

# NURSETALK+

MICHIGAN NURSING STUDENTS ASSOCIATION • September 2014

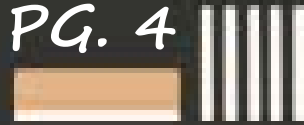
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2014-2015

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## From the President

By: Jessica Gripentrog  
Fellow Nursing Students,



Welcome back to the 2014-2015 school year! I hope you all enjoyed your summer and were able to enjoy yourself. As our semester starts to heat up and fill up quickly. I want to remind you to check in to see what MNSA has in store for you this school year.

MNSA has had a very busy summer preparing for Mid-Year and COSL and we hope to see you there. Coming up on September 27th, MNSA will be holding its Annual Mid-Year Conference in the UP at Lake Superior State University. You will get the opportunity to enhance your leadership skills and gain knowledge to help you transition into your nursing career. The Mid-Year conference allows our Northern Michigan membership to be involved with MNSA and get the same opportunities as the rest of the MNSA members.

MNSA also has its Council of Student Leaders (COSL) in Grand Rapids on October 4th at Grand Valley State University in the Cook-Devos Center of Health Sciences room 119. COSL offers MNSA members the chance to strengthen their leadership, school participation and community involvement. Mid-Year and COSL both start at 0830 with registration and the events go until 1530. Breakfast and Lunch are both provided and the cost is free to MNSA members. There will also be a free NCLEX review provided by HURST. I wish you all Good Luck during the 2014-2015 school year and hope I get the chance to meet you in person at our upcoming events!

### Submit a Newsletter Article

If you would like to send us an article about what your school is doing, what you experienced in clinical, or something you learned and would like to share, please let us know. Feel free to send articles from your SNA's newsletter as well. Reach out and share your stories, experiences, and "ah-ha" moments with your fellow MNSA members! Please email your article to [mnsa.newsletter@gmail.com](mailto:mnsa.newsletter@gmail.com) with your name and school included.



# 5

## Practices of an Exemplary Leader

Written by: Carole Stacy, MNSA Faculty Advisor

### Leadership

Much is written about leadership. There are two types of leaders, the formal leader; managers, directors, CNO's and informal leaders those nurses who may not have a title indicating they are a leaders but their nursing colleagues respect their opinions and will follow their "lead" in most situations. Many nurses do not see themselves as leaders. According to Kouzes and Posner authors of The Leadership Challenge there are 5 practices to being an exemplary leader:

- **Model the way. Your behavior will win you respect. You must be a model of the behavior you expect of others.**
- **Inspire a shared vision. Have a vision of what can be and then enlist others to support that vision. Let your enthusiasm and commitment inspire others to follow.**
- **Challenge the process. Step into the unknown, search for opportunities to innovate, grow and improve.**
- **Enable others to act. Leadership is a team effort. Involve others, make we not I your favorite word. Strengthen others to deliver on commitments they make.**
- **Encourage the heart. Recognize contributions by others. Genuine acts of caring uplift people and move them forward. Celebrate values and victories to create a spirit of community.**

The challenge of leadership is to be; strong, but not rude; be kind, but not weak; be bold, but not a bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but not folly. Jim Rohn



# How to be Successful in Nursing School

By Faith Snyder, Newsletter Editor

1. Be prepared. Make sure to have all of the required textbooks, materials, and clinical documentation completed at least a month prior to the beginning of class so that when the day comes, you don't have the added stress of missing materials.
2. Keep healthy. Getting adequate sleep, drinking enough water, and eating right are essential to helping you function at your highest level in nursing school. Learning to use a crockpot can also be a life saver.
3. Use a planner. Often times school can become so busy that you forget responsibilities. Having a planner can help organize not only your school tasks but social and personal plans as well.
4. Attend class. Although an extra hour of sleep may seem amazing right after you wake up, there is always something that you missed out on that you will regret later. This can also tarish a positive and helpful relationship with teachers that you may need to use later.
5. Attend clinicals. This is a definite do not miss. Not only are these hours required for graduation but missing them could result in being removed from the class and having to wait another year to continue. Participate, express interest, and complete your paperwork on time and clinicals can be a well deserved A.
6. Take it week by week. This helps to decrease information overload and lessens the amount of stress you have. Once the weekend hits, make sure you have your next weeks goals and events planned.
7. Learn to prioritize. Prioritization is a very important skill needed for nursing students and can be the difference between success and difficulty.
8. Have a back-up plan for your back-up. Unfortunately there are a lot of things in nursing school that can not be made up, so it is very important to be overly prepared in situations like child care and other personal matters.
9. Don't be afraid to make mistakes. This is one of the best learning tools because you recognize and remember your mistakes more intently than your successes. This helps improve your knowledge and clinical abilities.

# Transition into Nursing: A Graduate's Perspective

By Danielle Dinkins, 2nd Vice President

It was only a year ago that I was applying for RN positions and keeping my fingers crossed that I would get an interview anywhere. Of course, I had started by applying to my top-pick places to work but then I started putting in applications any place that was hiring. Finally I got an interview, a job and orientation started before I could blink an eye. I finished my 12 weeks of orientation and it was New Year's Eve, which was my first shift on my own! I was nervous to say the least, but I was determined to make it through the shift. Not even two hours into my shift one of my patients had a fall. If you have ever worked in a hospital before you know that a fall is a BIG deal. What a way to start my nursing career! Fast forward to the present where I have almost been on my own for a year. This past year has had its challenges, it's ups and downs but I can say that I do not go into work anymore scared for what might happen during my shift. I do not panic when I have to page a doctor to get new orders. However, I have learned something new every single shift and I know that I still have so much more to learn but that is my favorite thing about being a nurse.



# Tips to get the Job

By Faith Snyder, Newsletter Editor

## 1. Establish Relationships

Throughout your clinical experience and especially in your Senior year establish relationships with your preceptor, nursing staff, and the manager of the floor you're working on. Make a memorable impression and let the manager know your desire to work for them after graduation.

## 2. Be Proactive and Persistent

Don't just apply for a job and then sit back and wait for human resources to call you. This is where it is important to make yourself stand out aside from being a name in an application. It's important to continuously call and/or email human resources explaining you've submitted an application and would love the opportunity for an interview or more information on the selection process. Following up expresses your desire and commitment to your career.

## 3. Settle

Don't only apply to the job that you want. Get your foot in the door and take the first offer that you get. Passing up a job because it's not your dream job can prevent you from getting valuable experience. Experience that could make you a more appealing applicant for the job you do want. Everyone has to start somewhere and it's important to get your foot in the door.



# New Board of Director Changes



Tennille Benedict, Membership Director of MNSA, is the current President of her local SNA at Davenport University Lettinga Campus for the 2014/2015 year and served as Vice President the year prior. Tennille is expected to graduate with her BSN degree from Davenport University as well as her Practitioner Certification from the Pope Paul VI Institute for Creighton Model Natural Family Planning in April 2015. She is an outstanding student and model of both leadership and professionalism receiving many recognitions including being awarded the Outstanding Adult Learner Award from Grand Rapids Higher Education Network and was featured in Grand Rapids Magazine as the Best and Brightest Student in West Michigan for Davenport University in August 2013. Tennille is currently working with the Franciscan Sisters of the Eucharist in developing a Family Wellness Center to serve the Grand Rapids Diocese area and will be the Co-Director for their health promotion and disease prevention programs including providing services in Natural Family Planning as a Creighton Model Practitioner. Tennille also desires to work part-time as an RN in the ICU setting for a hospital in the Grand Rapids area. She is married to her best friend and together they are blessed with seven amazing children.



Hi my name is Holli Blohm and I am very ecstatic to have been given the opportunity to work as the advertising director for MNSA. During my first semester of nursing school, I was so intimidated and focused solely on academics that it took me a semester to realize the opportunities I had as a student nurse. Once I joined my own university's student nurse association, I immediately fell in love with serving my school, community and promoting the nursing profession. Now that I have the opportunity to be a part of state wide association that has the same motivations as I do, my passion has only grown. I will definitely be able to put my enthusiastic communication skills to great use to help MNSA grow stronger. Through MNSA I am excited to make new friendships while acquiring lifelong skills needed to enhance my career as a nurse.

**September, 2014**  
**2014 Mid-Year Conference**  
**Upper Peninsula**  
**9:00 AM- 3:30 PM**

Time	Topic	Speaker
9:00 -9:15	Registration	
9:15 - 10:00	Breakfast and MNSA Welcome	President & Board of Directors
10:00 - 11:00	Community Health Speaker	Naomi Ishioka
11:00 -11:30	Workshop #1 Event Planning	Jessica Gripenrog
11:30 - 12:30	Leadership Speaker	Jamie Gerrie
12:30 - 1:30	Lunch & Hurst Presentation	Hurst
1:30 - 2:00	Workshop #2 Leadership Workshop	Faith Snyder
2:00 - 2:20	Workshop #3 Membership Workshop	Tennille Benedict
2:20 - 3:00	Workshop #4 Legislation/Lobbying	Erika Morrison
3:00 - 3:30	Serving on MNSA BOD, Q&A	MNSA Board of Directors



**October 4, 2014**  
**Council of Student Leaders 2014**  
**Grand Rapids**  
**9:00 AM- 3:30 PM**

Time	Topic	Speaker
9:00 -9:15	Registration	
9:15 - 10:00	MNSA Welcome and Breakfast	President & Board of Directors
10:00 - 10:45	Workshop #1 Community Health	Sara Pollack
10:45 - 11:15	Workshop #2 Membership	Tennille Benedict
11:15 - 12:15	Leadership Speaker	Todd Knight-Holland Hospital
12:15 - 1:15	Lunch & Hurst Presentation	Hurst
1:15 - 1:45	Leadership Workshop	Faith Snyder
1:45 - 2:15	Workshop #2 Event Planning	Danielle Dinkins & Brianna Wilson
2:15 - 3:00	Workshop #3 Legislation/Lobbying	Erika Morrison & Megan Perkaj
3:00 - 3:30	Serving on MNSA BOD, Q&A	MNSA Board of Directors



Upcoming

EVENTS

### MNSA Midyear Convention

Lake Superior State University

Sault Ste. Marie, MI

September 27th, 2014

9am-4pm

ANA-Michigan Annual Convention

Metro Detroit

September 25th-26th, 2014

### MNA Annual Convnetion

Kellog Center, Lansing, MI

October 9-11

MNSA Event Council of Student Leaders

Grand Valley State University

Grand Rapids, MI

October 4th, 2014

9am-4pm

It's not too late to join our 2014-2015 Board of Directors! Please view the vacancies

below.



#### Current Board of Director Vacancies:

-Communications Director

-Image and Breakthrough to Nursing Director

For more information on these positions and to

apply, visit *MichiganNSA.org* or email *mnsa.*

*newsletter@gmail.com*

For more updates on upcoming events and

ways you can get involved, please visit us on

the web at the following locations:

<http://michigannsa.org/>

<https://www.facebook.com/MichiganNSA>



Building a Community of Empowered Nurses

[www.ana-michigan.org](http://www.ana-michigan.org)

### References:

#### Cover

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-Duke, K. (2014, September 9). Must-know tips for landing your first nursing job. Retrieved September 10, 2014, from <http://scrubsmag.com/must-know-tips-for-landing-your-first-nursing-job/>

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- LSSU image courtesy of Lake Superior State University

- GVSU image courtesy of Grand Valley State University



Sign up for our monthly MNSA Broadcasts to stay updated on events, news, and annual convention information.







MICHIGAN NURSING STUDENTS ASSOCIATION  
3520 Okemos Rd Ste 6-160  
Okemos, MI 48864  
[www.MichiganNSA.org](http://www.MichiganNSA.org)