

# JULY

*Utah Student Nurse Association Newsletter*



Nurses are a unique kind. they have this insatiable need to care for others, which is both their greatest strength and fatal flaw.

- JEAN WATSON; AMERICAN NURSE THEORIST & NURSING PROFESSOR

## WE NEED YOU!

We are searching for some of our current nursing students to provide their nursing tips for our new column "Nursing School Survival Guide."

Being a nursing student isn't easy and we get reminded of that with each new assignment we're handed. However, we don't have to go through all that hard work and stress alone! We hope to provide some insight to our fellow nursing students to help keep them afloat in the sea of learning. If you have a tip that has helped get you through nursing school, we would LOVE to hear it!

Fill out the form linked below to be featured in USNA's monthly Newsletter!

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## NURSING SCHOOL SURVIVAL GUIDE



My biggest nursing school survival tip is blocking out time every day to study while also giving yourself some breaks. I always chunk my study time into hour intervals, so I will study for an hour and then take a 10-15 minute break that gives my brain some time to relax and chill before the next session. I think it is also important to have one day a week that is designated to putting school to the side and spending time doing whatever you want to do!! It is very easy to get burnt out if you are in school/study mode 24/7. Stay consistent and don't ignore having a life outside of school! PS: this pic is taken with my cute nursing school friends on a fun little night out after studying!!!

**EMILY YOUNG**  
UTAH TECH UNIVERSITY

[Click here to submit your nursing school tips!](#)

## CONVENTION UPDATE!

We are so excited to announce that the 2024 USNA Annual Convention will be held at the Salt Lake Community College Campus this year! It will be held on

**FEBRUARY 10, 2024**



**MORE CONVENTION UPDATES TO COME!**

# NSNA LEADERSHIP UNIVERSITY HONOR SOCIETY

Professional Identity Formation in Nursing starts the day that you enter nursing school. State and national level leadership, leadership positions on the state or school board, and chapter committee involvement are a great way to learn the four pillars of Professional Identity in Nursing: values and ethics, leadership, knowledge, and professional comportment. Simply get involved in projects/activities and attend your state association convention as well as NSNA's virtual and/or live meetings. All NSNA members are eligible to apply. There are no additional dues required. Visit [www.nsnaleadershipu.org](http://www.nsnaleadershipu.org) for more information.

## PROJECT INTOUCH

Project InTouch is NSNA's exciting, members-reaching-members incentive plan. NSNA members can win valuable prizes by recruiting new members into the association. Prizes are donated by publishers, state board review companies, nursing journals, and nursing product companies. Don't miss out! Sign up now and start accumulating prizes as you help NSNA grow. Become a Project InTouch recruiter today, <https://nsna.jotform.com/team/nsna/project-intouch-registration-form>



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## RESOURCES

AT THE HEART OF HEALING. (2020, NOVEMBER 18). SCHOOL OF EDUCATION. [HTTPS://WWW.COLORADO.EDU/EDUCATION/2020/11/17/HEART-HEALING](https://www.colorado.edu/education/2020/11/17/heart-healing)

COLLEGE SYMBOLS | SLCC. (N.D.). [HTTPS://I.SLCC.EDU/INSTITUTIONALMARKETING/BRANDING-GUIDELINES/LOGO.ASPX](https://i.slcc.edu/institutionalmarketing/branding-guidelines/logo.aspx)

NURSE STUDYING IMAGES – BROWSE 81,945 STOCK PHOTOS, VECTORS, AND VIDEO. (N.D.). ADOBE STOCK. [HTTPS://STOCK.ADOBE.COM/SEARCH?K=NURSE+STUDYING](https://stock.adobe.com/search?k=nurse+studying)