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# LIFELINE NEWSLETTER

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STUDENT NURSES ASSOCIATION—UCF ORLANDO JANUARY 2014



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## PUT THE HEAD BACK ON THE CHICKEN

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BY INGRID COLE

Seniors and Juniors alike are experiencing high levels of stress. Seniors are losing it over the upcoming NCLEX while Juniors are trying to hold it together against all odds. This month we take a deep breath and refocus.

They say it takes 10,000 hours of practice to become an expert. I wonder if “they” ever considered the amount of time nursing students spend stressing about schoolwork. I suppose it is safe to say we have all become experts in responding to stress. We run around from class to clinical to community event and hopefully to bed like chickens with our heads cut off. As a girl who was, in fact, raised on a farm—I can confirm this cliché to be accurate. Beheaded chickens do run around. Sorry, PETA.

Now is the time to put the head back on the chicken.

But how? We all know about deep breathing, exercise, eating healthy, and the barrage of other tips that we probably aren’t going to take which are supposed to help us reduce stress. Ain’t nobody got time for that!

Let’s be honest here, folks. There are only a few pleasures we have time for at this point in our life; food, friendship (pretty much limited to other nursing students), and...umm...let’s see here....hmm. Ok, it turns out we only have time for eating really delicious food and sneaking in a joke or two with our nursing school buddies between lectures.

Friendship is the saving grace of nursing school. It is friendship (and food) that pulls us from the edge and brings light to the dark.

# Packaged Deals

Examining the nature of Nursing Pairs

By Ingrid Cole, Newsletter

Although we become very close throughout this program, a distinct pattern begins to arise somewhere within our first semester. We tend to form very compact and insular groups within the group. You've seen them, and you might be in one.

We come in pairs. We are packaged deals. You don't go to lunch with just one of us. We have reserved seats in class. Some of us have nicknames and mottos.

## **Ingrid Cole and Katrina Leighton**

Katrina is my nursing school partner. Dr. Howe affectionately refers to us as a "Walking Disaster". I think it's a compliment. Katrina and I met at BCC while completing our pre-requisites for this program. Why are we great friends? Oh boy...

C. S. Lewis has a phenomenal quote which I believe says it best. Lewis states "Friendship is born at that moment when one person says to another: What! You too? I thought I was the only one."



We just get each other. We are both introverted on our own, but together we are the life of the party.

## **Sarah Thomas and Geraldine Martinez**

What's not to love about this pair? Sarah and Geraldine light up the room with their spirit and smiles. Regarding their friendship,

Sarah said " I relied on Geraldine to help me focus on my priorities. It's great to have another student to remind you to keep pushing

through, there's no reason to complain or whine. Our infamous motto to each other when things get tough is "Get it together". We are reminders to each other that we are strong women and nurses... And, no matter what, we take LOTS of time to LAUGH!"



## **Jessica Perez and Veronica Lowry**

As fellow Sanfordites, Jessica and Veronica quickly developed a friendship. Jessica said "This program is rough and it is easy to get lost in. Yet, with the right group of people you will find a way to shine! I'm grateful for the friends I found in this program willing

to dance, sing, and laugh off the stress.



Veronica has been my carpool buddy and one of the kindest people I have had the pleasure of meeting! We have each other's back and are always there to

cheer each other up! My CNC group has been a second family to me. As we've branched out and added new people to the group as honorary Sanfordites but we always come back as if no time has passed. I LOVE MY NURSING SCHOOL FRIENDS and will always want to know how great life is treating them even after we graduate!"

**Chelsea Bakr, Alicia Jackson,  
& Kristin Takacs**

Said Chelsea "I can honestly say I've made some lifelong friends in this program, specifically Kristin Takacs and



Alicia Jackson. They understand what I'm going through and have been there when I'm happy, sad, overwhelmed or just confused. It's hard to find people

who you get along with so well, and I'm truly thankful that they have been a constant level of support for me and I've lucky to call them my friends."

**Iris Appenrodt and Libby Gersbach**

Iris and Libby go together like wurst and sauerkraut. Iris said "I have several good nursing friends in mind right now but I have to point out Libby specifically. She is so calm when I am not and always finds the right words to slow me down (some)....or a shoulder to lean on (omg, I hope I wasn't at fault for that painful shoulder....)."



**Julia Farquhar and Myrna Perez**

Julia and Myrna both had lovely things to say about each other. Julia said "Myrna Perez is like a sister to me because she is always there by my side. We have been best friends since the beginning of nursing school. Without a doubt, she is a true friend!"

Myrna, on the other hand, said "I came into the program not knowing anyone and Julia quickly became my best friend. She's



been there for me whenever I've needed her and I am blessed to have met her. I don't think I could have survived this crazy ride without her and I love her to death. We've made so many memories together and no

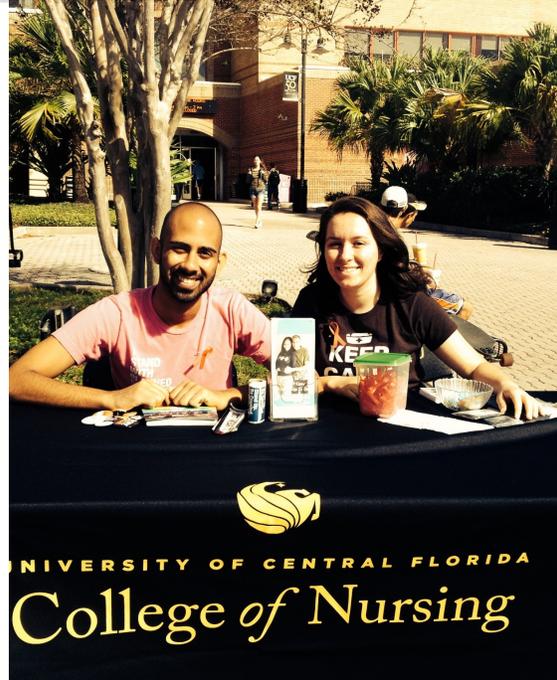
matter where life takes us she'll always be my best friend."

### **Sierra Cisneros and Steffany Palazzo**

Sierra had a lot to say about her bestie, Steffany. Sierra stated "Spring Semester Adult 1 clinical is where I found my best friend, now roommate, study buddy and life saver. On the way home last night we were having a "moment" and telling each other we literally wouldn't be here without each other, I really mean that. She is the one who has stayed up with me doing med cards all night and then right off to a 12hour clinical at MD Anderson. She is the one who asked me "Sierra please make sure I don't fall asleep" and later BOTH of us woken up by our clinical instructor calling out HER name. She is the one after I received my first failing grade that stayed up literally 48hours before the next test with me, quizzing me about respiratory failure and a-fib because she wouldn't accept me failing just as much as I couldn't accept me failing. She is the one who has been by my side the entire time laughing way harder than any normal person would at lame nursing jokes and the same person by my side when I'm crying in my bathroom because I'm overwhelmed with work and school. I would have given up long ago without that special nursing school



friendship; it is a nursing school essential. We joke around that half of our diplomas actually belongs to the one another but it is the truth,



## HIV AWARENESS

On November 27th, Hannah Zinman (UCF Nursing Student) and Joel Kandarappallil (Planned Parenthood Representative) tabled at UCF's Student Union in support of World AIDS Day and Zinman's HIV resolution that passed at State Convention. During tabling, Zinman and Kandrappallil carried out the resolved statements of the resolution by informing the student body where they can be tested for HIV and giving away free condoms. Please wish Zinman luck, as she will be taking this resolution national to NSNA's annual convention in April to raise awareness on this very important subject.

By John O'Leary

# After all, Giving is the Reason for the Season

Holiday Party at Camp Boggy Creek Service Report by Seeta Rani Nath, Accel 14'

*"Twas the Saturday after finals, and all through the land, not a student was stirring, except for the knight nurses!"*



It was a very early Saturday morning for the knight nurses who decided to stay back an extra couple of days to take advantage of this exciting SNA event. Although it was no earlier than our clinical hours, we were still a little sleepy as we piled into our car and drove to Eustis, Florida. Armed with a cup of coffee, our elfish attire, and a full tank of gas, we charged forth into what was yet to be an exciting, but exhausting day.

Once we parked, we were greeted by the camp's staff to drive us off to the cafeteria. Here we waited while the rest of our group had yet to join us. I, personally, had never been to this camp before; I

could definitely feel the family energy of everyone in the cafeteria as we waited. They made us breakfast, and many of the volunteers were not only friendly, but excited for the service at hand. As our SNA group slowly filed out, we looked at our assignments and got prepared for our day. I was assigned to one of the many arts and crafts tables available that day.



Once the majority of volunteers had arrived orientation began. You could instantly tell the difference between the old and the new camp volunteers. Cheering and speaking were about a 50/50 split during the entire process. We learned the camp boggy creek cheer, the tumbleweed (camp appreciation currency) tradition, and even our lunch schedule. After our heads were filled to the brim with all the information we needed to do our part in the holiday festivities, we were sent off into our corresponding craft groups.

This is the part where we (most likely) split off into new groups based on our specific craft.

I was placed on “soda tab jewelry.” As a 24-year-old female, I personally have never thought twice about soda tabs, less it be to donate them to the Ronald McDonald house. So, this was definitely out of my comfort zone that day. They gave us a nice sheet of paper with pictures and directions for the campers. We were able to work at our stations for about an hour before campers came to visit. This was useful because no one at my table had any real experience with this craft and it allowed us time to network and figure out what exactly we were supposed to do.



We figured out our craft just as the children began to arrive. Now, if you thought that our table was nifty, you should have seen some of the other tables out there. Today was a day exclusively about the campers and their families. There was a prize wheel even made me impressed, turkey legs the size of my arm, crafts up the wahzoo, carnival games and treats, and even a dunk tank to boot! There were so many choices, I'm sure that if I had switched shoes with a camper, I wouldn't know where to start either.



Our day was filled with opportunities to interact and speak with the campers on an individual level outside of the hospital setting. While my table wasn't exactly swimming with campers all the time, some tables (Crayon art, snake neck-ties, and personalize stuffed animals) got non-stop visits. According to the camp director, there were over 900 people who arrived at the holiday party that day!

After lunch, we participated in the Camp Boggy Creek street party. This is where we were able to “break it down” with some of the campers. We did some old school dances and even learned some new ones. It was a lot of fun, and a great break in our day. The campers were then given the final call to complete their crafts. The volunteers began to tidy up, and help put away the holiday party before we came home. Although it was a long and tiring day, our group had a lot of fun. We all had a great time, and gave us the chance to spread our holiday cheer. If you ever have the chance to go to camp boggy creek, I highly recommend it. Not only will you give a lot of joy, you'll definitely receiving some back too!

# In Search of The Future of UCF SNA

With graduation in sight, several SNA Board Positions are soon to be available. Our current board has provided brief descriptions of their various roles within SNA.

## **Vice President Geraldine Martinez**

Hello all!!!

My name is Geraldine Martinez and it is a privilege to serve as your SNA Vice President.

As the VP, it is my duty to arrange our meetings, which includes inviting a guest speaker of interest and benefits to our members, ordering and picking up food and drinks for our meetings, and off course, inviting you to attend. I am also responsible for the updates to the Point System, which allows the top 3 earners of each class to obtain FREE SNA cords for graduation. I often collaborate with the newsletter and anything else the chapter may need.

Small projects arise often and I love to take those on. Some examples are serving as liaison to College of Medicine, coordinating a medicine drive for MedPACt medical mission trip to Dominican Republic, coordinating and participating in Phlebotomy Workshops with College of Medicine. These projects, however, are not required of my position. I also serve as FNSA Region 3 Director and Nominations & Elections Chair.

I invite you to run for a position in the SNA Board!!!

I know taking a position in the SNA board may be a little scary. You may think it's too much to handle or that you aren't capable of

doing it. Well, let me tell you: YOU ARE WRONG!!! You are more than capable of taking the role of a leader. You will have to be a leader once you graduate, so why not start now? Time management has been my best friend. Besides my work with SNA and FNSA, I'm also doing Honors in the Major, I volunteer for MD Anderson Cancer Center and I get some free time to have fun! It is not too much to handle!

You are becoming a Knight nurse and Knight nurses step up!

What are you waiting for?!

## **Community Health Director Sarah Thomas**

The community health director position is perfect if you enjoy coordinating health volunteer and education opportunities. There are so many potential events, and I especially enjoyed getting creative with the way we provided health information to our students on the main campus. I viewed the position as a way to get to know my nursing peers in a fun and fulfilling setting that makes real use of what we learn in class. If you believe in the power of primary prevention in the community, I challenge you to get involved in the community health committee or serve as next years' director. Truly, I believe nursing students should not fear getting involved in these roles, because having the extra responsibilities actually made me a more productive student (work smarter, not harder... and do more at the same time).

**Historian**  
**Brianne Macko**

As historian you'll be in charge of gathering pictures throughout your class' time at the CON, putting together various picture slideshows, and making a video to be shown at your class' pinning ceremony. You will also have the privilege of leading SNA's team at Relay for Life and their fundraisers for the cause. These are a few of the main duties of historian, in addition to attending board and general meetings and being a part of SNA activities. Being on the SNA board or running for historian is a great way to become involved while doing something you enjoy. Also, let's face it...it'll look pretty good on your resume too!

**Legislative Director**  
**John O'Leary**

Serving as SNA's Legislative Director has truly been a blessing. The leadership experience I've received through this organization has been second to none. In my short time with this team, I've been a part of multiple SNA events, re-wrote the SNA bylaws, passed two Senate Bills at student government, passed two resolutions at State Convention, saw 180 Nursing Knights attend State Convention and more yet to come! It would be my greatest hope that the junior class steps up to the plate and continues this legacy of excellence! SNA has done so much this year as an organization, but it's only just begun! If you plan on running for office, please remember the following dates:

Submit Candidate Bios: February 23rd  
Meet the Candidates :February 26th  
Elections will be held: March 26th

**Public Relations/Clubhouse Manager**  
**Diana Antolinez**

As the Public Relations Officer, you are the "official" face of SNA to the community at large! My mission during my time in this po-

sition has been to unite all Knight Nurses under the banner of fellowship, and service. So, if you love interacting with people, this position will be a great fit for you! Being involved in SNA in this capacity has allowed me to come in contact with students from all the different classes: juniors, seniors, and even those who are working on their degrees online.

I am also the Clubhouse manager. As such, I am in charge of keeping inventory and scheduling volunteering hours for all to rendezvous at our small nook in the CON. I have also enjoyed reaching out to all student nurses at the CON so that they can purchase our awesome SNA apparel. To this end, I created an eMarket, which I hope stays open long after I graduate. Finally, if you are thinking that you do not have any time to be an officer of SNA, take it from an accelerated student: it can be done! The hard work you invest in managing your time and effort will be rewarded with unforgettable experiences that are pivotal to your success as a future nurse!

If you have any other questions about my position, please do not hesitate to contact me!

**Newsletter Editor and Webmaster**  
**Ingrid Cole**

I took upon this role for many reasons. Most of all, I wanted to have the opportunity to be creative. Writing, editing, and formatting our Lifeline Newsletter has been extremely rewarding. As someone who is obsessed with aesthetics, form, and function, I have gained artistic fulfillment with my role as Newsletter Editor and Webmaster. In general, I have had to opportunity to have influence and a voice within my cohort. We have come so far from where we started, and I expect much from the next board.

# OVARYOU PROJECT

BY LILLIAN CANAMO

UCF Knight Nurse is educating  
about Ovarian Cancer.

The OVARYou Project is a campaign seeking to raise the awareness of ovarian cancer. Ovarian cancer is one of the topic leading causes of cancer deaths of women and many of those who find out they have the cancer it is already in the late stages. The problem with ovarian cancer is that there are no tests, like a Pap smear for cervical cancer, for women to obtain beforehand. The only thing women can do right now is know the symptoms. This project is to teach women about the symptoms, detect it, and hopefully save their life or another's by gaining this knowledge. The information is out there, but there hasn't been any active way to promote and inform women in a way that they will easily remember. Breast cancer awareness is so big in the media, but why not ovarian cancer? It's an important aspect of women's health, especially to those who want to have children or a family in the future. This project simply wants to spread the knowledge of the symptoms, very basic, very easy, but enough power to possibly save a life.



## QUOTE OF THE MONTH

“The most important practical lesson than can be given to nurses is to teach them what to observe.”

Florence Nightingale

## SNA CLUBHOUSE NEWS

New Hours for Spring 2014

Mondays 11:45 a.m. - 12:30 p.m.

Wednesdays 12:30 p.m. - 1:15 p.m. SNA

The SNA Clubhouse is located on the 3rd floor at CON. We stock chips, water, and soda at a lower cost than vending machines. You can pick up clinical supplies, badge clips, shirts, sweat shirts and more.

Volunteers receive a discount of 10% off merchandise.

## THE NEW GRADUATE

By Melanie Harris, Breakthrough to Nursing

As we begin this semester, many of the juniors attending UCF's traditional BSN program are finding themselves in their first hospital clinical experience. Many of the seniors who were in this position last year are figuring out what kind of nurse they will be as they prepare to work as the nurse. So what are the characteristics of today's nurse? Some words we may hear about today's nurse is that they are adaptive, demonstrate leadership, possess cross-training, are technologically proficient, proactive, flexible, and they will take informed risks. For the last several years we have heard about a nursing shortage, yet after the downturn of the economy we have seen a lack of job availability for new graduate nurses. I personally am terrified to go into my practicum this semester, afraid that if I make a mistake I would not be hireable for employment, and that I need to be perfect this semester if I want a job due to the lack of positions available to the new graduate nurse.

School can teach us how to prepare a resume and even tell us what to place in a cover letter to have a potential employer give you a second glance. A mock interview can be given to reduce anxiety when you go to your real interview. Honestly though, it does not matter how many interviews I go on, I will still be scared to death when I have to interview for a position. So what does the new graduate and even those preparing for graduation need to know?

First of all, most of the graduates will seek employment in a hospital. Several hospitals offer new graduate nurse positions. How do we get into one of these positions? New graduate nurse positions are often offered at three different points of the year (mostly July, October, and February) which circulate upon graduation dates. It is usually recommended to apply for these positions when the job requisition opens. For spring 2014 graduates this could be around

April, or 6-8 weeks before the start of the new graduate nurse program. These types of programs have a variety of nursing areas that you could work in such as a medical surgical unit, a medical telemetry unit, a progressive care unit (PCU), or even an intensive care unit (ICU). The different areas you could work in might determine how many weeks you are in a graduate nurse program, but the amount of time should be discussed during your interview.

During your time in a graduate nurse program you complete both class time and time on a unit. Many hospitals may require you to take an EKG course with tests that you must pass to continue employment. So needless to say, pay very close attention in class and continue to practice reading EKGs, even though we may not need it immediately this summer. Juniors and Accels, please make sure you pay very close attention to EKGs when you complete your Adult II class.

During your time as a graduate nurse, you work with a preceptor again and transition yourself from what a school teaches you to what a workplace establishes. You learn how to become a nurse by setting priorities and learning to communicate effectively with others. With that being said, graduate nurse programs are constantly evolving and when something has to be done you must understand that it needs to be done without an opportunity to complete a retake.

Finally, when you do interview for one of these positions please be aware that you may be required to fulfill a contract upon accepting a position. This is done because the hospital is investing their time and energy into you with the hopes that you will one day want to invest your strengths as the nurse into the hospital. Time commitments, if a concern, should be addressed during your interview.

## How to Earn SNA Points

| Event                   | Points                   |
|-------------------------|--------------------------|
| General Meeting         | 1 point each meeting     |
| Community Service       | 1 point per hour (4 max) |
| Breakthrough to Nursing | 1 point per hour (4 max) |
| Fundraiser              | 2 points                 |
| Clubhouse Shift         | 1 point                  |
| State Convention        | 5 points                 |
| National Convention     | 10 points                |

Earn 2 SNA Points for submitting content to our website or newsletter!

SIGN UP FOR SNA

*Visit SNA's Clubhouse and request an application. Provide complete application to any SNA Board member along with SNA dues.*



JOIN US ON FACEBOOK

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Student Nurses Association  
Orlando

## November's Top Earners

Upon Graduating, the Top Earner of each class will receive SNA cords free!

**Juniors:** Jeanna Berman

**Seniors:** Hector Ortiz, Kacey Burton

**Accels:** Seeta nath



## Contact Info for 2013-2014 SNA Board



|   |              |                                 |
|---|--------------|---------------------------------|
| <b>President</b><br>Libby Gersbach                  | 407.221.0738 | libby.gersbach@knights.ucf.edu  |
| <b>Vice President</b><br>Geraldine Martinez         | 407.314.2718 | xitlali229@knights.ucf.edu      |
| <b>Secretary</b><br>Alexis Bosque                   | 954.871.6423 | abosque@knights.ucf.edu         |
| <b>Treasurer</b><br>Iris Appenrodt                  | 407.701.2188 | iris.appenrodt@knights.ucf.edu  |
| <b>SNA Clubhouse</b><br>Diana Antolinez             | 407.435.6444 | dantolinez@knights.ucf.edu      |
| <b>Breakthrough to Nursing</b><br>Melanie Harris    | 407.879.8161 | melanie.harris@knights.ucf.edu  |
| <b>Community Health Chairperson</b><br>Sarah Thomas | 407.415.6768 | sarah_thomas@knights.ucf.edu    |
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