

## Our Purpose

To assume responsibility for contributing to nursing education in order to provide for the highest quality of healthcare.

To provide programs of fundamental interests and concerns to nursing students.

To aid in the development of the whole person, his/her professional role, and his/her responsibility for the health care of people in the communities we serve.

## Our Function

To have direct input into standards of nursing education and influence the education process.

To influence health care, nursing education, and practice through legislative activities as appropriate.

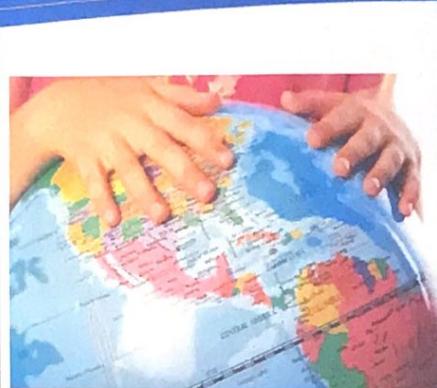
To promote and encourage participation in community affairs and activities towards health care and the resolution of related social issues.

To represent nursing students to the consumer, to institutions, and other organizations.

To promote and encourage students' participation in interdisciplinary activities.

To promote and encourage recruitment efforts, participation in student activities, and educational opportunities regardless of a person's race, color, creed, national origin, ethnicity, age, gender, marital status, lifestyle, disability, or economic status.

To promote and encourage collaborative relationships with nursing and health-related organizations.



## In this issue

Chapter News [P.1](#)

Chapter Events [P.2](#)

Upcoming News [P.4](#)

## Getting Ready for Clinical

Learning the profession of Nursing includes skills, didactic classes, simulation, and clinical. Clinical time is when all of the hard work from all of the other areas comes together and we have the opportunity to care for real patients. In order to complete this task, it means that we need to be prepared.

Aside from abiding by the requirements in the School of Nursing Handbook, we have also created some tips that we have learned.

1. Be actively involved and look for opportunities. Opportunities to learn usually do not come knocking at your door- you need to look for them.
2. Ask questions! Asking questions means that you are interested and engaged. Nurses tend to teach more when the students are
3. Find a report sheet that works for you. You may need to change your sheet and that is okay! Finding the sheet that works for you takes trial and error.
4. Practice patient communication. There is nothing that takes the place of talking with your patient(s).
5. Be early and be prepared.
6. Have a good attitude and realize that you are there to assist with patient care. We learn from all professions and by doing all tasks.
7. Be respectful. Being respectful to your instructor(s), colleagues, patients, etc. Being respectful is a huge part of being professional.
8. Enjoy the process of learning!

Current  
Board of Directors  
6/23/22

President:  
Luke Khosravipour, SN  
(09/22)

Vice President:  
Kalissa Sternicki, SN  
(9/22)

Secretary:  
Mia Hudson, SN

Treasurer:  
Roslyn Zuniga, SN

Membership Coordinator:  
OVP:  
Open Position

Membership Coordinator:  
Topeka:  
Open Position

Special Events  
Coordinator, OVP:  
LaNasia Coppins, SN

Special Events  
Coordinator, TOP:  
LaNasia Coppins, SN

Historian:  
Open Position

Special Committee:  
Philanthropy  
Kimmie Beauchamp  
(12/22)  
Stephanie Miles (Alumni)

Faculty Advisor  
Anne Naulty MSN RN  
PCON  
[Anne.naulty@rasmussen.edu](mailto:Anne.naulty@rasmussen.edu)



## Chapter Events: Stay Connected

### Scholarship Opportunities for the RUKC-SNA

As busy college students, we often find ourselves wanting to do more things than our budgets sometimes allow. The Board of Directors has been working hard to find a way to help out our fellow students who have been looking for ways to join the SNA but struggling with the membership fee. We are excited to announce that the RUKC-SNA is now offering a scholarship that pays for a full year's membership to the NSNA to one nursing student every quarter. Each campus will have applications located near or on their SNA tables or you can request one by email at [rukcsna@gmail.com](mailto:rukcsna@gmail.com). You will be able to return these applications with your member application to either the email listed above, or you can turn them in to the front desk member at your campus to be placed in the SNA mailbox. If you have any questions or concerns, please reach out to one of our board members for assistance!

### Community Events

#### **Little Free Pantry**

The Little Free Pantries at the Topeka and Overland Park Campus are up and running. Both of our Little Free Pantries are listed on the national website. You can participate in the pantry in 2 ways. If you have extra non-perishable food or toiletries and would like to donate, please do so. If you need items and would like to take some, please do so. The Little Free Pantries are located in the student kitchen areas. Both pantries are supported by the RUKC-SNA.

#### **Osawatomie Clothing Drive**

Osawatomie State Hospital needs clothes for the patients. Many of the patients arrive to the facility without clothes. If you have any clothes you are not wearing, please consider donating. All clothes need to be clean. There is a box on each campus clothes may be placed in.

#### **Open Board Positions**

The RUKC-SNA currently needs to fill the following Board of Director Positions:

Membership Coordinator-OVP

Membership Coordinator, -TOP

Historian

#### **Louisburg Healthcare and Rehabilitation Garden Project**

We are planning some days to work together to clean up and redecorate LH&R center garden. More information on dates to follow!

The Facebook account is up and running. RUKC-SNA-Where Nursing Students Connect!

#### **Chapter T-Shirts**

The chapter t-shirt sales continue. The cost per t-shirt is \$15. Please email us at [RUKCSNA@gmail.com](mailto:RUKCSNA@gmail.com), contact one of the work-study students at the front desk or contact a board member if you are interested in purchasing a t-shirt.

## Point System

When you participate in the chapter, you earn points towards awards and chapter items. The point system is:

**Write an article for the Chapter Newsletter:** Earn 2 points per article

**Volunteer at one of our sponsored events:** Earn 1 point per hour of volunteer time (up to 8 hours per quarter)

**Participate in the Big-Little Mentorship Program** Points for being a BIG..... 2 points per quarter

Points for being a LITTLE.... 1 point per quarter

**Attend Chapter Meetings:** Earn 1 point for attending each monthly chapter meeting

### **Serve As a member of the Chapter Board of Directors**

Earn **2** points per quarter that you serve as a Member of the Board

Earn **1** point for attendance at each monthly Board of Directors Meeting (this is for Board Members)

For the point system tracker, please visit our chapter website and go to "The Point System" tab.

Please note that the point system is only available for RUKC-SNA Chapter Members. If you are interested in becoming a member, please talk to one of our membership coordinators.

Each quarter, your points are added up.

The levels are:

**Above 14 points earned:**

**GOLD LEADERSHIP STATUS**

**8 – 13 points earned:**

**SILVER LEADERSHIP STATUS**

**6-12 points earned:**

**BRONZE LEADERSHIP STATUS**

As you reach the different levels, you not only receive a certificate of achievement, however you also receive a Chapter Leadership Pin and can earn other great items.

### **When You Graduate**

### **NSNA Chapter Leadership Cords**

For RUKC-SNA members who earn over 45 Leadership points prior to graduation: You earn a NSNA Leadership Cord to wear at graduation plus other great Leadership items!

Members who earn 20-44 points prior to graduation, earn a NSNA Member Cord to wear at graduation plus other great member items!



**"Nothing is impossible. The word itself says, "I'm Possible."**  
~Audrey Hepburn

**We honor your service and commitment to the chapter and National Organization.**

Please note that a member of the RUKC-SNA Board of Directors attends each faculty meeting. If you have any concerns that you believe need to be addressed, please email us or discuss your concern with a board member. Your name can be kept confidential.



[RUKCSNA@gmail.com](mailto:RUKCSNA@gmail.com)

[www.rukc-sna.com](http://www.rukc-sna.com)

- **RUKC-SNA Alumni Association**

After you graduate you remain a member of the NSNA for 6 months. You remain an Alumni Member of the RUKC-SNA for life. There are no dues or fees for this membership, however you are encouraged to get involved and to keep us updated on your success as a nurse! You may be nominated for our Alumni Spotlight!

Alumni Board of Directors

**Blair Gordon**

**Jennifer Cristaldo**

**Stephanie Miles**

- **June Graduating seniors**

Congratulations to our Spring 2022 graduates and welcome to our new members!