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UTAH SNA NEWSLETTER



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Tips & Tricks to Succeed in nursing school

Nursing school is starting up again for most of us! Here are some ways you can maximize your potential and success as a student nurse

- Create a study group to keep you accountable and excited to study
- Take time for self care and breaks while studying to avoid burnout
- Use a planner to organize your schedule
- Form relationships with professors and nursing students who are further along in school to help you during your semester
- Prioritize sleep! You will retain information better when your brain is getting the rest it needs
- Avoid cramming! Study for a bit each day to avoid all-nighters before tests

Board Member Highlight:



Hey there! I'm Sage. I am the communications director for USNA! I make the monthly newsletters and handle our website and social media pages! I love my role in SNA and I have made some pretty amazing friendships by being on the board. If you have questions about our social media or website, I'm your gal.

SAGE ANDERSON

- **Where are you from?** St. George UT
- **What university are you attending?** Southern Utah University in Cedar City
- **When do you graduate?** Spring 2023!! I can't wait to finally work as an RN and then go to NP school.
- **What kind of nurse do you want to be?** After graduating I plan to become a Certified Nurse Midwife and own my own women's health and birthing center in southern Utah.
- **What is a fun fact about you?** I recently started an instagram page to educate others about womens health and fertility! Its called @sex.edwithsage
- **What do you love about SNA?** I love networking with other student nurses in Utah and creating connections!
- **What is your greatest tip for nursing students?** Set aside time for self care! It's easy to want to study constantly and help others, but you are a priority! The better you feel, the better care you will be able to provide patients!

BECOME A SPONSOR!

Sponsors make our convention possible each year! With our sponsors' help, we are able to provide valuable information using our exhibitors and speakers, provide gift bags for attendees using donated supplies, and provide a great networking opportunity for future Utah nurses and employers.

How Do I Become a Sponsor?

- Step 1: Go to our **website**:
<http://www.utahstudentnurse.org/>
- Step 2: Click the "**Become a Sponsor**" tab
- Step 3: Choose **which tier** sponsorship best suits your wants for sponsoring Utah SNA!
- Step 4: Click "**Add to cart**" underneath the tier of your choosing
- Step 5: Email us with any questions/concerns
 - Jaden_convention@utahstudentnurse.org
 - Emily_vicepresident2@utahstudentnurse.org

<http://www.utahstudentnurse.org/>