated and please share the word with your fellow Nursing Students!**



The SNA at Fayetteville State University participated at an event called Gotcha Back on August 27th. It was an event held by the city of Fayetteville to give school supplies and backpacks to local kids. The SNA provided first aid for the event and handed out nutritional information for children. We were also able to share information about our Nursing Program here at FSU to those who attended. Thank you, FSU, for your service! If you want your school to be recognized in the Hypodermic or on our NCANS web page please send in the event you are hosting or participating into [DMooneyham389@my.pfeiffer.edu](mailto:DMooneyham389@my.pfeiffer.edu). Thanks, your 2017-2018 Publication Director Dallas Mooneyham.



# How are YOU getting to the NSNA Annual Convention?

When is it?  
The NSNA Convention  
Is April 4-8  
2018

Why should you go?  
Networking!  
NCLEX help!  
Learning Opportunities to  
help YOU be the best nurse  
you can be!

Where is it?  
Nashville Tennessee

**Here at Pfeiffer University, our SNA is hosting a large BBQ Fundraiser for our Senior and Junior nursing classes to attend the NSNA Annual Convention this upcoming year in Nashville Tennessee! Our goal is to raise around \$10,000 and we are well on our way to success. Start to plan your SNA fundraiser to go to the NSNA Convention. It is an opportunity that you do not want to miss out on!**

## Student Nurse Externship Experience

Over the summer I was fortunate enough to receive the opportunity to work with Duke University Hospital through their Nursing Externship program. This program is designed for senior nursing students to get the professional experience as a nurse role in the hospital while working under the scope of a Nurse Aide I. During this program, I worked in the Cardiac Intensive Care Unit of the hospital. Throughout my practice, I developed the basic groundwork of patient care, professionalism, communication, accountability, and leadership. My experiences have guided me to develop a proficient foundation in the essential nursing competencies of assessment, prioritizing care, and implementing and evaluating change. I am confident that my accomplishments made through Duke University Hospital thus far have lead me to advance my critical thinking skills that will aid in my professional development. I feel comfortable in the skills I have learned and look forward to the continuation in my professional practice in becoming a registered nurse. This is an opportunity that I would recommend to any rising senior nursing student looking to develop skills they will need upon graduating and entering the workforce as a nurse.

-Alexandra Williams

If you have an experience you would like to share with your fellow NCANS members please send them to [dmooneyham389@my.pfeiffer.edu](mailto:dmooneyham389@my.pfeiffer.edu)

# Tips for Success

Hi! My name is Gabrielle Ligas, a senior nursing student who is inspired to give some motivation through my blog [thenursesguide.com](http://thenursesguide.com). Before I started my junior year of nursing school I spent COUNTLESS hours trying to find any information I could on how to survive the next two years. From spending time looking on YouTube for some tips on studying to even going to the extreme of googling dumb questions like “is nursing school too hard”, my high-strung feelings left me with the same result every time... NO INFORMATION! I am now a senior at Pfeiffer University and this is only the start of my nursing journey! If only I would have had the same information I now have, I would have been more prepared for the challenges nursing school throws at you. I have put together some tips in “The Nurses Guide: To Junior Year” as my first series that I have learned from my mentor as well as things I have gathered along the way. My reason for starting this blog was to put together content on different areas of nursing while I go through them. When I graduate I will start a new guide for senior year and continue this in the areas I work in! Nursing is a great field that has numerous opportunities some do not know about. I’m here to share those experiences we go through and connect other nurses together that share this same passion!

-Gabrielle Ligas



## *The Nurse's Guide*

*30 Day Challenge: to Junior Year Success!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 1: <b>Getting Organized</b>	Day 2: <b>Being prepared for class</b>	Day 3: <b>Writing out your schedule</b>	Day 4: <b>What kind of Learner are you?</b>	Day 5: <b>Note taking in different classes</b>	Day 6: <b>How to break up your weekend readings</b>	Day 7: <b>Know when to give yourself a break!</b>
Day 8: <b>Mentor/Mentee</b>	Day 9: <b>Find a study group</b>	Day 10: <b>Study in multiple ways</b>	Day 11: <b>Recording Lectures</b>	Day 12: <b>Having a good study environment</b>	Day 13: <b>Do not procrastinate assignments</b>	Day 14: <b>Take time for yourself</b>
Day 15: <b>Releasing Stress!</b>	Day 16: <b>Juggling school, sports, and work, relationships, etc.</b>	Day 17: <b>Taking tests: Process of Elimination</b>	Day 18: <b>The night before tests</b>	Day 19: <b>Let the tears happen (occasionally)</b>	Day 20: <b>Interacting with your professors</b>	Day 21: <b>Getting CNA experience</b>
Day 22: <b>Practice Makes Perfect</b>	Day 23: <b>Not settling for 86</b>	Day 24: <b>Dealing with Anxiety?</b>	Day 25: <b>Telling yourself you will succeed</b>	Day 26: <b>Writing personal motivational notes to yourself</b>	Day 27: <b>Surrounding yourself in a positive NURSING environment</b>	Day 28: <b>Be all in, in every aspect of life</b>
Day 29: <b>It's a marathon not a sprint!</b>	Day 30: <b>Always remember why you started</b>					

Anyone can use this at any point to help succeed in nursing school!  
-Publications Director