

The *Torch*

The Official Newsletter from the
Virginia Nursing Students' Association

Dear Colleagues of Virginia,

This year has truly been eventful for the healthcare providers of our great nation. As we move forward as a country to piece the fragments which constitute our healthcare system, our roles as student nurses grow more important. The tide of change is rippling across the nation. We have to ensure that we, as future nurses, are on the front lines to shape our nation's healthcare policy alongside physicians and other interdisciplinary members.

It's certain that we as the next cohort of nurses will face tremendous obstacles. Currently we're dealing with a national nursing shortage, which widely affects nurses' influence both at the bedside and within the classroom. As older nurses retire from academia and hospitals, we'll be instrumental in

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forming solutions to help staff these areas of need while still providing quality education for nursing students and quality patient care. We also battle with increasing workplace stress, as more increasing patient numbers tax understaffed hospital units and outpatient care centers. Although these issues loom on the near horizon, we are not voiceless.

Through our education, healthcare experiences, and leadership we can make our voice heard. As students, we can start to change nursing culture, making nursing as powerful in political discussions as it is in patient care. Past generations of nurses have made incredible strides for our profession, but now it's time that we take the baton.

I thank you all for your continued dedication to our profession and quality healthcare.

Best Wishes,
Tomaris Smith
VNSA President
University of Virginia

Introducing... **The 2012 Board of Directors**

President
Tomaris Smith

My name is Tomaris Smith, and I am currently a junior in the BSN program at the University of Virginia. It is a pleasure to serve you as the 2012-2013 President of the Virginia Nurses Student Association.

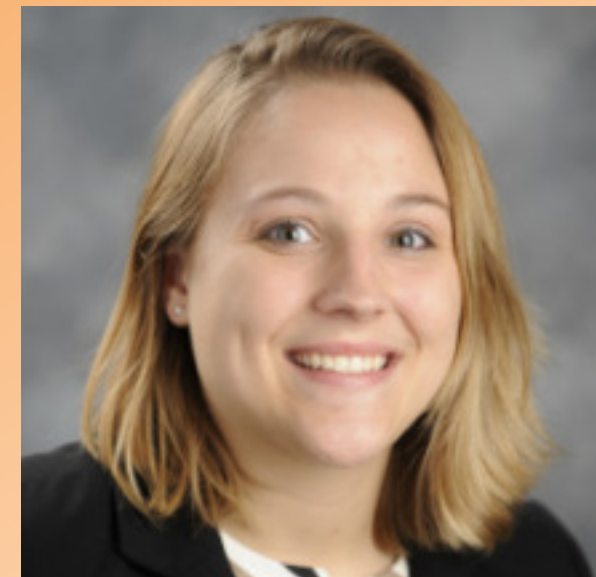
Everyone on this year's Board of Directors are preparing new innovative ways to bring you the most current and useful information about the changes occurring within our profession. We are looking forward to taking VNSA to new heights by getting more nursing students involved in the organization, planning easier ways to inform nursing students about healthcare reform, and finding creative ways to bringing people of all backgrounds and experience into nursing. I am very excited about what this year has in store for Virginia's nursing students.
vnsapresident@gmail.com



Secretary
Colleen Koletty

Hi! My name is Colleen Koletty and I am a rising third year BSN student at the University of Virginia. I am honored to serve as the VNSA Secretary for the 2012-2013 year! I am looking forward to working with the Board of Directors and other nursing students from around Virginia. If you have any questions, concerns, or suggestions please feel free to email me!
vnsasecretary@gmail.com

Treasurer
Allison Beasley



1st Vice President
Shelby Courtney

Hi! My name is Shelby Courtney and I am a rising third year BSN student at the University of Virginia. I am honored to serve as the Second Vice President for 2012-2013. I look forward to another great year for the VNSA and expanding our constituency base throughout Virginia. I am looking forward to working with the Board of Directors along with other nursing students from around Virginia. Please don't hesitate to contact me if you have any questions!
vnsa1stvp@gmail.com

My name is Leah Lankford and I am pleased to represent the state of Virginia as our 2012-2013 Breakthrough to Nursing Director. I am a rising fourth year at the University of Virginia. Nursing is a growing profession and it is our duty as future leaders to increase awareness about nursing and its limitless opportunities. As BTN Director I am working seamlessly with the board of directors to create a state initiative to increase the amount of recruitment activities in the state of Virginia. I am currently planning our annual fall BTN Luncheon and I anticipate working closely with BTN committees within our state to increase nursing recruitment and diversity within our communities and working environments. Feel free to contact me! vnsabtnursing@gmail.com



Breakthrough to Nursing
Leah Lankford



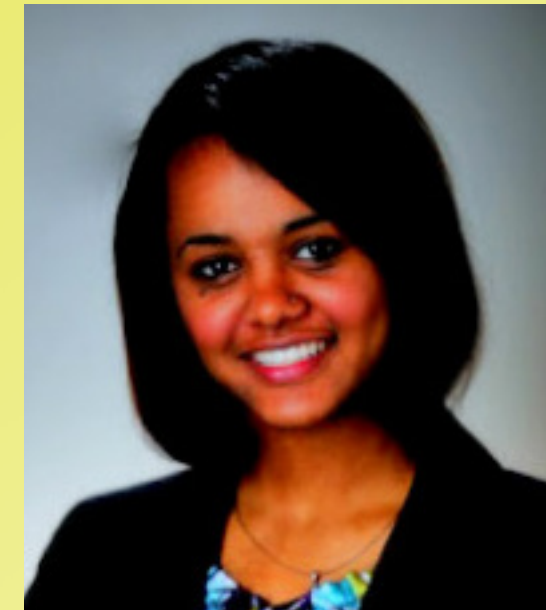
Policy and Initiatives Director
Chantel Yeager

Editor - "The Torch"
Melanie Fowler

Hey y'all my name is Melanie Fowler and I attend Liberty University in Lynchburg, VA. I am officially "The Torch" Editor for VNSA 2012-13! I am very excited and honored to hold this position on the Board of Directors. I am responsible for writing, editing, publishing, and distributing the official publication of VNSA, "The Torch". My vision for the upcoming year is to unite the nursing students across the state of Virginia by developing creative, interesting ideas for this publication! I look forward to working with you. If you have any questions or ideas for The Torch please feel free to email me at vnsatorcheditor@gmail.com



Director At Large
Lilay Gebreselassie



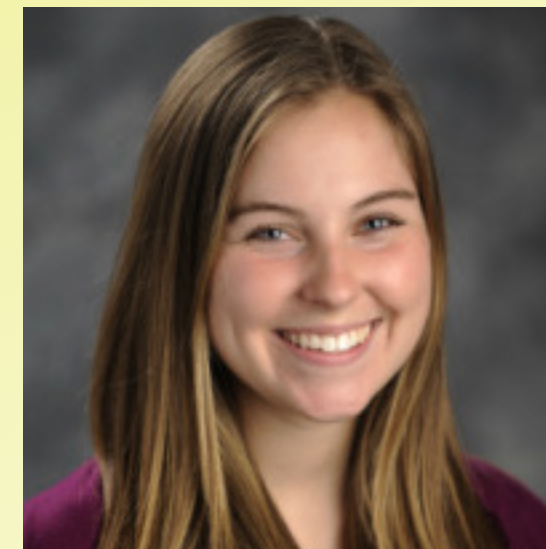
My name is Lilay Gebreselassie and I am a second year student at the University of Virginia, School of Nursing. It is my pleasure to serve the VNSA as Director At Large. I come from an international background and aspire to pursue Global Public health in graduate school. In the future I plan to work in a developing country. I believe an organization needs leaders with both strong and good characteristics. The success of an organization is determined by the engagement and dedication of its leaders. I am excited to get started and get going! I look forward to working with you.
directoratlarge@gmail.com

Director of Public Relations
Karissa Oldham

Hello! My Name is Karissa Oldham and I am currently a junior at the University of Virginia in pursuit of my BSN. I am honored to serve VNSA as your Public Relations Director for the 2012-2013 term. I hope through updating the VNSA website I can keep everyone informed with all the exciting events we have planned for this next year. In terms of the future, I am interested in working in the ER and in critical care nursing. If you have any questions or concerns, please don't hesitate to email me at vnsapr@gmail.com



Historian
Kathryn Giglio



My name is Kathryn Giglio. I am a third year BSN student at the University of Virginia. I am thrilled to serve as the VNSA Historian of the 2012-2013 year! My main duty is to photograph and document our events so we can critique and better them in the future. I am a firm believer of learning from the past, and am excited to see what the year ahead holds! Please do not hesitate to contact me with any suggestions, comments or concerns you may have. We would love all feedback. Here's to a great year!
vnsahistorian@gmail.com

RN Advisor Arwin Quinn



Hello, my name is Arwen Quinn, I am a graduate of the Radford University Nursing Program. I served two consecutive terms as VNSA Policy Initiatives Director 2010-2011; 2011-2012. My time with this organization was so rewarding, and the opportunities which the experience provided were so important to my career, that I have been elected to remain on the BOD as RN Advisor to the group in hopes of helping others to realize the rewards which I was given. Therefore, and am honored to be at the service of the newly elected Board of Directors and to all of the VNSA constituents to act as advisor and help in any way that I can, to make the experience of participation with this well run and fantastic organization

as rewarding as possible. Please feel free to e-mail me with any questions, ideas, suggestions, or comments. Here's looking forward to a new and exciting career in nursing! Best of luck to you all!

Graduate Consultant Whitney Smith

Hello! My name is Whitney Smith, and I am a graduate of the University of Virginia School of Nursing. I am honored to serve as your 2012-2013 VNSA Graduate Consultant. My journey with VNSA began when I was a freshman in college, serving as Torch Editor and President. I hope that my experience will help me guide and support the Board of Directors and nursing students across the state of Virginia. I am excited to continue my work with VNSA and look forward to a great year. If you have any questions please do not hesitate to contact me!



2nd Vice President Mandi Edwards

Faculty Advisor
Carol Lynn Maxwell-Thompson
cm2s@virginia.edu

State Convention at University of Virginia



Enjoy speakers of various nursing professions, network with hospitals and nursing organizations, meet future employers and nursing students from across VA!

University Of Virginia (225 Jeanette Lancaster Way, Charlottesville, VA in the Claude Moore Building, UVA School of Nursing)

Interested in running for the 2012-2013 VNSA Board of Directors?

Candidates must be in good academic standing, be an NSNA member, and receive signature from faculty member/advisor.

Bring completed application that can be viewed [HERE](#) to convention.

Breakthrough to Nursing Luncheon

Our Continuing Goals:

1. 150 people to attend BTN luncheon to help raise money for the VNSA scholarship fund
2. Teach children in ALL grade levels about nursing.
3. Putting focus on recruitment and retainment of male nurses.
4. Creating excitement and awareness of BTN projects and initiatives



VNSA has been working diligently to plan our 2012 Breakthrough to Nursing Luncheon. The Luncheon will be held in October at Virginia State University in Petersburg, Virginia. Our theme is **THE FINAL FRONTIER: UNCHARTED POSSIBILITIES THROUGH NURSING**. Our goal is to raise awareness about all of the avenues in nursing, whether it be travel nursing, research or furthering your education. The guest speakers will discuss graduate admissions, the similarities and differences between a PhD and DNP, travel nursing, SANE nursing and much much more. Please check your emails and VNSA's website for updates about the BTN Luncheon. VNSA looks forward to seeing you all this fall!

-Leah Lankford
VNSA BTN Director



Study Tips

brought to you by *Nursezone.com*

For some, there is nothing worse than studying for and taking tests. However, the process can be simplified using these valuable tips that will help you form solid study habits, create a method that works for you and to prepare you for exams.

FORMING STUDY HABITS: 10 ways to simplify your nursing school life

- 1 Stick to the plan. Track all projects, deadlines, exams and other activities relating to work and/or school in a personal planner or a pocketbook calendar.
- 2 Take notes. Place notes in outline format with headers, subheads and bullet points. Add items your lecturer refers to
- 3 Create flashcards. A quick and easy way to quiz yourself right up until test day. Use flashcards for making a file of diseases/conditions and their treatments, listing signs and symptoms, diagnostic tests and interventions.
- 4 Tape record. This is especially handy on “test review” days when instructors share what material is likely to appear on the exam. Remember to check with your instructor first!
- 5 Compare notes. It’s possible that your classmates have information you didn’t catch and vice-versa.
- 6 Use the textbook to your advantage. Outline each chapter, write down questions about concepts you don’t understand and refer to other resources for extra help (i.e. the Internet, nursing journals, NCLEX review materials, etc.).
- 7 Stay informed. Attending class is important. You never know if a question asked by a fellow classmate or a piece of information not found in the book might be found on the next exam.
- 8 Ask questions. Get answers to questions raised in your book, ideas you’re unclear on from lectures or clarify your notes.
- 9 Stay in touch with your instructor. Visit during office hours, send an e-mail, talk by phone and sit in the front row during class whenever possible.
- 10 Be exam prepared. Find out what the exam will cover and the exam format. Review points emphasized in class, questions in your study guides, past quizzes and end of chapter review sections.

<http://www.nursezone.com/student-nurses/study-tips.aspx>

Like us
on Facebook



Facebook is a social utility that has dominated social connection within the last few years. It is the world’s largest social network, with more than 900 million users as of May 2012. It has altered the way people share and receive information as well as how they connect with friends and family. With this in mind, VNSA is now apart of this social fenzy in hopes to unite nursing students across the beautiful state of Virginia. We will post upcoming VNSA events and topics for discussion, and of course, allow you to keep in touch with your nursing friends throughout the state!

Group name:

VNSA-Virginia Nursing Students’ Association

“Like” us
TODAY!

CONTACT US

VNSA@gmail.com



Virginia Nursing Students’ Association
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Charlottesville, VA 22903-0543



On the Web



<http://www.vnsa.us>