

THE PULSE

My Amazing Experience at my First NSANYS Convention

By: Jaclyn Malone

Last year, as a freshman nursing student I attended the NSANYS 62nd Annual Convention. Unsure of what to expect, I decided to attend anyway in hopes that I could become more involved in my future profession. It was a long, information- packed day, but was definitely well worth it. To be honest, I initially felt a little awkward since I was “only a freshman,” but after that day I never used that phrase again because I learned that all nursing students and nurses are in it together, despite the age difference. I really gained so much out of going, and I am looking forward to the next one this year.

Many nurses from hospitals all over New York came to speak about their experiences from their nursing school clinicals, to their experiences around the world with “Doctors and Nurses without Borders.” The speakers also gave helpful information regarding what to expect during an interview and how to write a professional résumé. In addition, there were many representatives from nursing schools available to speak about the graduate nursing programs that they are involved with. Air Force recruiters for ROTC were also present and willing to answer any questions. There were excellent pharmacology and NCLEX review classes that many of the MNSA officers participated in. While I was there, I was given an award for a scholarship I received that I had applied for prior to the convention. In addition to that award, I also won two raffles. So if you don’t want to go for the unforgettable experience, at least go for the free nursing giveaways!

This convention really inspired me to become more involved in nursing organizations, including MNSA and NSNA. As a result, I decided to apply to become an officer for MNSA and am now currently the Co-Communication’s Director. In the spring, I will be accompanying the rest of the MNSA officers at the NSNA convention in Arizona. I am so excited to see what future opportunities lie ahead of me to become even more involved, and I hope to one day become an NSNA officer. I would really advise everyone to come to this convention to gain the most out of your nursing school experience! It will be worth it, and you will not regret it. I am so grateful for my experience because I never would have become so involved with nursing organizations if it wasn’t for this convention. Remember, involvement is necessary for nursing. You won’t want to miss it!

UPCOMING EVENTS

- **February:** 21st - Nursing Students’ Association of New York State (NSANYS) Annual Convention
24th - MNSA General Meeting, EBOLA-4:00pm-5:00pm; C107
24th-25th - Book fair held in PS lobby
- **March:** 10th - MNSA General Meeting- TRAVEL NURSING 4:00pm-5:00pm; 2nd floor of PS
- **April:** 1st - MNSA General Meeting- CAREER WORKSHOP 4:00pm-5:00pm, 2nd floor of PS
8th - 11th -National Student Nursing Associations’ (NSNA) 63rd Annual Convention
24th-25th - Relay for Life, 5pm -5am (4/25). Team name: Molloy Nursing Student Association

MNSA OFFICERS

Co-Presidents

Nazish Khalid
Kerry Howell

Co-Vice Presidents

Cheryl Selg
Nicole Robbins

Co-Treasurers

Stephanie Jorgensen
Marina Louis

Co-Secretaries

Karine Brisson
Emily Rosen

Co-Communications

Directors

Jaclyn Malone
Samantha Bishop

Level 100 Representative

Julia White

Level 200 Representative

Rachel White

Level 300 Representative

Cassidy Bendick

Level 400 Representatives

Robert Cornell

Advisers

Dr. Geraldine Moore
Dr. Lorraine Emeghebo
Margaret Mullarkey

What is NSANYS?!

Nursing Students Association of New York State, NSANYS, was founded in 1951. It's purpose is to help transition undergraduate student nurses into the professional world. The goal of this organization is to help mold nursing students into responsible and motivated leaders in the health field. This is done through involvement in the community and health profession. A prime example of this was our Student Nurse Panel and Mini Blood Pressure Lesson at East Islip's High School. Nursing students have volunteered to participate in a Q&A panel about nursing and also teaching the high school students a mini lesson on blood pressure. You can get involved! Our next event that we will be participating in is the **Convention for New York State Student Nursing Association. It will take place at New York's Hotel Pennsylvania on Saturday, February 21, 2015.** The theme is Nursing in the Big Apple, at the Core of Healthcare. You can register at www.nsanys.org. **NSNA's 63rd Annual Convention will take place in Phoenix, Arizona from April 8th to April 11th, 2015.** This is a great event for driven nursing students who are seeking networking opportunities to brighten their horizons in their future nursing professions. Several of the board members of MNSA will be traveling to Arizona for the convention this year. Please email Nazish Khalid if you are interested in any of these opportunities or have any other questions [nkhalid@lions.molloy.edu!](mailto:nkhalid@lions.molloy.edu)



DRUG CALC QUESTION OF THE MONTH:
CALCULATE THE DAILY FLUID
MAINTENCE FOR A CHILD WEIGHING
35 POUNDS

RESUMES

Tips for Applying to a Job

- ◆ **Research the institution you're applying to, what they are about, their mission and what they are looking for in an applicant. This will help you gear your Resume and Cover Letter towards what the institution is looking for.**
- ◆ **Call the Human Resource Department to clarify what is needed in your application**
- ◆ **Be mindful of due dates!!!**
- ◆ **Ensure your Resume is up to date with relevant information, applicable towards the position of which you are applying**
- ◆ **Your Resume should be aesthetically pleasant and approximately one page in length. With your most recent accomplishments listed first.**
- ◆ **Your Cover Letter should expand upon concepts of your resume as well as touch upon achievements not previously stated in your Resume**
- ◆ **The Career Center located on the third floor of public square is a valuable resource to help you with your applications**
- ◆ **The Writing Center in the basement of Casey will review your resume and/or Cover Letter**

Come join us for the Relay for Life on Friday, April 24th at 5pm.

Molloy's Relay for Life will be starting at **5pm** on **Friday April 24th**, and ending on **Saturday** at **5am**. MNSA will be there to support all of those who currently have or have passed away due to **cancer**. The reason why this event is held through the night is to symbolize how **cancer does not** sleep. The impact of cancer is awful, but an event such as this one increases the awareness, love, and support needed for patients and loved ones to **fight the disease** and **mourn the beloved**.

Team Name: Molloy Nursing Student Association

Answer for drug calculation question: 1295 ml daily fluid maintenance

You must recall:

Allow 100 ml/kg for the first 10 kg body wt	Convert lbs to kg	$10 \times 100 = 1000$	1295ml
Allow 50 ml/kg for the second 10kg body wt	(round to nearest 10 th):	$5.9 \times 50 = 295$	
Allow 20 ml/kg for the remaining body wt	$35 / 2.2 = 15.9$ kg		

If you are interested in any of our events or being more involved but need more information please don't hesitate to contact us. If you would like to be more involved with the National Student Nurses Association or the New York State Student Nursing Association, visit the websites mentioned earlier in this newsletter and/or contact us for additional support:

Email us at mnsa@lions.molloy.edu or post on our MNSA Facebook page.

We are also on Instagram at M.N.S.A!

If you have any questions about our organization feel free to contact our presidents at:

nkhalid@lions.molloy.edu, or
khowell@lions.molloy.edu

Peer Mentoring is available in the Casey Nursing Lab for all student interested in additional support or guidance with their lab skills. For further information or to make an appointment with a mentor, contact **Nicole Robbins** at nrobbins@lions.molloy.edu

WE ARE ON FACEBOOK!
TYPE MOLLOY NURSING STUDENT
ASSOCIATION IN THE SEARCH BAR
TO JOIN OUR GROUP AND 'LIKE' OUR
PAGE!

THIS PAGE WILL BE UPDATED WITH
UPCOMING EVENTS

