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The Central *line*

THE OFFICIAL PUBLICATION OF THE TEXAS NURSING STUDENTS ASSOCIATION

Be Prepared, Be Involved in Council of Schools

This September is the Annual Council of Schools event, hosted in the DFW area at Las Colinas. We are looking forward to this event to help officers gain helpful information and knowledge to take back to their individual chapters to start the year off right. All students are encouraged to attend to gain knowledge and have some fun! Things to be offered will include focus sessions hosted by officers of the Board of Directors, Nursing Education Consultants, faculty workshop, bone marrow donor registration opportunity via DKMS, volunteer information for Windridge Therapeutic Equestrian Center of East Texas, resolution/bylaws composition information, state candidate campaigning, parliamentary procedure, ATI N-CLEX preparation, Kaplan, and the always wonderful Hurst reviews. For a detail schedule of events, visit our website at www.tnsa.org under events. On behalf of the Board of Directors, we're excited to see this come together and looking forward to seeing all of you!

2010 Council of Schools

Location: Omni Mandalay Hotel at Las Colinas
221 East Las Colinas Boulevard
Irving, Texas 75039
972-556-0800

Date: September 24-25, 2010

Theme: TNSA; What's In It For Me?

Booking Rooms: \$125 for Single, Double, and Triple/
Quad. The cut-off date for hotel reservations is Thurs-
day, September 3, 2010.

Registration: Fees are \$75 for early registration due by
September 13, 2010. A fee of \$80 after September 13,
2010.



The beautiful Omni Mandalay Hotel at Las Colinas

Board of Directors

Bobby Schnittker, *President*
Elizabeth Tompkins, *Vice-President*
Erica Medellin, *Secretary-Treasurer*
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Heather Evarts, *TNSA Consultant*
Pat Pollock, *Administrative Director*

Charles Collins, *Northern Region Director*
Jennifer Malone, *Southern Region Director*
Michael Reed, *Eastern Region Director*
Annette Delair, *Western Region Director*



Meet the President

Bobby Schnittker, TNSA President

Hello fellow TNSA members! My name is Bobby Schnittker and I am honored and excited to be the current State president for TNSA. I was born and raised in the Dallas area and am a student at Texas Tech University in Lubbock, Texas. My initial involvement with the nursing student association was at my local chapter where I ran for, and was elected to the parliamentary position. I soon became acquainted with the depth of the nursing student association, and was anxious to attend the state convention. I had already been aware of the benefits of TNSA at a local chapter, but was

blown away by the opportunities presented at the state convention. I have found my favorite aspects of the nursing student association involve professional development. I have found a wealth of knowledge in talking with other nursing students across the state, and am always interested in making a new friend. I have also begun to appreciate the employment resources provided by TNSA and finding that the organization is a great place to network for planning future employment. I hope to continue this theme coming into the 2010-2011 year of TNSA!



Loving Her Role As Vice

Elizabeth Tompkins, TNSA Vice President



My name is Elizabeth Tompkins, I'm from Omaha, NE and a Texas Tech Red Raider. After completing my first year of nursing school, I can reflect on a few instances where TNSA has helped me. I remember when I first joined TNSA, not fully understanding the doors it would eventually open for me. At the State convention, I accepted the nomination to run for the Board of Directors and really got excited about TNSA. After winning the election for Vice President, I was guided into a role I would come to love. Working alongside the board members and our administrative director has helped me continue to grow into a responsible and well-rounded student. While attending the National Convention in Orlando, FL, I was

able to work alongside our president-elect Bobby to organize the Texas Caucus for candidates to come speak to our state delegates. I was also able to network and meet many incredible individuals from around the country, all sharing the same passion for nursing. In the month of June, I accepted an appointment to the 2010-2011 NSNA Resolutions Committee to become actively involved on the National level as well as an important role on the state level. Through the experiences so far, I am developing more professional and leadership skills as we continue along and learning new things every step of the way. I am proud to be part of TNSA and looking forward to the exciting year ahead.



Enthusiasm from Medellin

Erica Medellin, TNSA Secretary-Treasurer

"Lectures, exams, and clinicals...oh my!" I am definitely not ready to go back to school, but we all have to do it in order to reach our dreams. My name is Erica Medellin, and I'm currently a third semester Nursing student at University of the Incarnate Word, in San Antonio, Texas. I work as an Emergency Room Tech in a local ER, and I love every minute I'm there. My goals are to one day become a flight nurse. I will be graduating in December 2011 and look forward to serving as your 2010-2011 Secretary/Treasurer. TNSA has opened up many opportunities for me to meet new people that share the same passion as I do. Becoming part of this organization is a great opportunity to "network," and start making connections throughout Texas. TNSA can also help polish your resume, and set you apart from other applicants for scholarships, internships and jobs! I look forward, as secretary/treasurer, to maintain the association's finances and budget, as head of the finance committee. I am also in charge of the "breakthrough to nursing committee," and plan to start small by speaking locally in my community to high school seniors. We all have a busy year ahead of us; whether you are just starting nursing school, or will soon be walking the stage, we are all going through this together. No one understands nursing school better than nursing student themselves. Good luck to all, and have a great semester!



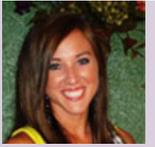
OUR MISSION:

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.

Letter from the Editor



Lindsey Bankhead , TNSA Editor

Greetings to all the future nurses! My name is Lindsey Bankhead and I am the Editor for the 2010-2011 school year! I attend Texas Tech Health Science Center School of Nursing where I first became involved in TNSA. Through this experience, I was able to attend the state and national convention. It was through those two conventions that I learned what nursing looked like on the professional level. Being part of TNSA enables you to be part of a bigger picture with nursing students across Texas! This is such a great way to network and better yourself for that com-

petitive job position you've always wanted! I am looking forward to working with creative ideas that anyone may offer to better this newsletter. It is my job to ensure that all nursing student voices across Texas are being heard! I am looking for all different types of nursing students that bring a different background/ story and would like to share in the upcoming newsletters! Please email me if there is a story, project, event, etc. that is going on in the town you are in, at editor@tnsa.org!

TNSA Pins!



To order your official TNSA pin, please send a check or money order for \$12 per pin to:

TNSA, Inc.
P.O. Box 35509
Dallas, TX 75235
Attention: Pat Pollock

Please include your name, address, telephone number, and the number of pins with your order.



Reddoch Setting Goals High

Angi Reddoch, TNSA Nominating Chairman

Hello! My name is Angi Reddoch. I am excited to be serving on the state board of TNSA! I am passionate about helping other students become more involved in the organization whether it is with local, state, or national chapters. I am looking forward to meeting everyone at the Council of Schools and to serve as the Nominations Committee Chair. I have had the great fortune to be in the Houston Medical Center where there are so many amazing opportunities. It is the place for learning new technology and working with top professionals from all over the world. It is also the place where many great schools from Texas call home; giving us all great networking opportunities. While nursing will not be my first career, the medical world has been an interest of mine all my life. I am currently a senior at Texas Woman's University in Houston. I am planning on going into the cardiology field with an emphasis on preventative nursing. I am also planning on pursuing my DNP soon after my May 2011 graduation, and I plan on staying involved with nursing politics through the TNA and ANA. I encourage you all to become involved, even in small ways with your school or, if you are graduating, your new jobs. Many hospitals have committees. Become involved with those committees to be the voice of your peers, and create positive outcomes for your environment. TNSA can provide the member with just about anything that they are looking for: ways to serve the community, political involvement, public speaking practice, networking, etc. It is quite easy to sit back and not get involved but as nurses it is our job to help. It gives students a chance to make a difference in the profession and commit to as much as they would want. One of my favorite things that TNSA has done for me is that it has provided networking opportunities. I have gotten to meet people I would not have otherwise met. With graduation around the corner and jobs hard to come by, TNSA helps open doors with providing an avenue to pursue nursing politics.

Nurses dispense comfort, compassion, and caring without even a prescription.

-Val Saintsbury



Across the Plains of Texas with the Regional Directors

North

Charles Collins
TNSA Northern Regional Director



My name is Charles Collins, and I am the Northern Regional Director for 2010-2011. My participation in TNSA has been a valuable part of my nursing school experience. More than anything else, TNSA helped me to learn about what to expect in school and in the career world faster than I would have learned on my own. As students busily study for the next exam or do paperwork for the next clinical day, it is all too easy to focus only on what is immediately in front of us. Participating in local activities and state conferences gave me chances to interact with students that were ahead of me in their schooling, as well as professors that taught subjects that I had not encountered yet. Barely a month into nursing school I was sitting down with students that were graduating, learning valuable tips about clinicals, job opportunities, effective study habits, and how to survive the arduous journey that is nursing school. Over the course of this year, I hope to give back to the TNSA by working to pull the Northern Region closer together. With electronic resources becoming ever more prevalent, I would like to see experienced TNSA officers throughout the region sharing their success stories and other valuable information with newer officers so that schools can get off to a fast start each year. I am looking forward to strong participation at our state conferences as well. I also hope to accomplish a strong fundraising effort for the Windridge Equestrian Center. I look forward to working with everyone this year!



West

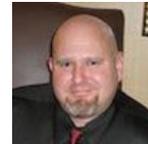


Annie Dickerson
TNSA Western Regional Director

I am Annie Dickerson, the Western Regional Director for TNSA. I am in my 4th semester at West Texas A & M University in Canyon. I live in Amarillo with my husband, Brent, and our two miniature dachshunds, Lucy and Hank. I am originally from Northeast Ohio. In 2003, I graduated from Walsh University with a Bachelor of Arts in Marketing. In 2008, I was not feeling fulfilled in a marketing role and decided to return to school for nursing. I absolutely love the nursing profession and all it has to offer. I really enjoy getting to know people as well as helping them. If you have any questions regarding TNSA or the Western Region, I would be happy to help you in any way that I can.



Michael Reed
TNSA Eastern Regional Director



East

Greetings fellow students! I hope your summer treated you well and you find yourselves refreshed and ready for a new academic year full of tests, books, labs, clinicals, and coffee. Firstly, I want to convey what a pleasure it is to represent Texas' best on the state Board of Directors. We are planning exciting events this year and are hoping for unprecedented attendance. If this is your first year of nursing school, allow me to welcome you to TNSA and our community of students. As East Regional Director, my primary mission is to ensure our chapters are represented on the state Board of Directors. Currently I am a new senior attending the School of Nursing at the University of Texas Medical Branch on beautiful Galveston Island. I am a father to two wonderful, albeit devilish, young boys and a husband to the woman of my dreams. Incidentally, my wife is a new-grad AND from another school in our region. One of my goals for the year is to make it to each of the schools within our region and meet with chapter officers and members in effort to coordinate activities within our region. There is no way to accomplish my mission without meeting you and listening to your thoughts. Please feel free to contact me via email at east.director@tnsa.org or mjreed@utmb.edu any time with your questions, chapter information updates, or event schedules.



Jennifer Malone
TNSA Southern Regional Director

South

Hi, I'm your new Southern Regional Director! My name is Jennifer Malone. I've lived in our state capital my whole life. After getting an associate degree of arts in Spanish and starting a career in aquatics, I applied to the University of Texas- School Of Nursing. This fall I will be transferring to a brand new nursing program at Concordia University. I have experience leading and coordinating groups, and I'm excited to be on your team of board members. Involvement in TNSA has been a great networking experience for me. Talking with students and vendors at Convention helped me learn about different types of programs and job opportunities. TNSA is a wonderful resource and support forum, whether you want to participate actively or you only have time to take away tips and tricks for nursing school success. While I'm serving as Southern Regional Director, my goal is to increase student participation in the organization and increase atten-

dance at the 2 major TNSA events: Council of Schools and Convention. I'll help local chapters to plan and coordinate what they need to be able to attend these events and come away with plenty of useful information to show for their investment of time. The National Council of State Boards of Nursing reported over 200,000 NCLEX-RN exams administered in 2009. As a new graduate you have to stand out from everyone around you when applying for jobs and starting your career. Participation in TNSA can give you additional leadership experience and networking opportunities to help you own your education and career goals, and put you ahead of your peers.



The “Needs to Know” about Starting a New Chapter

By Sarah Morrissey, Texas Tech University Health Sciences Center Anita Thigpen Perry School of Nursing, El Paso Campus

Being in nursing school is already overwhelming, but starting a brand new TNSA chapter does not have to be. The first step I took to get our chapter established was to get the whole class involved. I knew that I wanted to have a chapter on my campus, but it would do no good if I were the only member! After getting people interested in the process, I got in touch with the leadership of TNSA. Do not feel like you have to do this on your own! The TNSA Board is so helpful, and they will tell you every step you need to take in order to get your chapter up and running. I got a copy of the Chapter Guide, which turned out to be very helpful. I would suggest that you get that right off the bat. It had everything we needed to know about starting our own chapter and all the necessary paperwork that we needed to turn in. At our first meeting, we elected officers and got ideas for what we wanted to accomplish over the next year with our new TNSA chapter. From there, all it took was a few meetings a semester to have a fully functioning TNSA chapter, all made from scratch! I suggest that someone from your chapter go to the annual State convention. Our chapter was barely a few weeks old when I went, and convention was super helpful. There, you can meet with all of the leadership for TNSA, as well as with other chapters to get advice about running a new chapter. Some schools have had chapters for years and others are brand new, so convention is a great place for you to find ideas that will work for your school! Here is an easy 3-step process to get your new chapter started!

First: You need a faculty adviser. TNSA recommends this person be a member of TNA (Texas Nurses Association).

Second: Read through some of the TNSA bylaws. Go to <http://tnsa.org/bylaws.html>, at the top of the page click "download a full copy of the bylaws here." Several parts of this document need to be filled out, but will require several meetings first. You will also need to send in a copy of your chapter bylaws for approval; again, these will be adopted after you begin holding meetings.

Third: Hold meetings. Post signs & send emails and figure out when it's convenient for a majority of students who are interested to meet. One meeting a month is sufficient to take care of business without interfering with school schedules, as long as there is communication throughout the month. Here is a good resource from NSNA on beginning a chapter: <http://www.nsnaleadershipu.org/NSNALU/Default.aspx?tabid=83>. It includes a sample agenda, sample bylaws, a sample script for the first organizational meeting and so on. Here are some recruitment tools from NSNA: <http://www.nсна.org/Membership/RecruitmentTools.aspx>. The last hotlink on this list is your request form to start an NSNA chapter. When you contact them, ask how soon you can send in your membership forms and dues in order to participate in this year's events. Remember, NSNA membership and dues must be in for TNSA membership to be valid.

Helpful Study Tips From Your Board of Directors

Spending 12-hours a day studying for tests? Keeping yourself awake with energy drinks and coffee to pull all-nighters? Chances are you are using your study time unwisely! Try using a timer to guide your study. Just set a timer for 45 minutes. During that time do nothing else but schoolwork. Don't answer your phone, look at your email, gossip with study group partners, etc. After the 45 minutes, then take 15 minutes for anything you want. You can get a snack, use the restroom, chat with friends...but at the end of the fifteen minutes; the timer is reset. By dedicating your time wisely, you'll be able to study 2-3 times the information in much less time. Those 12-hour-a-day classmates with no lives will be amazed by your grades and quality of life!

Find a study partner, or two, to get together with on a weekly basis to discuss what you have learned in class. Discussion with classmates provides another method of retaining the knowledge learned in lectures and textbooks. The more study methods you use, the better your chances of remembering what you need to know on your next exam.

It is challenging to write notes in a regular notebook; the lines get in the way and make everything look really cluttered and hard to read. So when I read my millions of chapters, I purchase a sketchbook and take my notes in there. I can write as big as I want, I can sketch diagrams of the body or whatever we are learning at the time. It is easy to underline and highlight things, and the paper has a lot of room to take plenty of notes. Studies have also shown that you retain more by writing rather than typing, so be optimistic and give it a try!

Music is something I can't live without, but another tip I learned is that it is better to listen to music without words. Music without words uses a different part of the brain than music with words because it competes for attention with the studying you are trying to get done. I have several classical playlists just for studying.

I've been in nursing school for one year now and even though I thought I had studying down, I did have to take it to a different level to survive the nursing program. It is best to read notes within two hours after lecture, because repetition is important for the material to stick to our hard working brain cells. It really does help!

Set aside short blocks of time! So many times I let time slip by when I needed to get a certain amount of studying done. When scheduling your breaks in between your study times, make sure to use that time for your brain to rest! Scheduling this break time should be as important as attending a doctor's appointment!

Pick a place that won't be distracting. We don't get a lot of time for all that is required from us, so make the best of it!

Use games to study! There are lots of free game templates online, especially for PowerPoint. If you take the time to input information you need to learn, studying will never be a chore!

Color code everything from your planner to folders; this will help you visualize each class separately and stay organized!

Find a study partner, or two, to get together with on a weekly basis to discuss what you have learned in class. Discussion with classmates provides another method of retaining the knowledge learned in lectures and textbooks. The more study methods you use, the better your chances of remembering what you need to know on your next exam.