Make a Difference on the ‘06-07 SNA Board

Do you wish you had a more active role in the College of Nursing? Do you find yourself wanting to contribute to your fellow students’ college experience? Do you like to be behind the scenes, planning and executing activities and service projects? If you answered ‘yes’ to any or all of these questions, we want you to serve on next year’s SNA (Student Nurse Association) Board.

Take it from a current member: serving on the SNA Board is an excellent way to get involved and to develop your leadership skills. You may be wondering how you can get in on the action. One of our biggest regrets about last year was not publicizing the SNA elections well enough, or soon enough in advance. It is such a wonderful opportunity and we know that we can help you get excited about running for office if we spread the word early.

SNA elections are typically held every year during our annual Re:search Conference in March. There are several offices that are available, which you can read about on our SNA website, navigated through the College of Nursing homepage. You will need to commit to a full year of service on the board if you are elected. This means that any students who will be graduating before April 2007 will regrettably be unable to run. The good news, however, is that those of you who will graduate earlier, or who run for office and are not elected, can still be involved with SNA! There are opportunities to serve on activities committees, to be the class representative for your

Continued on page 3

New Advisor for the College of Nursing

If you’ve visited the advisement center lately, you’ve probably noticed some new faces, including Linda Stevens Topham replacement, Mark White. After many years of experience in educational administration and retirement, Mark decided coming back to BYU is the path he wants to take (again).

Continued on page 2
Service in the College of Nursing

You may not feel ready to graduate or be in this new clinical rotation, but I bet you are ready to serve! As student nurses, I am sure that "helping those in need" has become more of a desire than an obligation. To help you fulfill your desire for service, BYUSNA has planned some service activities for the winter semester. In January we knitted hats for the LDS Humanitarian Center. For the heart-warming month of February, we will have Valentine’s stationery/treat bags (similar to Halloween treat bags) in the NLC for you to assemble so you can share your love with those who need it. In March, we will host a blood drive, sponsored by the American Red Cross, in the Wilkinson Center. We will need not only your time but also your blood to make this a success! We will finish off the semester in April with a service project either through the Humanitarian Center or another community program. (More details will be provided.) We hope you will find time to join us. The SNA board looks forward to serving with you throughout this year.

~Jenny Yeung

New Advisor Continued

"Do anything you want to do; but whatever you choose, do it so you can say you have been in the service of others."

—Mark White

What advice does he have for students in the College?

"Do anything you want to do, but whatever you choose, do it so you can say you have been in the service of others."

Just as in Robert Frost’s poem The Road Not Taken, Mark believes through your agency, there are several paths you can take, but if you are true yourself, you can accomplish a lot.

"Remember, every year of your life is important, and you should take advantage of the opportunities you are given now. If you just think about your upcoming graduation, you’ll miss out on what’s happening now."

These are just some of the many words of advice I received in my short interview with Mark. I hope each of us will take advantage of the many resources and personnel we have in our college. They have had a lot of great experiences and I’m sure would love to help you in any way they are able.

-Sue Vongsikeo
Great Opportunity at the 'Nurses' Day at the Legislature'

February 17th is National Nurses Day, in honor of that special day, the Utah Nurses Association is holding “Nurses Day at the Legislature” at the State Capitol in Salt Lake City. This is a wonderful opportunity for us as nursing students to get involved in the politics that surround our profession. The day starts out with breakfast followed by Nurses Day guest speakers. The CMA bill will then be debated. In short, this Bill proposes that Certified Medical Aids (CMA’s) be allowed to pass medications in certain health care facilities. Nursing students from each of the nursing schools in Utah will be selected to debate the pros and cons to this bill. We need all the representation we can get! This will be a great learning opportunity; not to mention a chance to have our voices heard on the issues that impact our profession.

The fun doesn’t stop there! Elections for the Utah Student Nurses Association will be held after the debate. We then have the opportunity to speak with Senators and House of Representative members from Utah. “Nurses Day at the Legislature” provides a unique opportunity for nursing students to be civically active, and have our voices heard. Happy Nurses Day and hope to see you there!

—Danielle R. Perona

'06-'07 SNA Board Continued

... semester, and to have your voice heard in regards to changes you would like to see in the College of Nursing.

The SNA Board meets every Monday from 8-9 A.M. and can be taken for 1-3 credits any given semester. Start thinking about what office suits you well. We look forward to seeing you in March. We hope to pass the torch on to another group of bright, excited, and motivated student nurses! —Jamie Glenn SNA Secretary

What I Wish I Knew First Semester

As I am finishing my last semester in the nursing program, my mind has constantly been reminded of the feelings I felt four semesters ago as I started my journey through the College of Nursing at Brigham Young University. Upon this reflection, there is something in which I would like to pass on to those who follow, hoping that they can gain from my experience in this program.

I don’t think I will ever overcome the feelings that I experienced first semester when I was introduced to the dreaded ‘nursing questions’ which (in my view) all answers were either incorrect or all correct. How was I suppose to know which was the ‘best answer,’ it’s all subjective to me!

Being entirely caught up in ‘points’, I became very frustrated with myself. I could see myself struggling (a first) and felt that as a result, I would not make a good nurse.

Throughout the next few semesters, I began to adjust to the new style of testing, and the grueling work that the program requires; yet always doubted myself and my capabilities.

I will always remember when a caring clinical instructor pulled me aside one day and said, “Sarah, I’ll never worry about you clinically.” Another instance telling me that I really had excelled.

These words impacted me in a way that I began to see what the nursing profession really is.

I realize that Elaine Bond was right when she said that a few points wouldn’t matter. It’s not about the points. I look around me and see a deteriorating grandmother, a pregnant sister, an aunt in intensive care, a mother in surgery, and the residue of pain from an uncle who died from suicide. The fact is, nursing is about life. Make sure that you don’t let it pass you by because you are worrying about a grade. The points won’t matter, but the knowledge will.

—Sarah Evans
Brigham Young University Student Nurses' Association

If you have something that you would like to share in the 'Stethoscope', or if you would like to join the Stethoscope committee, please contact Sarah Evans!

Email: sarahbevans@byu.edu
OR
Call the SNA office at 801-422-1169

CHECK US OUT ON THE WEB!!! HTTP://NURSING.BYU.EDU/

Brigham Young University Student Nurses', Association

The Brigham Young University Student Nurses' Association (BYU-SNA) is a pre-professional organization and a constituent of the Utah Student Nurses' Association (USNA). The USNA is composed of the college chapters of student nurse associations throughout the state of Utah. The National Student Nurses' Association (NSNA) is composed of the fifty state organizations in the United States. These organizations unite to promote professionalism in the student nurse and help him/her to prepare for entry into nursing practice.

Involvement is not only professionally-oriented, but service driven to the school and community.

Nursing students have the opportunity to join BYU-SNA to network with other nursing students locally and across the nation to create friendships and associations that can guide their future careers.