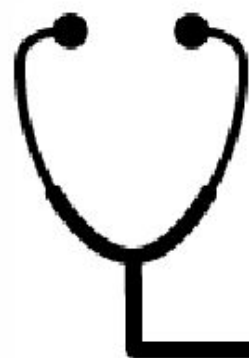




LIFELINE

NEWSLETTER

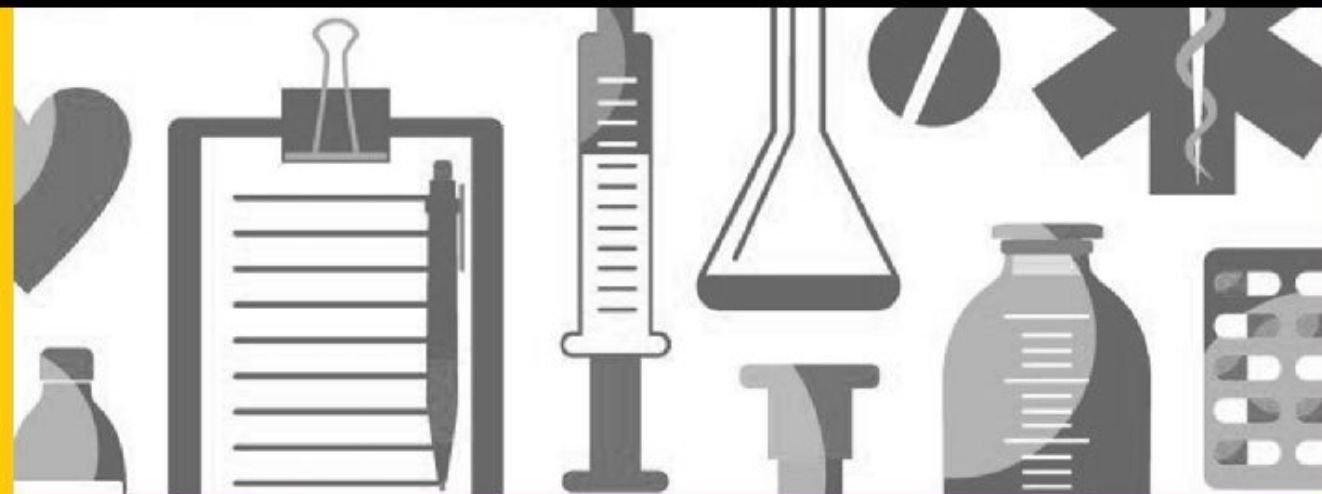


STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO



Editor's Piece

Nathan Moran

SNA Media Director,
Traditional BSN '24



Hello everyone! My name is Nathan Moran, and I am the current SNA Media Director for the 2023-2024 academic year!

My roles as the Media Director include updating the Instagram and Facebook SNA social media accounts, and managing our fantastic SNA website where I create and post this Lifeline Newsletter. I help keep all of you updated on SNA events and meetings, like Back-to-School barbeque we had in August this year.

Feel free to reach out to me with any questions or comments via the SNA social media @SNAUCFOrlando or email me at ucfsnaorlwebmaster@gmail.com. Feel free to send in submissions for the Lifeline Newsletter. They will be posted every month and it's a great way to get involved and share your thoughts about all things nursing (you can check out our website for past examples).

Self-Care as a Nursing Student

Sarah Bell

SNA Legislative Director
Traditional BSN '24



To be the best Knight nurse you can be, the first person you need to learn how to take care of is...you!!

Nursing school is a huge commitment. It involves a high amount of material to learn and an increased sense of responsibility for both yourself and others. There are study groups to coordinate, lectures to listen to, assessment skills to learn and much, much more! However, while it is very important to develop a sense of caring for others throughout your nursing education, it is equally important to learn how to take proper care of your own mental and physical health. Here are some practical and realistic tips for leading a well-balanced life while in nursing school!

Tip #1: Let it go.

While balance is the goal..it isn't realistic to expect to be able to continue the exact same hobbies, work schedule, and sleep routine (or lack thereof...) and still be successful in nursing school. The name of the game is moderation. Maybe your favorite hobby is crochet, or basketball. You can and SHOULD continue to make these a part of your routines, but scaling back on certain activities in order to make time for necessities such as studying, practicing lab skills, routine chores, and self-care will be necessary. For example, this might look like watching TV twice a week instead of every evening and replacing that time with something active to help break up long periods of sitting during your study routine.

Tip #2: Keep it moving.

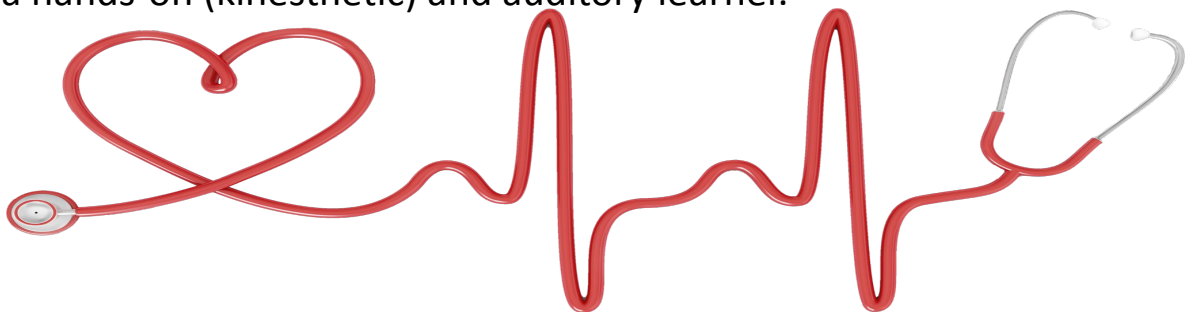
This ties into the first item of our list. Whenever possible, try to make time for intentional movement. Managing a full course load can be very challenging, especially in nursing school where every piece of knowledge is important for your future patients' safety. This can mean that nursing students spend long hours studying without breaks. It is very easy to lose track of time studying and to justify skipping physical activity. When you fall into this mindset, remember that you are not 'losing' an hour by taking care of your health.



Physical activity has been proven to have numerous positive effects for students, including “improved memory [because of] increas[ed] molecular targets like the brain-derived neurotrophic factor (BDNF) which increases synaptogenesis making it easier to absorb information and form long-term memories....” and other factors such as increased blood flow to the brain and decreased stress levels (McGregor, 2021). Another reminder: physical activity does not need to be an intense, lengthy gym session every time. Taking a quick, 10-minute walk around the block might be just what you need to get through some brain block. You can even make studying mobile by walking with a study buddy or listening to a lecture. But even more importantly than helping you study better...exercise helps YOU feel better and be healthy as an individual.

Tip #3: Use the buddy system.

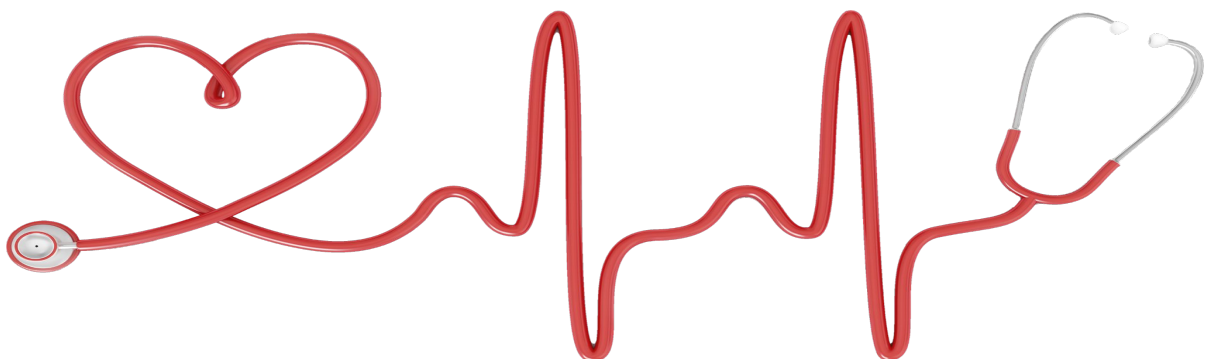
If I could go back and do one thing differently my first year of nursing school, it would have been to utilize study groups sooner. More specifically, I would have joined a small study group of 2-4 individuals and scheduled meeting times with them each week. While joining a large study group or studying solo may work well for some people, in my experience both are environments where it's easy to get distracted. Mixing solo and group study time helps you stay accountable to a study plan and identify gaps in your knowledge. This works even better if the individuals you work with are aware of their study styles. For example, I am a hands-on (kinesthetic) and auditory learner.



My study routine consists of solo study (notes, re-listening to lectures, etc) and group study with my friend Alondra who is an auditory learner. When we study together, I will 'lecture' the material to her and she will ask clarifying questions to check that we both understand the content. We also text each other throughout the week for updates. It makes it a lot less overwhelming (and when you do get behind, everything's better with a friend, right?).

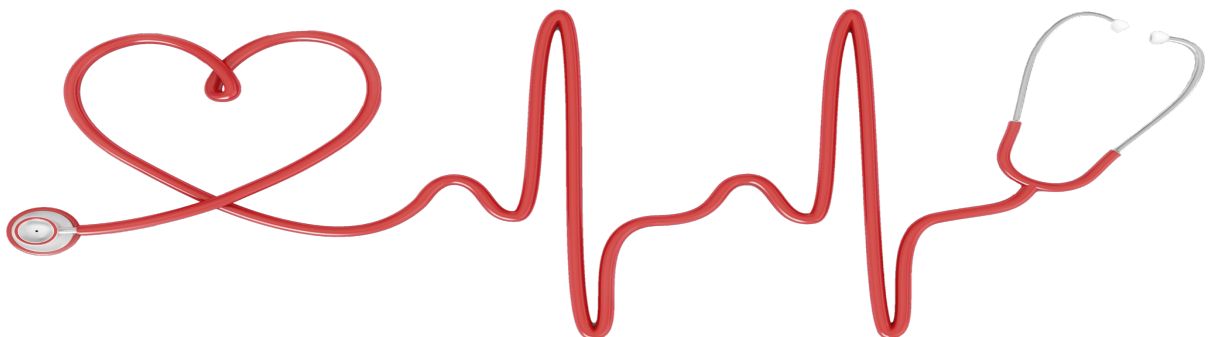
Tip #4: Get comfortable with being uncomfortable.

In nursing school, it sometimes feels like “everyone else” knows what to do. Newsflash: EVERYONE is new to this, and NO ONE ‘knows what they are doing’ yet. That’s why you’re in nursing school! Asking questions and being honest about your level of understanding and clinical competency will only help you (both as a student nurse and in your career). Whenever it is safe and allowed (always follow clinical handbook guidelines!) say YES to opportunities to practice a skill in clinical, lab, and class. Utilize course materials, textbooks, assistance from faculty, simulation and lab check-offs to prepare ahead of time. Those are your opportunities to make mistakes and ask questions!



Tip #5: It's (slumber) party time!

How many of you have heard the phrase “you can't pour from an empty cup”? Professors and well-meaning family members will offer this advice more times than you can count during nursing school. But what does this really mean? Well, just like your cell phone can't function at its best in 'battery saving mode', neither can you. Routinely getting enough sleep will make you healthier, improve your memory, and support better mental health. The alternative has been proven to be detrimental to overall health. In a research study focused specifically on nursing students, it was found that “A short sleep pattern, bad sleep habits, and age < 25 years, were independently associated with a higher risk of poor academic performance” (Gallego-Gomez et al., 2021). Find a nighttime routine that works well for you, but try to include the following: put away your electronics; dim your lights; turn down the thermostat; drink water or tea; and take a warm shower or bath (Pacheco, 2023). It is also a good idea to make sure that the items you need for class, simulation, lab or clinical the next day are set out and ready to go. If you have roommates who often stay up late, communicate ahead of time that you will need 'quiet hours' to start earlier than usual so that you can get enough sleep to be safe and ready to learn at clinicals.



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[ts#:~:text=A%20bedtime%20routine%20can%20help,or%20adjusting%2](https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adul)

[o%20your%20bedroom%20environment.](https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adul)

Nursing School and Google Calendar:
The best friend you didn't know you had

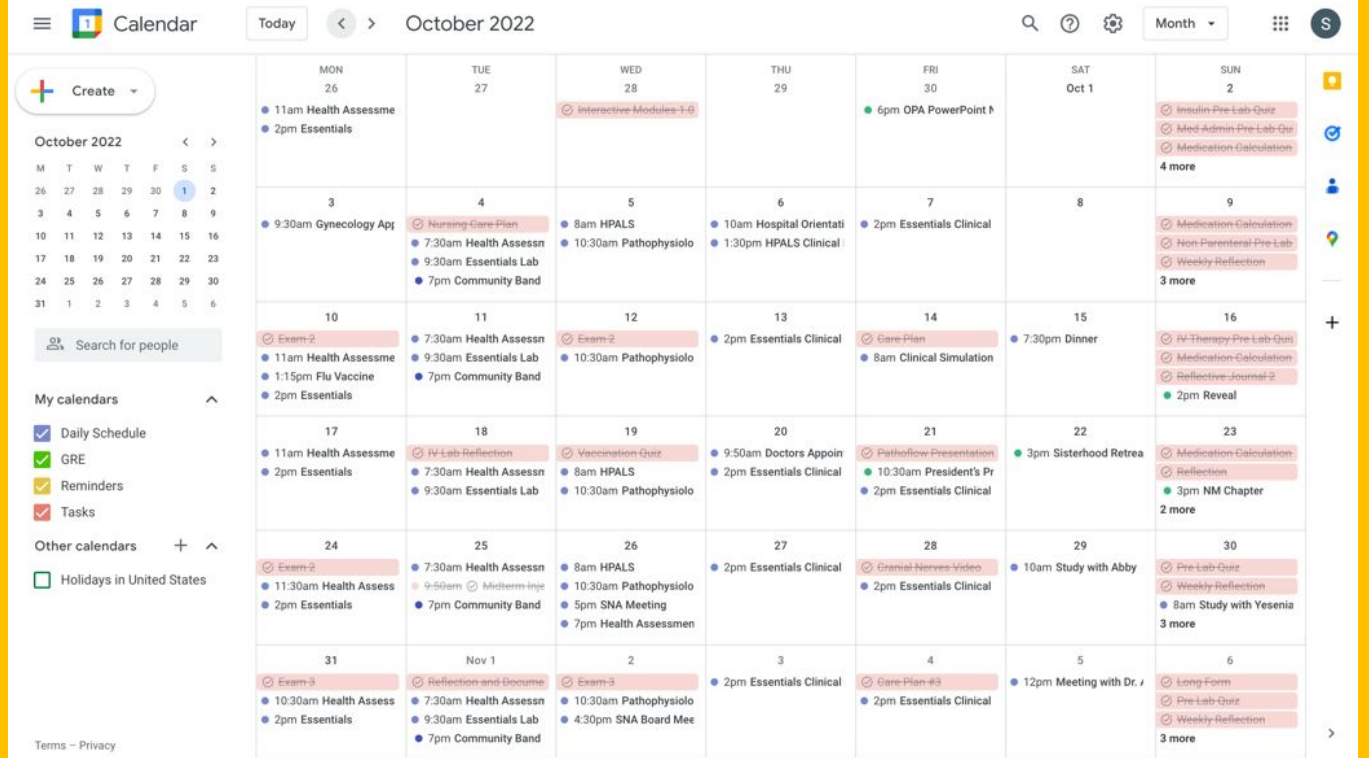
Sam Garcia

SNA Treasurer

Traditional BSN '24



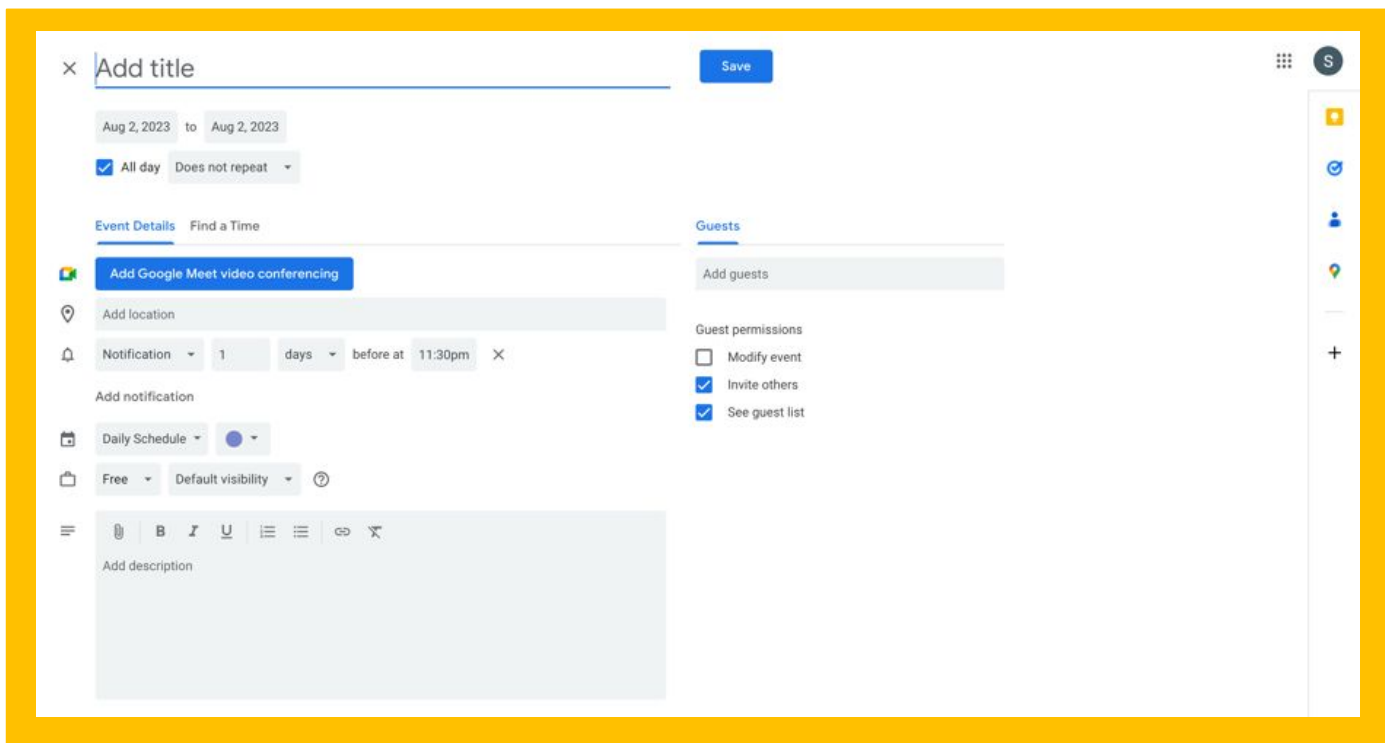
Nursing school is a period of many adjustments. From learning new content to practicing skills, it can be pretty daunting at first to manage everything that you need to do. As someone who likes to plan out every second of their day, I knew that my old, time-intensive paper planner was not going to be feasible anymore. Fortunately for me, I met Google Calendar, my new bestie.



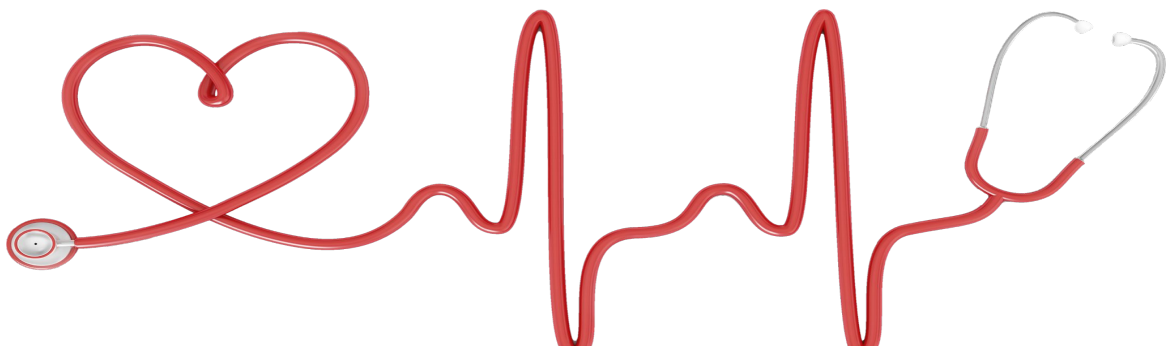
Google Calendar is an online planning master that can help you schedule any and all activities in your life. With different calendars to separate activities by categories and different event types to differentiate between lectures and exams, Google Calendar can be customized to fit all of your needs.



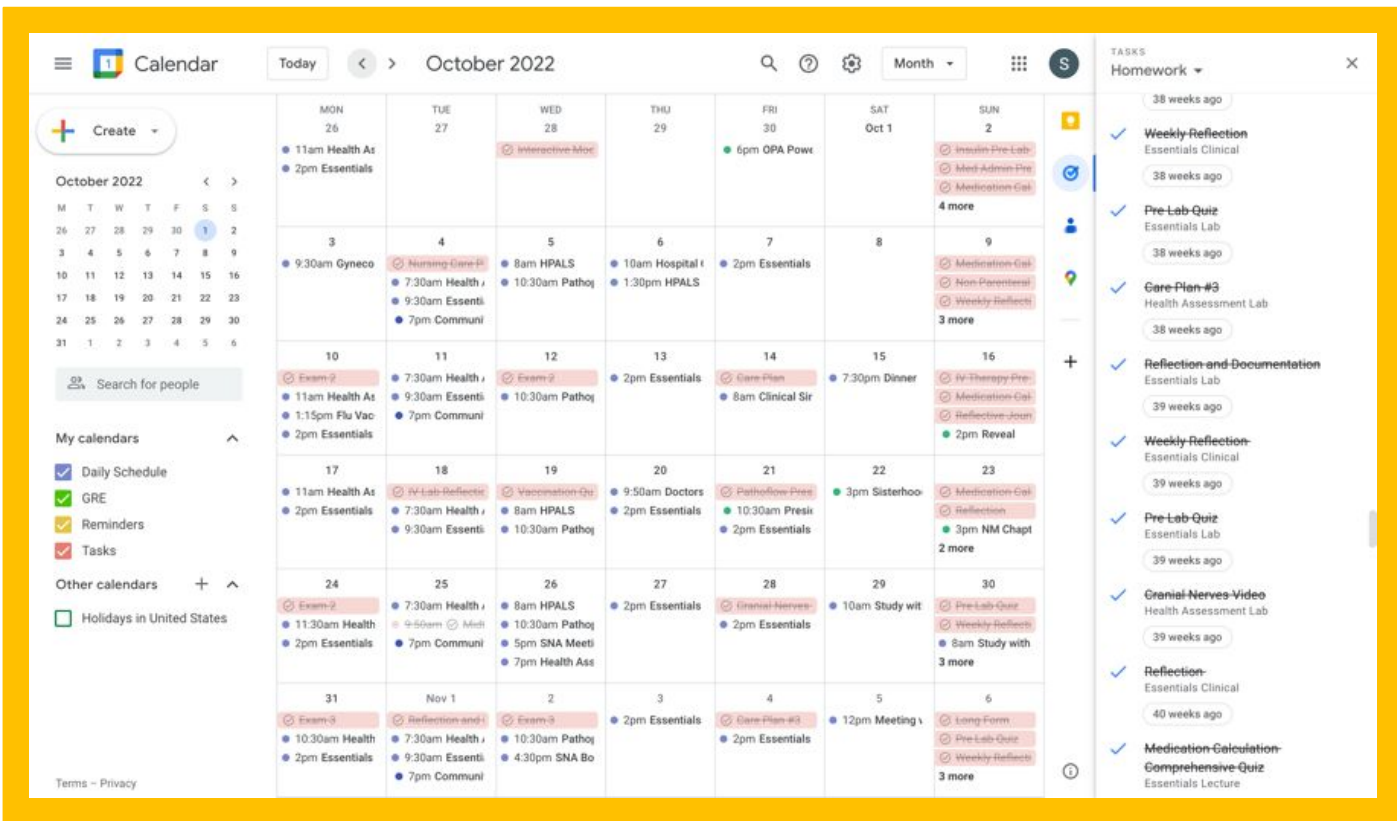
Creating an entry into Google Calendar is very simple: Just add in the name of the event, the day and time it spans, and any other information that will make life simpler for YOU! Personal tip here: I like to add the location of my clinical site when I schedule it in my calendar because it will automatically take me to the GPS link when it is time to go! Magic!



I know that Google Calendar may seem just like any other online calendar or even a paper planner; however, meet Google Tasks: Google Calendar's unique plug-in to directly import your to-do list into your calendar.



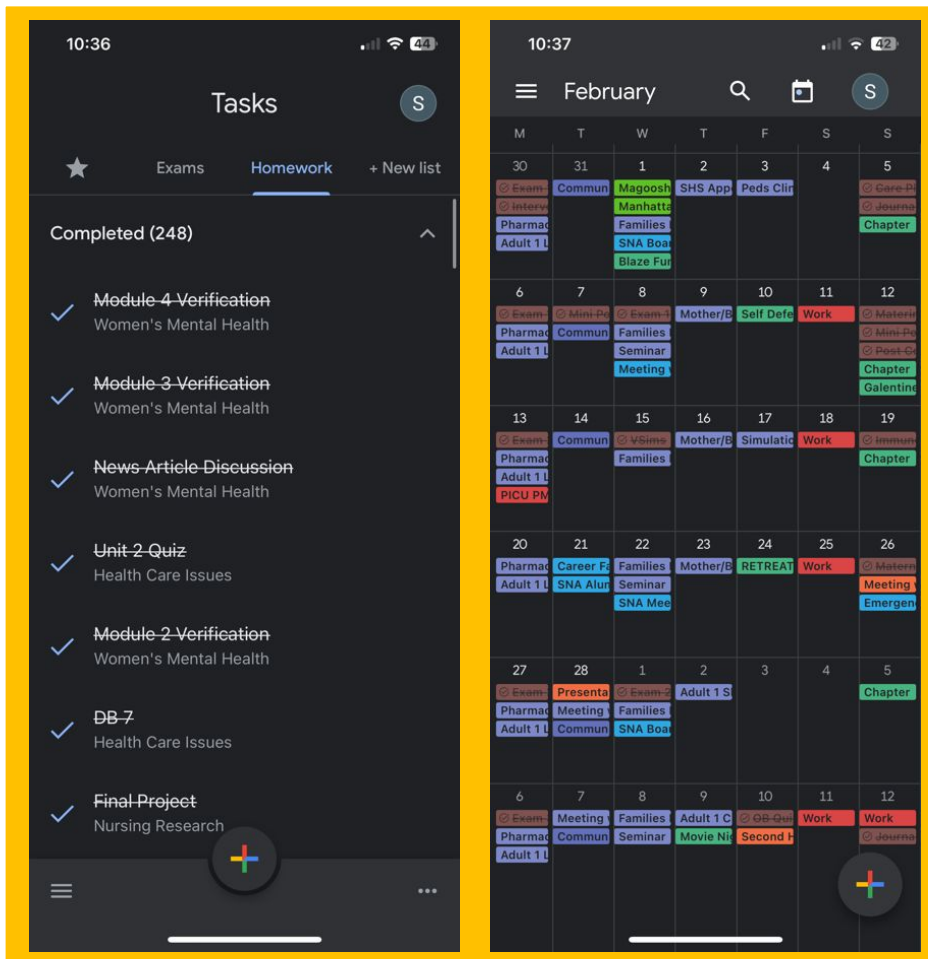
Google Tasks allows you to create multiple to-dos lists and create tasks with due dates and subject headings that then directly import into your calendar. I personally have one list for homework and one for exams and they show up on my calendar as the pink bars seen on the specific days where I have a task to complete. Once I have completed my assignment, it crosses it off both from the list on Tasks and on the calendar itself. Two-for-one special!



Lifeline Newsletter

Student Nurses' Association – UCF Orlando

Oh and I forgot to mention...they have apps as well! Planning on the go makes it even easier to input any last-minute events or assignments. I like to add in anything a professor says right then and there, which can be harder for my paper-planner-using friends. With the click of a couple of buttons, never miss a deadline again!



Nursing school can be challenging but that does not mean planning out your schedule should be too. Balancing school, work, and all the other fun activities that come with college should be a priority to make the most of your university experience; and it can all be done using the management tools that work for you. Take it from this senior student and get Google Calendar today!

Announcements & Upcoming Events!



Be sure to follow our social media pages in order to be notified of upcoming fundraisers and events!

The next Newsletter Submission Deadline is **September 25th!**

Announcements & Upcoming Events!



To submit your work to the next newsletter, contact Nathan!

ucfsnaorlwebmaster@gmail.com

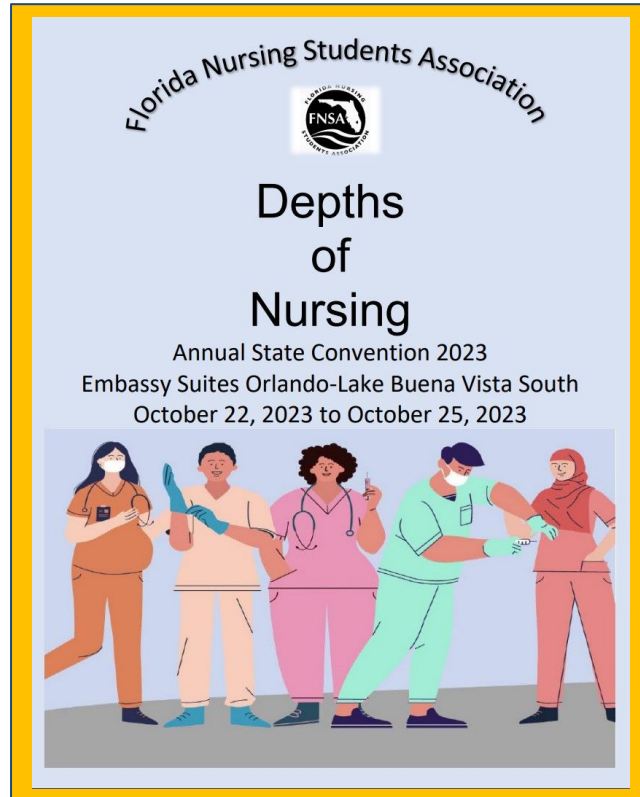
Next General Meeting:

September 27th!

(Room 602 at 1700)

No membership needed for the next meeting!

Announcements & Upcoming Events!



The FNSA state convention will be held on Monday, October 23rd-Tuesday, October 24th locally at Embassy Suites in Lake Buena Vista. Going to this event will provide you the benefit of going to meet other nursing students from other schools/college, participate in cool sessions, and exhibits all related to nursing/nclex/student nurse life. This event is a great opportunity to speak with potential employers in the exhibit hall about nursing tech, nursing externship, and nurse jobs, and schools about graduate programs. The chapter and college hope to support SNA members to attend at least one day with future consideration of financial sponsoring and/or academic credit (ex: clinical day for a conference day). Exact details and plans will be determined after pre-convention info session on 9/16.

Contact Info for the 2022-23 SNA Board!



President	Jamie Lanza	ucfsnaorlpresident@gmail.com
Vice President	Alyssa Torres	ucfsnaorlvicepresident@gmail.com
Secretary	Trinity Eloriaga	ucfsnaorlsecretary@gmail.com
Treasurer	Sam Garcia	ucfsnaorltreasurer@gmail.com
Clubhouse Director	Vacant	ucfsnaorlclubhouse@gmail.com
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Legislative Director	Sarah Bell	ucfsnaorllegislative@gmail.com
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Advisor	Kate Dorminy	Kate.Dorminy@ucf.edu

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Instagram: snaucforlando

Website: snaucforlando.com

