



LIFELINE

NEWSLETTER



STUDENT NURSES' ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO

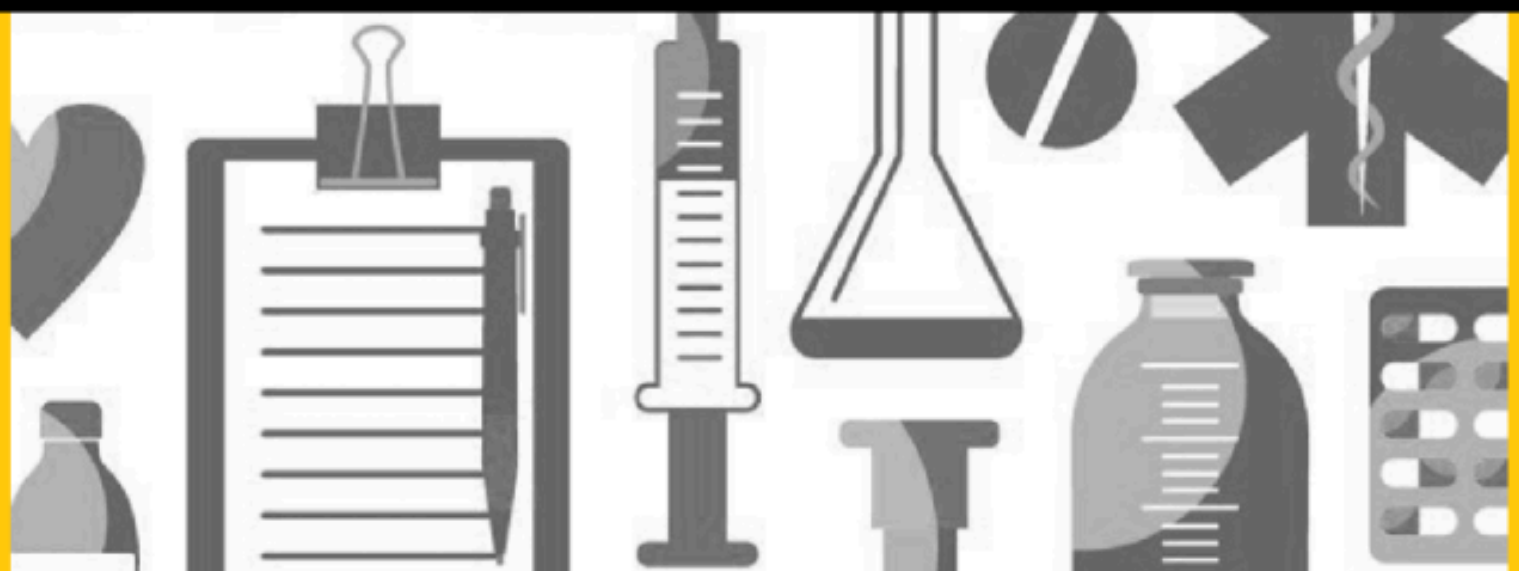


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EDITOR'S PIECE

””

Hi everyone! My name is Brianna and I am the Social Media Director for the SNA chapter at UCF Orlando. As the Social Media Director, I continuously create and post for our social medias and website and bring our Lifeline Newsletter to life! I am so excited to share my creativity with all of you.

Welcome back to school everyone! I hope everyone has had a great start to their semester! Wishing everyone luck!

Feel free to reach out to me if you want to write an article, have suggestions, or if you have any questions at all!

Contact me: ucfsnaorlwebmaster@gmail.com



BRIANNA ANNUNZIATA
SNA SOCIAL MEDIA DIRECTOR
TRADITIONAL FALL BSN '25

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BRANDON'S SUMMER MEMORIES AS AN OUT-OF-STATE NURSING STUDENT



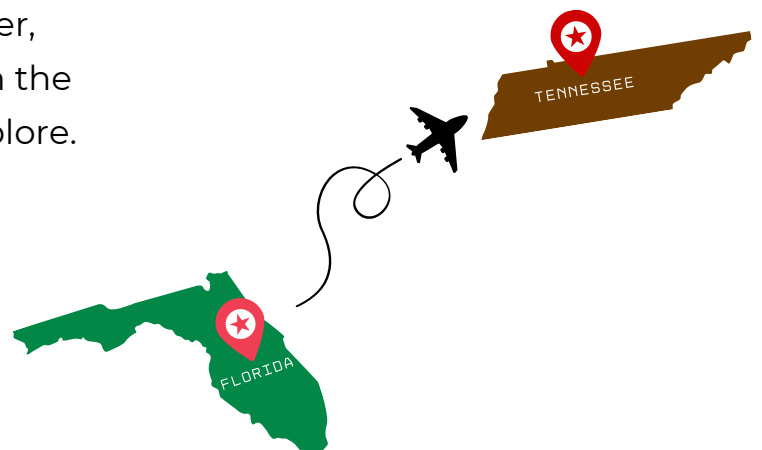


Hi everyone! I'm Brandon Vaughan, your 2024-2025 SNA Secretary. I've just begun my senior year at the UCF College of Nursing, but Florida isn't my original home. I am from Nashville, Tennessee and plan on working there when I graduate, so I spend every winter and summer break living and working there! Being a student in Florida and working as a tech in Tennessee has been an interesting time that I've made so many great memories from. I wanted to detail this experience and share it with you all!

One thing that takes a lot of getting used to is the geographic difference between my two home states. They're both in the South and so I was used to the humidity that's present everywhere in Florida, but a lot of times I miss Tennessee's scenery and seasons. I went to the Tennessee Renaissance Fair with my family shortly after I returned there for the summer, which was a treat to see. There's a castle on the grounds which was incredible to get to explore.



**Tennessee
Renaissance Fair**





The rolling hills and beautiful state parks in the middle Tennessee area are truly one-of-a-kind, so I treasure it when I can. On a break from work, my friends and I went to Rock Island State Park, full of beautiful cliffs, pools, and falls that are magical to see in the summer. Activities included swimming, cliff diving, spotting creatures, and navigating the many rock paths!



Rock Island State Park

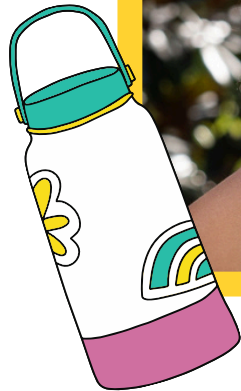
This summer I also started a nursing internship at a hospital in Nashville. Being an out-of-state student who travels between states at all times of the year, I didn't think it was possible to have an opportunity like this, but you will find that a lot of programs can be much more flexible with you than you might think. I have learned so much from this experience and am currently gearing up to work there as a new grad. To all SNA members and nursing students, I highly encourage you to seek out opportunities to intern, work, as a tech, and more in your local area. You won't know where these chances will lead you as a student, but what I know now is that you will learn so many valuable nursing lessons and feel so much more prepared to work as a nurse come graduation. Thank you all and go Knights!



First day of my internship!



NURSING SCHOOL ESSENTIALS THAT JAYLA CAN'T LIVE WITHOUT



With the new school year approaching, back to school shopping and preparing for a new semester of learning is on the forefront of everyone's minds. Picking out items for nursing school may become overwhelming due to sheer amount of products that are out there to enhance your experience as a nursing student; in this article, I will share my absolute favorite products that I have grown to love as a nursing student and will continue to use going into my senior year. Most of these items are affordable and can be found on Amazon. Happy shopping!



BLUE LIGHT BLOCKING GLASSES

These are an absolute must for when you are staring at your computer or tablet screen for long periods of time. I spend a lot of time looking at PowerPoints, digital study guides, and YouTube videos to help break down content, so these glasses will help prevent headaches that can occur from the amount of blue light your eyes consume.

KNIGHT NURSE HOODIE

The College of Nursing Building classrooms are notorious for being chilly, so grabbing yourself a hoodie to represent your Knight Nurse student status will have you representing UCF in class and keep you warm! Reach out to SNA @ UCF Orlando if you are interested in purchasing one.



PLANNER AND/OR GOOGLE CALENDAR

Staying organized and on top of things is half the battle in nursing school. Nursing school makes your schedule jam packed and may cause you to potentially lose track of assignment due dates and exam days. This can be easily prevented using a planner and Google Calendar. I like to use a traditional paper planner to write out my study plan for the week, and then reference with Google Calendar, which has my exam dates, SIM lab days, etc. My personal favorite planner brand is Happy Planner; they have many designs and layout options, so there is an option for everyone. You can use whatever method works best for you, but having some sort of calendar to track your assignments is one of the keys to success in nursing school.



WATER BOTTLE

It is easy to become dehydrated when studying for long periods of time, as you may forget to stop and take a break to have some water or a snack. Having a water bottle that you can take with you to class, clinical, and study groups is the best way to take care of yourself and make sure that you are hitting your daily water goals. There are so many types of water bottles that exist, in all shapes and colors, so pick what you like the most. I am the classic nursing student stereotype with a Stanley cup; these are genuinely some of my favorite tumblers on the market.

Tip: if you have a Stanley, grab yourself a pack of straw covers! This helps to protect your exposed straw from unwanted particles that can be found in the clinical setting.



SLEEP!

Yes, you can sleep as a nursing student. In my personal experience, I have never pulled an all-nighter studying for an exam. The way to avoid this is by studying content in smaller pieces over a longer period. When preparing for an exam, I like to look at all the topics being tested on the exam, break them down, and study them over a course of a week, as opposed to cramming the night before. Sleep is crucial to performing well on a nursing exam, as the questions demand critical thinking. Granted, there are some nights where you might have to stay up a little later than your usual bedtime to get things done, but that does not mean you have to be sleepless throughout your nursing school journey. Prioritize your studying during the day to ensure a restful and relaxing sleep in the evening!

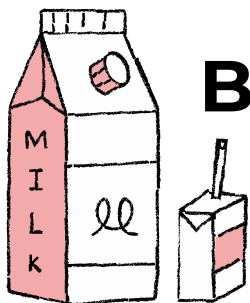
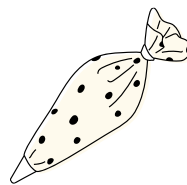
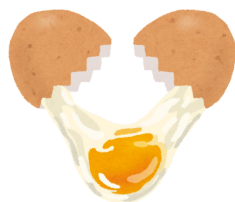


If you are interested in any of these essentials, feel free to click on the images for links to products!

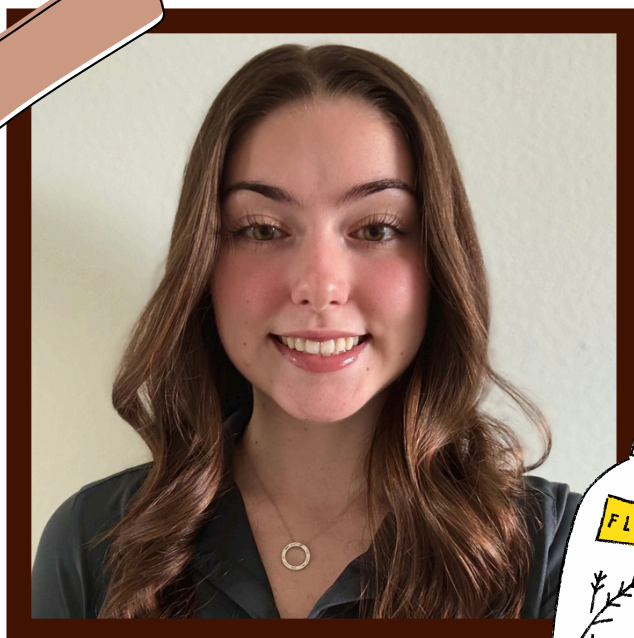
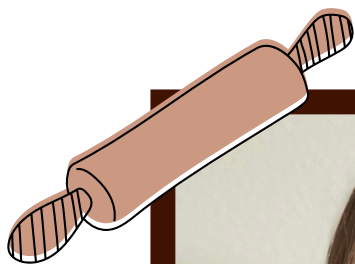
Good Luck Knight Nurses! Charge on!



You got this!



BRIANNA'S BAKING CORNER





Baking is one my favorite ways to destress. I am a big fan of sweet treats, so why not use my study breaks to make something yummy. As we enter the fall season, I am super excited for all the pumpkin flavored goodies! This recipe is one of my favorites that I wanted to share with you all, just in case you need a sweet treat while studying.

Pumpkin Banana Bread

Ingredients:

- 1 cup of granulated sugar
- 1/2 cup of vegetable oil
- 2 eggs
- 1 teaspoon on vanilla
- 2 ripe bananas
- 1/2 cup of canned pure pumpkin
- 1 teaspoon baking soda
- 3/4 teaspoon kosher salt
- 1 teaspoon pumpkin pie spice
- 2 cups all purpose flour

Crumb Topping (Optional)

- 1/4 cup cold butter, cubed
- 1/2 cup of dark brown sugar
- 1/2 cup flour
- 1 teaspoon pumpkin pie spice



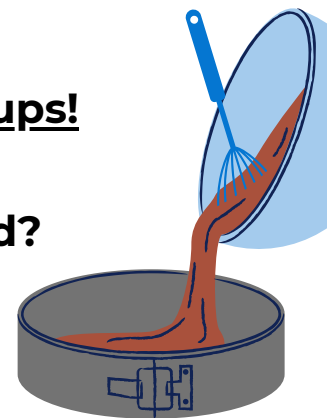
Instructions:

1. Preheat your oven to 300 degrees. Spray your pan with nonstick spray, line the pan with parchment paper, and coat the parchment paper with nonstick spray. I prefer to use an 8x8 or 9x9 pan, but you can also use a loaf pan Set to the side.
2. In a large bowl, mix the sugar and oil. Once mixed, add in the eggs and vanilla. Mix together to create a smooth mixture.
3. Add in your bananas, pumpkin, baking soda, salt, and pumpkin pie spice until combined.
4. Add flour, one cup at a time, folding it into the mixture.
5. (Optional) In a medium bowl, mix butter, dark brown sugar, flour, and pumpkin pie spice until mixture becomes crumbly. I prefer to use my hands (after performing hand hygiene, of course), but you can also use a fork for this step.
6. Pour batter into pan attempting to distribute evenly. Sprinkle crumb topping over batter.
7. Bake for about 65-85 minutes. Use a toothpick and poke into the bread to see if it is fully baked in the center. You can put foil loosely over the top if the crumble starts to brown.
8. Once fully cooked, allow the bread to sit in the pan for 20 minutes to cool. After 20 minutes, use the parchment paper as handles to lift the bread out of the pan and onto a cooling rack.
9. Enjoy this yummy sweet fall treat!

[Click here for the original recipe by Cookies & Cups!](#)

Do you have a recipe you would like featured?

Send it in!



SNA AUGUST EVENT RECAP

Back-to-School BBQ!



Thank you to everyone who came out to the BBQ! We had so much fun! We hope to see you at our future events this semester!

ANNOUNCEMENTS & UPCOMING EVENTS



CHECK OUT OUR NEW MERCH WEBSITE
BY CLICKING THE ARROW BELOW!
KEEP AN EYE OUT FOR PREORDERS!



SAVE THE DATES FOR OUR NEXT GENERAL
BOARD MEETINGS:
SEPTEMBER 25TH
5-7 P.M.

OCTOBER 30TH
5-7 P.M.

NOVEMBER 20TH
5-7 P.M.

ALL WILL BE HELD IN ROOM 602!

SAVE THE DATE FOR THE FLORIDA
STUDENT NURSE ASSOCIATION (FSNA)
STATE CONVENTION:

NOVEMBER 4TH-5TH

THIS YEAR IT IS BEING HELD IN
ORLANDO!

POSITIONS FOR SEPTEMBER ELECTIONS INCLUDE:

★ PRESIDENT, TREASURER, AND LEGISLATIVE
DIRECTOR

QUALIFICATIONS: MUST BE AN SNA MEMBER AND
IN THE TRADITIONAL BSN FALL '26 COHORT

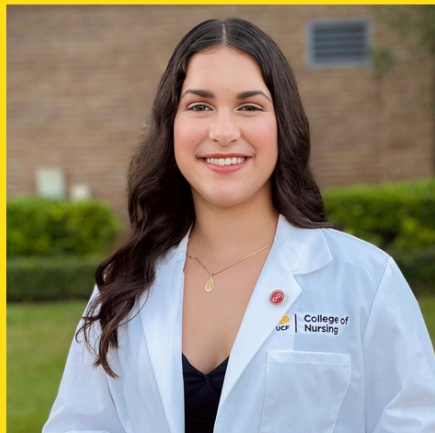
★ ACCELERATED LIAISON

QUALIFICATIONS: MUST BE AN SNA MEMBER AND
IN THE ACCELERATED BSN '25 COHORT

CONTACT LEGISLATIVE DIRECTOR, JENNA KOO,
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CLICK A STAR TO ACCESS THE INTEREST FORM!

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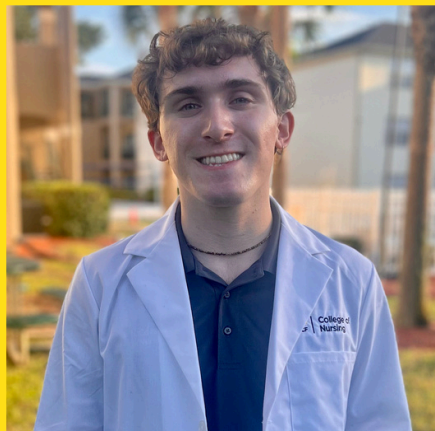


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