

M A Y 2 0 1 4

# The Pulse

Molloy College

## The End is In Sight

The end of the semester is almost here. You guys are so close! Make sure that you get enough sleep for finals, and are eating properly. Good luck on all of your exams, and remember to never change your answer unless you are 100% sure it is the right one! This is an exciting time for our board members, new and old, because many of our board members are graduating this semester! We wish them tons of luck in all of their endeavors, including passing the NCLEX on their first shot. Congratulations to all of the new members of the board! This will be like your family for the next couple of years. Enjoy it for all that it's worth, because you are all working with great people. Lastly, enjoy summer; you all deserve it. Rest, sleep, and be stress free; at least until classes begin again!



Bless my heart,  
I did it!!!  
(I finally graduated  
Nursing School)

www.studogun.com

## Healthy and Delicious Study Snacks

When studying for finals, sometimes there is no way to avoid staying up late; and it is common for us to indulge in salty, unhealthy snacks. There are many healthy snacks that are also delicious; so drop the junk food and choose a treat that will not only satisfy your appetite, but will also keep you energized throughout the late-night study sessions.



### Mixed Nuts

Forget the calorie-packed trail mix. Stick with raw almonds, walnuts, pecans, and cashews instead. Trail mix is loaded with salted nuts, sugary dried fruit, and chocolate chips, with at least a whopping 700 calories in one serving! Go to the supermarket and buy raw nuts individually, and make your own little mixture. Make sure not to overeat; 15-20 nuts is a healthy portion size, and it will fill you up. To add a kick, sprinkle garlic powder, cinnamon, or pepper!

### Apple and Peanut Butter

Apples alone are healthy, but the added protein that peanut butter adds is a great plus. It is true that peanut butter is mostly fat, but unless you're eating half the jar in one sitting, it isn't fattening! One spoonful of reduced fat peanut butter and a sliced up apple will keep you awake and alert.



### Whole-Wheat Pretzels

These are way better for you than chips, and offer the same salty flavor that you're craving. Try dipping them in classic mustard, which is only 3 calories per tablespoon. You can also dip them in Greek yogurt for a sweet and salty flavor! Don't forget to portion control; 22 pretzels are about 110 calories.

### Air-Popped Popcorn

This is a low calorie snack with fiber. Avoid adding salt. You can sprinkle some Parmesan cheese, cinnamon, or herbs! Air poppers are inexpensive, but if you don't have an air popper or don't want to purchase one, three cups of 94% fat-free microwave popcorn have about 100 calories.

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### Triscuits and Light Laughing Cow Cheese

Triscuits are a great source of fiber. They are a healthier cracker that will keep you satisfied for longer. 10 crackers with a 35-calorie wedge of Light Laughing Cow cheese will definitely make you feel full. These cheeses come in six different flavors! Add tomato slices for more flavor and nutrients.



### Edamame

Edamame has protein and nutrients, and is low in fat. It's available at almost all supermarkets, and is easy to make! Just pop it in the microwave for a couple of minutes. For added flavor, you can add a side of low-sodium soy sauce. One cup of edamame is 189 calories and 17 grams of protein! This will keep you filling full for a while!



### Hummus with Vegetables

Hummus is healthy, but relatively high in fat; so don't overindulge. It comes in already portioned containers, with 27 calories in one tablespoon. Try baby carrots, celery, or cucumber. Vegetables are a natural source of energy.



### Greek Yogurt

Greek yogurt is great for your body, offering tons of nutrients and energy. It is even better for you than regular yogurt. It has a lot of extra protein. Try adding blueberries for flavor and antioxidants. Crushing up 5-7 walnuts can give it an extra crunch!



### Small Sandwich

Create a small meal. Make half a turkey sandwich or a vegetarian taco with black beans.

Eating *small frequent meals* throughout the day keeps your blood sugar levels stabilized, and prevents you from getting so hungry that you overindulge the next time you eat. Pace yourself throughout the day and into the night if you're up late studying. This will keep you satisfied longer and help you avoid over-indulgent binges.

#### Reference:

Blynn, J. (2012). Ten Healthy (&Yummy) Study Snacks. *Her Campus*. Retrieved from <http://www.hercampus.com/health/food-nutrition/10-healthy-yummy-study-snacks>

#### DRUG CALCULATION QUESTION ON THE MONTH

A client is ordered Furosemide 30mg IV. 10mg in 1mL is available. How many mL will you administer?

(Answer is at the bottom of the last page!)

**GOOD  
LUCK ON  
YOUR  
FINALS!!!**

The gear sale will return in the fall for those who still may have missed their chance this year, or for those who still feel the need to shop! Look out for the emails when you get back from summer vacation!

# National Student Nurses' Association (NSNA)

## Why You Should Join!

National Student Nurses' Association is an excellent way to network, and to begin building your resume. Also, as a part of your membership, you will receive the monthly magazine to keep you informed about the nursing field, as well as discounts on NCLEX study guides, test preps, and Barnes and Noble! It is also a great way to learn about upcoming nursing conventions that will enhance your knowledge of the nursing career. Visit the website! <http://www.nsna.org> & <http://www.nsanys.org>

## For MNSA Updates!

We are on Facebook! Type Molloy Nursing Student Association in the search bar to join our group and 'like' our page!

If you have any questions about our organization, feel free to email [mnsa@lions.molloy.edu](mailto:mnsa@lions.molloy.edu), [Klamattina@lions.molloy.edu](mailto:Klamattina@lions.molloy.edu), or [Mballon@lions.molloy.edu](mailto:Mballon@lions.molloy.edu) for more information!



Answer to Drug Calculation Question:  
If there are 10mg in 1mL, then there are 30mg in X mL. Cross multiply to find X!

$$\frac{10 \text{ mg}}{1 \text{ mL}} \times \frac{30 \text{ mg}}{X} \rightarrow \frac{10X}{10} \times \frac{30}{10} \rightarrow X = 3\text{mL}$$