



HYPODERMIC

April 2019



North Carolina
Association of
Nursing Students

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"I am of certain convinced that the greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls as a maddening dreidel."

-Florence Nightingale

NCANS Annual Convention

Raleigh, North Carolina | March 2-3, 2019



Fayetteville State University Nursing Students

University of North Carolina at Charlotte's Nursing Students



Keynote Speaker: Mary Ann Fuchs

This year's annual conference hosted more than 120 nursing students from across the state. We had fourteen colleges represented as well as associate degree, bachelor degree, and RN to BSN degree programs. There was also an abundance of second career nursing students.



Specialist Panel Discussion



Speaker: Pamela Spivey



Speaker: NC Representative Gale Adcock

NCANS Annual Convention 2019

Feedback from Attendees

"I loved the Pharmacology Review!"

"This is my first conference and I was very impressed!"

"All speakers were very engaging and positive. I have learned a lot through this convention and appreciated the opportunity to network"

"Great variety of nurses from various backgrounds."

"I really enjoyed this conference and will be taking a lot of information away to help me better myself and my future career"

"Every speaker was very helpful and had valuable information to offer."

"It's very motivating while working to become a nurse to see and hear successful nursing leaders and be encouraged by them"

"I really enjoyed the conference and would like to thank all of the board members, our consultants, and Karen Owens who all worked diligently to facilitate the conference's success. It was wonderful to sit around so many nursing students, many of whom just started their schools' chapters."

Board of Directors Elections Update

2019/2020 NCANS Board of Directors will be announced soon.

Positions include:

President, Vice President, Secretary, Treasurer, Breakthrough to Nursing Director, Legislative Director, Publications Director and the Directors At-Large

American scholar and author, Warren Bennis once said,

"Leadership is the capacity to translate vision into reality".

As we transition into our next round of leadership, we are eager to bring visions into reality and continue to grow our organization and uphold our standard of "North Carolina nursing students promoting high quality health care since 1958"

HYPODERMIC HELPFUL HINTS

Surviving Nursing School & Your First RN Job

We all know that nursing school is a whole new level of stressful, and our first real nursing job is likely to be equally as stressful. Thankfully, there are strategies that can be applied to both situations to ease these overwhelming levels of stress and ensure the best outcome for all involved.

1. Finding a mentor or support group.

Finding someone who understands what you are going through can be very encouraging. Whether you need someone to just listen, or someone to offer advice, a mentor or support group could be exactly what you need. Looking up to someone who has made it through your current situation can provide the motivation you need to keep progressing towards your goal.

2. Organizing.

When organization is not present, everything can become very overwhelming. Planning and order allow for proper prioritization of tasks and time management.

3. Communicating.

Whether in nursing school and needing to communicate with your professors as well as your peers or on a unit having to communicate with fellow staff members and patients, communication is the key to building relationships. In both situations, it is our responsibility to facilitate dialog and convey our needs.

4. Getting enough rest.

We cannot take care of others if we do not take care of ourselves. Finding a way to relax that best suits you will provide a clear mind and help you recharge.

5. Stay inspired.

Never forget what made you want to become a nurse. When there are three tests in one week or an overwhelming patient load, remind yourself of why you have this passion and cling to that inspiration. We are on a journey, and each bump and curve is simply leading us to our end goal. It is all worth it in the end.

-Lily Siedschlag, Publications Director

Want to contribute to our next newsletter? If you have an experience you would like to share with your fellow NCANS members, please send them to Lily Siedschlag (lgregor7@uncc.edu)!

