

The Central Line

August/ September

The Official Publication of the Texas Nursing Students Association



2011 Council of Schools Friday Night Keynote Speaker: K. Lynn Wieck, RN, Ph.D., FAAN

Dr. Lynn Wieck is the Mary Coulter Dowdy Distinguished Nursing Professor at the University of Texas at Tyler where she teaches in the online Ph.D. nursing program. She is also a nurse consultant for nursing education and workforce issues relating to generational needs of nurses. Dr. Wieck has published six nursing textbooks which have been translated into five languages and wrote a monthly column for the Houston Chronicle on nursing issues for four years. Dr. Wieck is Past-President of the Texas Nurses Association and is a Fellow of the American Academy of Nursing.

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Find more information regarding council of schools on our website at TNSA.org

What Is Council of Schools?

It is a weekend long seminar that contains information to help ALL TNSA members and local chapters. It includes an evening of fun, food, and an all day seminar packed full of exciting information. All students are encouraged to attend to gain knowledge and have fun!

This year's theme: "TNSA: Passing the Torch of Excellence"

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TNSA, Inc.
P.O. Box 763877
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Please include your name, address, telephone number, and number of pins with your order.

Our Mission Statement

To provide the highest education for student nurses while aiding in the development of the whole person. To have direct input into the standards on nursing education and influence on the education process. To model a high level of integrity among students in their dealings with people as they strive for excellence in everything they do, as it is an expectation and not a goal.

Meet the Board Members!

President – Jennifer Malone
See her message on page 4.

Vice President – Jessica Romo

My main goal for the year is to increase attendance and participation by the majority of TNSA members. I would like to have little to no empty seats at the convention! I will accomplish my goal by increasing communication and welcoming comments and suggestions from fellow TNSA members and the board of directors to create and plan conventions most of TNSA members will be excited to attend; specifically through increased email communication, surveys, and potentially Facebook. I look forward to working hard toward this goal as well as with the rest of the board of directors to make this year memorable! :)

Secretary-Treasurer – Emily Burnett

Just a little background on me, I live in San Antonio with my husband and our pug, Bowser. My husband I have a very loving and supportive family who help me stay grounded in my faith and focused on school. I am not sure what kind of nursing I want to go into but I have a passion for pediatrics, the OR, and labor and delivery. The more time I spend in nursing the more I get excited about graduating. I have many goals for the year but my main goal is to help as many schools get to council of schools and conference as possible. It is your chance to make an impact on the world of nursing, and it is a wonderful networking opportunity .Please feel free to contact me at sec.treas@tnsa.org. I would be happy to talk with you about ways to help you and your school be represented at council of schools and conference.

Editor - Meagan Rice

I am very excited to have *The Central Line* printed, as promised during my campaign. Now is when I need you. I want you to e-mail with topics you want to know about. Send me pictures and tell me what fundraising your chapter is doing to attend council of schools. This year, I hope to improve awareness of the state level of TNSA. This will increase communication between local and state levels and improve our membership. We are all a part of the same organization working for the same cause. If you have any questions, comments, or concerns, please feel free to e-mail me at editor@tnsa.org

Nominating Chair – April Lee

A Warm Hello to all Future Nurses!

It is such a pleasure to be a part of TNSA as your Nominating Chairman. Over the course of my term I hope to increase the awareness of Nominations. I encourage you to consider volunteering to be a part of a standing committee this school year. We would love to have your active involvement this Fall prior to the Council of Schools which is held in September. Please take a look at the Chapter Information Guide pages 54-58 for committee information and duties to be performed.

Interested in running for state office of TNSA? This will take place Spring 2012. Please take a look starting on page 37 of your Chapter Information Guide for complete details of duties, commitments, policies, and By-Laws.

Any additional questions can be answered by reviewing the Chapter Information Guide or by emailing nom.chair@tnsa.org.

Meet the Board Members!

Northern Regional Director – Sherri Sellars

My goal as Northern Regional Director is to increase communication with the Northern Region chapters and increase participation among those schools. The TNSA state conference is an excellent place to celebrate our chosen profession with other enthusiastic nursing students, combining a break from rigorous studying in a fun, social environment, leadership opportunities, information sharing for NCLEX preparation, networking for that all important first job and the opportunity to have a voice in defining what nursing students bring to the future of our profession. I hope to help build enthusiasm for participation by helping chapters recognize and act on the benefits available for each student who attends as well as assist in fundraising ideas for their individual chapter. Please feel free to contact me at north.director@tnsa.org.

Southern Regional Director – Manuel Alvarez

As the southern regional director, I hope to improve attendance to Counsel of Schools in September. Upon my attendance to the conference, I noticed how communication and awareness needs to be our biggest priority this year. I am very excited about this year on the Board of Directors. Please feel free to contact me at south.director@tnsa.org.

Join
TNSA
Today!

Western Regional Director – Krystal Reinitz

As Western Regional Director, I would like to increase involvement on the local and state levels. My plan is to communicate more with my region whether it be through email, phone, or in person. I'm very optimistic and look forward to speaking with my region about different ideas to increase involvement in the community and TNSA. While serving on the Breakthrough to Nursing Committee, my goal is to encourage and reach out to a culturally diverse group of men and women. I'd like to reach out to different groups and help them explore a career in the nursing profession. Also, I think it's important to increase awareness of how important it is to be involved and show how being or not being involved has the potential to play a role in the rest of our nursing careers. Please feel free to contact me at west.director@tnsa.org.

Eastern Regional Director – Brittany Burton

My main goal this year is to not only increase communication, but to increase participation at the local, state, and national level. In order to do so, I have to work hard at getting in contact with chapter leaders and encourage them to jump on board in order to get the word around more quickly. Awareness is key! Also, with the utilization of technology (Facebook, newsletters, email, and phone) I think we can be more effective in getting the word out about TNSA! For the Eastern Region specifically, I would like to see 50 percent participation or better from the schools in the region at Council of Schools and State convention in Irving. It is also my goal to create opportunities where schools near each other can collaborate on service activities in order to strengthen our force of leadership and service. Looking forward to a great year. Please feel free to contact me at east.direct@tnsa.org.

Meet us at

COUNCIL OF SCHOOLS!

Hello everyone,

My name is Jennifer Malone, your Texas Nursing Students' Association President and I would like to extend a warm welcome from the board of directors to you! I am entering my senior year and looking forward to what is to come. We have a great year ahead of us all. Whether you are just entering nursing school or getting ready to graduate, TNSA can help put you closer to your career goals.

My goal this year as President is to increase awareness and participation in our association. I want to encourage every chapter to have at least one person on a state committee (applications for this are on p.32 of the Chapter Guide), and encourage chapters to apply for awards given at State Convention (applications for this are also in the Chapter Guide). Keep track of what your chapter is involved with over the year and let us recognize you at State Convention in Irving in 2012. Or, keep your Regional Director posted and we can dedicate articles about you in our publication, the Central Line. You could even write your own article about what you're doing and our Editor can help.

If you have any questions or comments for me or about TNSA or TNSA's meetings and conventions, you can always reach me by email. My contact information and the contacts for all board members can be found on our website www.tnsa.org, just click Board of Directors on the left. To find out who your Regional Director is, you can click Local Chapters. Thank you for being a member and good luck to you in your education and your career!

Jennifer Malone
President, 2011-2012
Texas Nursing Students' Association

Fundraising Ideas: *Emily Burnett*

I know the cost of going to council of schools and conference can seem overwhelming, especially if your SNA chapter extra money lying around. Start by letting your faculty members know you have an interest in attending these events. What comes next? Start fundraising! The most important: set a goal. Find out how much money you are going to need to attend council of schools. Then, sit down with your fellow nursing students and start planning and researching ideas. Anything you can come up with, try! Bake sales, selling t-shirts and name tag pulleys, having a fundraising dinner, and selling popcorn are just a few ideas. Let organizations around you know about conference and how important it is to go, and see if you can get funding and sponsors. Whenever you are going to do a fundraiser make sure that you advertise about it in advance. See if you can hand out flyers in a main part of campus where you can tell people what you are trying to raise money for. How many times do we walk past fundraisers because we don't know what they are raising money for? So get out there and tell people what your goals are! The most important thing is to not get discouraged. "Where there is will there is a way". Good luck to you all with the upcoming school year and I hope to see each and every one of you at council of schools and conference.

Council of Schools September 23-24 Austin, Texas

Council of Schools is the perfect place to gain knowledge, experience, and networking to take back to your school and grow as an organization. We will host a variety of sessions to discuss fundraising, membership and our roles as the executive board of directors. If you are maybe considering running for office, increasing membership in your local chapter or wanting to learn more about this organization with others from the state-Council of Schools is for you! I look forward to seeing you in Austin!

Cheers,
Jessica Romo
TNSA- Vice President

Balancing Nursing School and Family

While attending nursing school you may have noticed the amount of hours for class time and clinical is like having a full-time job. On top of school you may have to work. Then there's the days you come home to your loving family to help with homework, make dinner, bathe the kids, do laundry, and try to find time to spend a moment with your spouse. How do you balance it all?

1. One of the first things I suggest is to *consider bringing your spouse to orientation*. During orientation this is when he or she gets to hear from the horse's mouth (no offense instructor's) informing every potential student how intense nursing school will be. During orientation the schools do a great job explaining how much time to expect in class, clinical, and hours recommended for studying. This will help your spouse be committed to your venture of becoming a future nurse.
2. Once you print out your syllabi for your classes, *purchase a desk calendar and list all your important test dates, assignment due dates, and study times*. This desk calendar will be great for the entire family. You can include your spouse's meetings or events, kids sport activities, work schedules or family weekend activities. It truly helps your spouse to know when you'll be up late studying for an upcoming test. You'll be surprised when your kids look at the calendar and ask, "So how'd you do on your first nursing exam?"
3. *Stick to your study plans*. There may be days when your family has events. Try to allow yourself some events to attend to support your family but only the ones that are IMPORTANT. Relax, don't beat yourself up if you can't hang out with family or friends every day.
4. *Social networking can be a huge distraction* while in nursing school. Limit yourself to 20-30 minutes a day to check your accounts (If you're addicted to social networking twice a day should be your limit). Set a timer to keep you on track. Personally, I temporarily deactivate my Facebook and Twitter accounts until spring, summer, and winter breaks.
5. Sit down on Saturday or Sunday afternoon with your family to *plan healthy dinners for the entire upcoming week*. Once you've planned your meals take a trip to the grocery store to shop for all the items you need. Deciding to be a nurse is such a huge commitment. We have to practice now what we'll be preaching to our patients...EAT HEALTHY! I personally eat dinner every night with my family at the dinner table and we discuss our highs and lows of the day. You can also try having your spouse prepare meals through the week and you can prepare meals on the weekends. Team work makes the DREAM work!
6. *Exercise is a great way to start your day* prior to class or a great way to end your evening. 30-45 mins at LEAST 3 times a week is a great start. It's not necessary to have a health club membership. Try working out at the campus gym prior to class, during the lunch hour, or right after class. On campus at UMHB there's a Yoga class that's offered over the lunch break. Yoga has been such a stress reliever after exams.
7. Now's the time to *sign your family up for chores*. There's no way you can clean your home daily while in nursing school. Try your best to gain support from your family to help keep your home tidy. The most important area in your home during nursing school is your study area. Maintain a clean and clutter-free study area.

Keeping your life balanced outside of nursing school is so important. Balancing it all will help to ensure a well-balanced nursing career. If you have more suggestions please forward them to nom.chair@tnsa.org. I look forward to meeting all of you at the Council of Schools this Fall!

April R. Lee

TNSA Nominating Chairman 2011-2012