

# SEPTEMBER

*Utah Student Nurse Association Newsletter*



**“BELIEVE IN YOUR ABILITY TO  
TURN OBSTACLES INTO  
OPPORTUNITIES”**

• CHAD HYMAS

# September



**FROM OUR USNA  
FAMILY TO YOURS!**

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**NURSING SCHOOL  
SURVIVAL GUIDE**

**HAPPY FALL  
SEMESTER!**

# NURSING SCHOOL SURVIVAL GUIDE

## Maya Roland

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**My biggest tip would be to not procrastinate. I realize that this is easier said than done, but doing assignments as soon as I can rather than waiting until the day of the deadline has really helped me to reduce stress as I go through school. Furthermore, I recommend trying to get ahead on assignments during the beginning of the semester or whenever you have breaks so that you are not overwhelmed by assignments during busy weeks, such as when there is an upcoming exam.**



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