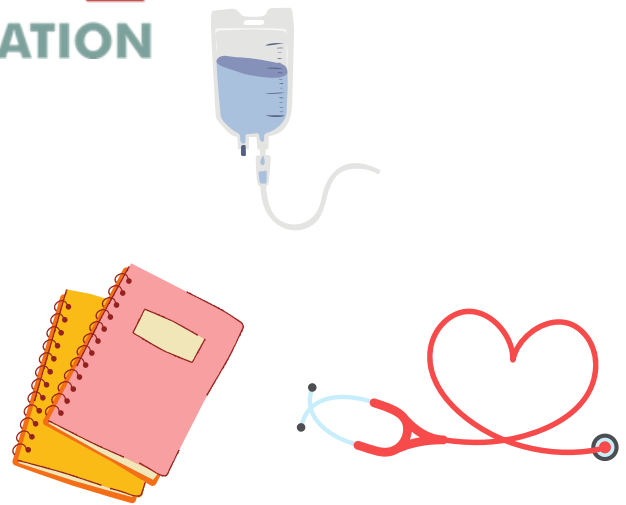


THIS EDITION: THE ANNUAL OHSNA CONVENTION



JOIN US FOR OUR ANNUAL OHIO CONVENTION ON OCTOBER 8TH, 2023 TO LEARN MORE ABOUT "THE WORLD OF NURSING"

- **HEAR FROM DIFFERENT NURSES ABOUT WHAT THEIR SPECIALTY IS LIKE!**

FOLLOW US @OHIOSNA FOR UPDATES, STUDY TIPS, GIVEAWAYS, & MORE!

WHAT'S INSIDE...

Hear From the OhSNA Board of Directors!.....	2
Join the OhSNA Board of Directors!.....	4
Nursing School Survival Guide.....	7
What Do I Need for Clinical?.....	8
Become an NSNA Member Today!.....	9
Annual Ohio Convention.....	10
OhSNA Apparel.....	11
2023 Convention Sponsors.....	12

HEAR FROM THE OHSNA BOARD OF DIRECTORS!



Jenna Chmelik

“My name is Jenna Chmelik, and I am the current President of OhSNA. I recently graduated with my BSN from Capital University, and I currently work as an RN in the PACU at University Hospitals. Being apart of the National Student Nurses Association, OhSNA, and my schools student nurses association throughout my last 2 years of nursing school has opened up so many opportunities to attending conventions, networking, and having access to resources for research. Being involved in these organizations as a student, has also helped me to get involved in nursing organizations as a nurse. I would highly recommend all nursing students to get involved in a student nurses association at your school, at the state level (OhSNA), and at the national level (NSNA)!”

“My favorite part about being on the OhSNA Board is my ability to positively impact and inspire other nursing students to be involved in their student nurses’ associations! I am able to represent and mentor nursing students all across the state. I feel that I have made many important connections with professional associations, organizations, and colleges through my role. I will forever be grateful of my choice to join the OhSNA Board!”

Hailey Welly
OhSNA Treasurer



Jenna Chmelik (left), Kristine Nurse in the Making (center), Hailey Welly (right)

HEAR FROM THE OHSNA BOARD OF DIRECTORS!

“After my first year on the OhSNA Board, I am so glad that I decided to join this group! I had opportunities and experiences that I never previously knew about in nursing school. The people I have met continue to inspire me everyday, and I feel proud to represent fellow nursing students across Ohio! As I head into my senior year at the Ohio State University, I know that the connections I have made through this organization will last a lifetime. My favorite memory would have to be this past year’s NSNA Convention. It was my first time attending, and I loved every minute of it! It helped me realize that nursing is a career that bonds people like no other. I saw that there are so many students out there just like me, and we all have each other to rely on and inspire.”



Kelsey King

Kelsey King

OhSNA Public Relations Director



2022-2023 OhSNA Board of Directors



JOIN THE OHSNA BOARD OF DIRECTORS!



APPLICATIONS ARE DUE OCTOBER 1ST

The President shall:

1. Preside at all meetings of OhSNA, the Board of Directors, and the Executive Committee.
2. Appoint special committees with the approval of the Board of Directors.
3. Serve as ex-officio member of all committees except the committee on nominations.
4. Contact Deans and Directors of Ohio nursing programs at least three times throughout his/her term of office to maintain open communication.
5. Represent OhSNA in matters relating to the association and perform all other duties pertaining to the office
6. Serve as second co-signer to the OhSNA Treasurer on any and all OhSNA accounts and transactions.
7. On an annual basis propose the need to audit the Treasury to the board.

The Vice President shall:

1. Assume, in order of rank, the duties of the President in the absence or disability of the President.
2. Accord to the office of President in case of vacancy of office.
3. Chair the Bylaws and Policies Committee responsible for reviewing and stating recommendations for changes in the Bylaws.
4. Co-chair the Resolutions Committee with the Legislative Director, and be responsible for collaboration with the local chapters to submit a minimum of one resolution per year to both the state and national levels.
5. Co-chair the Policy Committee with the Secretary.
6. Serve as second co-signer to the OhSNA Treasurer on any and all OhSNA accounts and transactions.

The Secretary shall:

1. Record and review the minutes of all business meetings of OhSNA and insure accuracy prior to distribution to the Board of Directors.
2. Be seated on the Bylaws and Policies Committee.
3. Keep on file the names, addresses and telephone numbers of all of the state's colleges, universities, companies, hospitals, local school presidents, or other affiliates of OhSNA.

The Treasurer shall:

1. Act as the custodian of the organizational funds.
2. Prepare the annual budget and the financial reports
3. Serve as chairperson of the Finance Committee, when such a committee is established by the Board of Directors.
4. Along with the Finance Committee, provide guidance to the Board of Directors with regard to the investment of resources and acquisition of fixed assets.
5. Chair the Fundraising Committee and assign duties to the Board of Directors and monitor the results
6. Provide written reports of office, available to all OhSNA officers and consultants, during all OhSNA meetings
7. Provide the OhSNA Executive Board with copies of any financial statements or reports before monthly meetings
8. Work with the Director of Fundraising and Convention Planner to keep track of donations, sponsorships, and monies allocated to OhSNA.



The Health Policy and Advocacy Director shall:

1. Serve as chair of the Legislative Committee of which the primary responsibility is that of encouraging the establishment of legislative projects in each local chapter
2. Be responsible for coordination legislative information among the constituents and keep the membership updated on legislative and health care issues affecting nursing
3. Chair the Resolutions Committee and be responsible for collaboration with the local chapters to submit a minimum of one resolution per year to both the state and national levels.
4. Serve as a liaison to the Ohio Nurses Association by representing OhSNA as a member of the ONA Legislative Committee.

The Public Relations Director shall:

1. Be responsible for publication of a minimum of three newsletters annually, in the style and months voted upon by the Board of Directors.
2. Be responsible for coordinating and publishing the Annual Convention Program with the Convention Planning Director.
3. Be responsible for the maintenance of the OhSNA website.
4. Be responsible for updating the website at least three times annually.

The Membership Director Shall:

1. Serve as a liaison between OhSNA and nursing programs within the state of Ohio
2. Be responsible for membership promotion
3. Be the liaison to NSNA for all membership promotion/implementation of NSNA at the state level.
4. Compile a membership list of constituent schools, including contact person(s)
5. Submit a minimum of one article per newsletter that deals with membership promotion.

The Breakthrough to Nursing Director shall:

1. Serve as chair of the Breakthrough to Nursing Committee of which the primary responsibility is that of recruitment of minorities into OhSNA and the nursing profession. These would include, but are not limited to, African Americans, Latin Americans, Asian Americans, men, LGBT individuals, non-traditional students and disadvantaged persons.
2. Serve as the liaison to ONA by representing OhSNA as a non voting member of the ONA Council on Practice.
3. Submit current activities to NSNA for update of OhSNA's affairs.

The Population and Global Health Director shall:

1. Serve as chair of the Community Health Committee of which the primary responsibility is that of encouraging the establishment of community health projects in each local chapter.
2. Help to make local nursing student association chapters aware of current health concerns and offer suggestions for intervention.
3. Serve as a contact person for community health activities within Ohio schools and keep a record of each chapter's community health projects.
4. Organize a statewide community health project.
5. Submit current activities to NSNA for update of OhSNA's affair.

JOIN THE OHSNA BOARD OF DIRECTORS!

APPLICATIONS ARE DUE OCTOBER 1ST

The Nominations and Elections Director shall:

1. Not be eligible to be nominated as a candidate or apply for nomination as a candidate for any elected position during that term.
2. Receive official applications of proposed candidates submitted by OhSNA members.
3. Prepare a ticket with officers and directors. Consent of all proposed candidates shall be obtained in writing before placing their names on the ticket. Geographical representation shall be maintained when possible, and always in the case of the Regional Membership Directors.
4. Oversee the functions of the Campaign headquarters at annual conventions.
5. Present the nominating and elections report and the official slate of candidates at the first business meeting of the annual convention.
6. Run the candidates' presentation and presidential debate.
7. Monitor and investigate complaints of campaign violations.
8. Present the new officers to the House of Delegates.
9. Present the report of the Committee on Nominations on the first day of the annual convention. Further, nominations may be made from the floor at this time. Candidates nominated from the floor shall immediately present their written consent to serve.

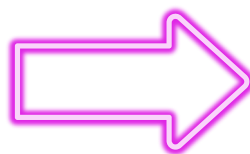
The Convention Planning Director shall:

1. Be responsible for serving as chairperson for the convention planning committee.
2. Be responsible for securing a site for the convention by January.
3. Delegate tasks to committee members as deemed necessary throughout the planning and implementation process.
4. Consult the Board of Directors before making decisions that include signing contracts and/or making any financial obligations on behalf of OhSNA
5. Serve as the contact person to all parties involved in the OhSNA convention; involved parties include but are not limited to vendors, advertisers, sponsors, hotel contact persons, convention site contact persons and any other place of business supporting the OhSNA annual convention. When deemed appropriate by the OhSNA Board of Directors, an alternate contact person on the convention planning committee may also be appointed.

The Council of School Presidents Director shall:

1. Be an elected officer of an official NSNA/OhSNA school chapter
2. Facilitate communication between school officers, school advisors and the OhSNA
3. Conduct two meetings of the Council of School Presidents, one to be held during the OhSNA Annual Meeting and once in between annual meetings.

**Scan the QR
code for the link
to our
application!**



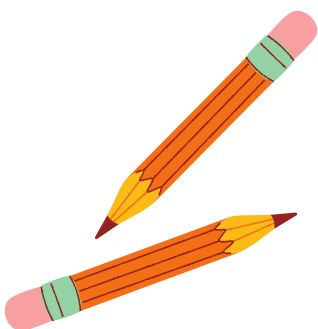
NURSING SCHOOL SURVIVAL GUIDE

WELCOME BACK TO SCHOOL!

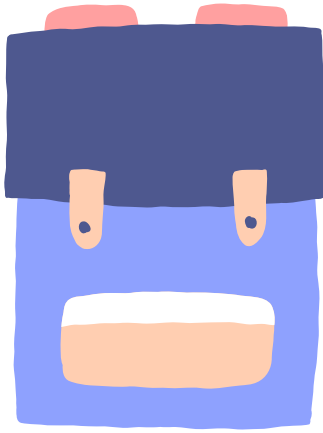
- **Join a study group**
 - Teaching others the material helps not only you learn it but helps them learn it too! It can also help you figure out what information you need to work on further.
- **Practice builds confidence**
 - If your nurse or instructor ask if someone wants to insert an IV or another skill, take advantage of it! Your instructors are there to support you and will appreciate that you are willing to try (even if you are nervous). The more times you do something, the more confident you will feel about it.
- **Reward yourself & take study breaks**
 - Nursing school is hard, but do not let that discourage you! Take time for yourself to prevent burnout. Find strategies that help you relax, and give yourself a treat for all your hard work!



- **Don't be afraid to ask questions or ask for help**
 - It may seem scary, but it is worth it! Other students may have the same question and be too afraid to speak up. Whether you are in class or clinical, ask those questions and ask for help! There are no dumb questions, and there are always plenty of people to help when needed.
- **Make friends in your classes**
 - This will help you form study groups and get more involved outside of the classroom! Grab a buddy and sign-up for lab practice times or join your school's student nurses' association chapter. Remember: Nursing school is not a race or a competition! You deserve to be here, so work with friends that will support you and support them too!



WHAT DO I NEED FOR CLINICAL?



- **Pens**
 - Multicolored ones that clip onto your badge are the best!
- **Sharpies**
 - Again, a small one that clips onto your badge is perfect!
- **Penlight**
- Bandage scissors
- **Sticky notes/notepad**
 - Write down vitals, questions, etc.
- **Clipboard**
 - There are some on Amazon that are foldable, so you can put them in your pockets! Some of them have the normal vital sign ranges and lab values on them too.
- **Feminine hygiene products**
- **Hair ties/clips**
- **Water bottle**
 - Don't forget to stay hydrated!
- **Snacks/lunch**
 - Especially if you don't eat breakfast, these are so so important!
- **Laptop/iPad**
- **Compression socks/sleeves**
 - Prevent those varicose veins!
- **Tylenol/Ibuprofen**
- **Report sheet outline**
 - Find one online that you like or make your own! These are so helpful to keep you organized and make sure you don't miss any key information.

TIPS!

- Check-in with your peers, nurse, & instructor often
 - Everyone appreciates help in any way!
- Use downtime to your advantage
 - Dig deeper into your patient's chart & history to understand their reason for admission more!
- Plan your day before it starts
- Think about orders, complications, & patient/care team goals!

BECOME AN NSNA MEMBER TODAY!

WHY?

NSNA members receive exclusive opportunities & discounts such as:

- Career Planning opportunities
- Subscription to Imprint, the professional magazine for student nurses
- Discounts on study tools/NCLEX Reviews, Health & Liability Insurance, Apparel, School Supplies and Hotels
- Discounts on NSNA Annual Convention & MidYear Conference registration fees
- Discounts on student membership in select professional nursing organizations
- NSNA Leadership University Honor Society
- Leadership development and community outreach opportunities
- Awards program
- Scholarship Opportunities
- Free access to establish their very own online Professional Portfolio
- And more!



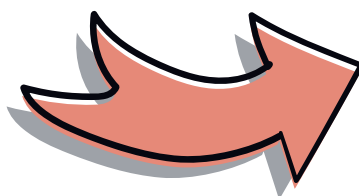
SIGN UP TODAY!





The Ohio Student Nurses' Association will be holding their 2023 Annual Ohio Convention: The World of Nursing on October 8th, 2023 from 8am-5pm at Capital University Ruff Learning Center (E Main St & College Ave Columbus, OH 43209). This year's convention will offer an NCLEX review & opportunities to connect with all different nursing professions!

Registration
is open
now!



OhSNA Apparel



New OHSNA Apparel has arrived!
Order yours' today by scanning
the QR code below.



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STYLES &
MORE!**



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