



LIFELINE

NEWSLETTER



STUDENT NURSES'

ASSOCIATION

AT UNIVERSITY OF CENTRAL FLORIDA

ORLANDO

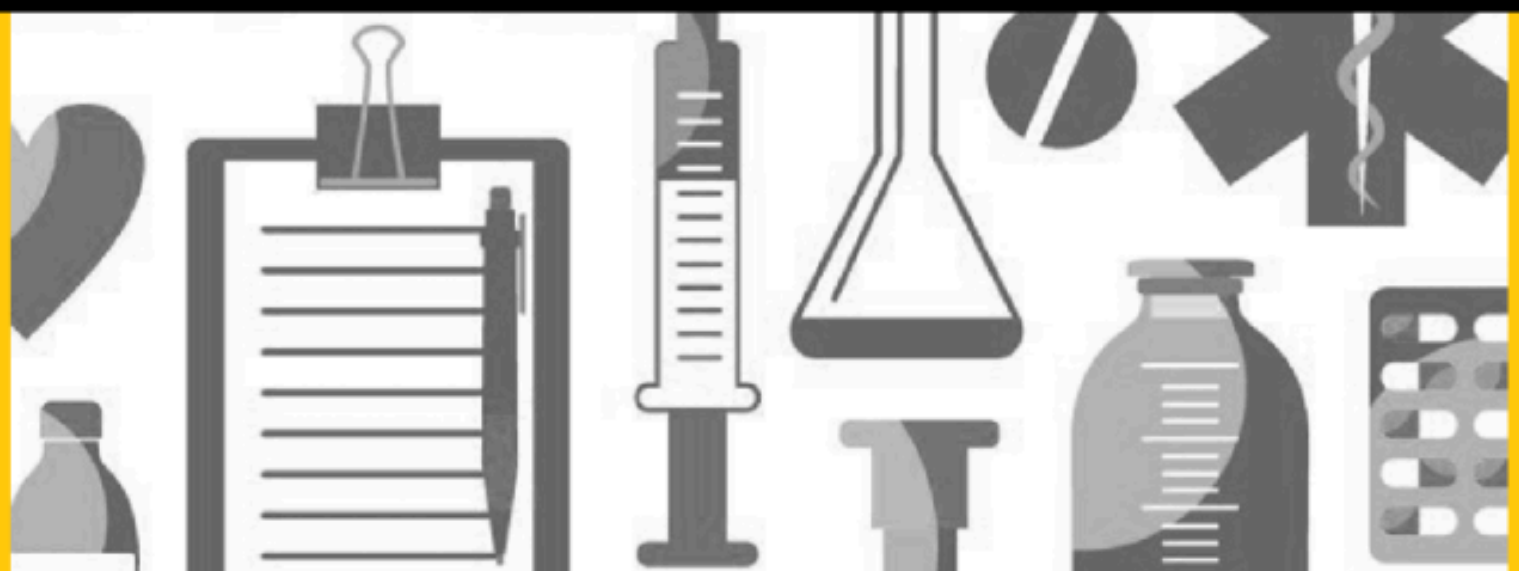


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EDITOR'S PIECE

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.

We are almost halfway through the semester! Great job to everyone and let's all continue to work hard towards our goal of becoming a Knight Nurse!

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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VICTORIA'S FAVORITE STUDY METHODS



The key to studying in nursing school is finding a method that works best for you. Here are some of my favorite study methods I used in my first year of nursing school.

1. Study Guides

Study guides are my personal favorite method of organizing all the information I need to know for a specific class. I like to make one study guide for each exam, that way the information is organized and easy to access for cumulative finals. During class I take notes directly on the PowerPoint slides. Then at home I type out my study guide using information from the lecture, PowerPoints, textbooks, and other sources. This all-inclusive study guide is then used as a basis for my other study methods.



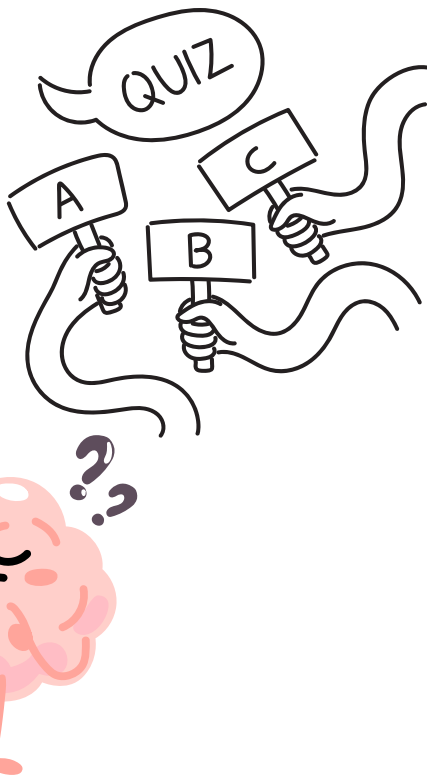
2. Practice Questions

Practice questions are the best way to prepare for NCLEX style exams. You can either use pre-made questions or create your own. Some of my favorite sources for practice questions are:

Lippincott Q&A Review for NCLEX-RN (Billings & Hensel, 2024)

Saunders Comprehensive Review for the NCLEX-RN Examination (Silvestri et al., 2020)

RegisteredNurseRN with Nurse Sarah (n.d.)



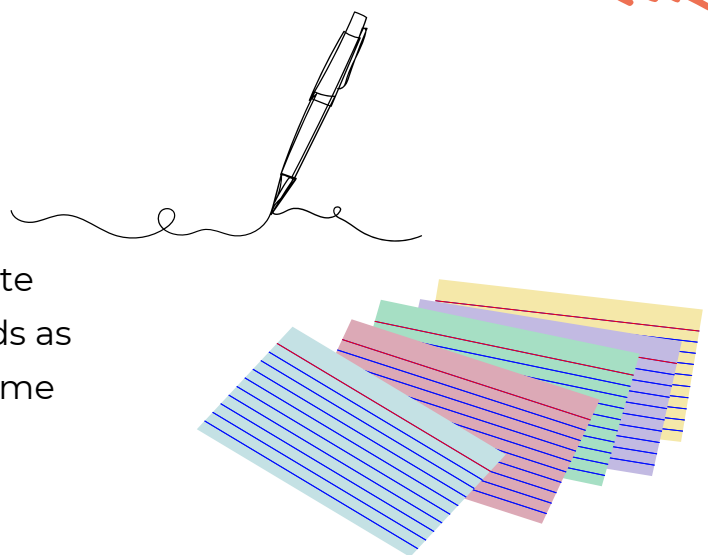
3. White Board Sessions

White board sessions are a great way to study using active recall. I like to write out the name of the disease or condition I am studying, and then fill in all the information I remember without looking at my notes. For example, if I was studying gastroesophageal reflux disease, I would write out all the risks, pathophysiology, symptoms, interventions, possible treatments, medications, management and education for that specific disease from memory. Then I would use my study guide to check for anything I missed and see if I recalled all the correct information. This is my personal favorite way to study management of conditions!



4. Flash Cards

Flash cards are a helpful method for memorizing concepts. I use them when I need to memorize information quickly. You can use websites or create paper ones yourself. I prefer using paper flashcards as the action of writing down the information helps me learn and retain it.



5. Study Groups

I never used study groups before nursing school, however they quickly became one of my favorite ways to study! Finding a group of students who utilize a similar schedule and study methods as yourself is very helpful. Once in your group, you can follow a study guide or use the white board method to fill out information as a group. One of the benefits of studying in a group is watching how someone else thinks through the information. Sometimes looking at a concept differently will help you understand it better.



I hope these methods prove useful to you this semester. Happy studying!

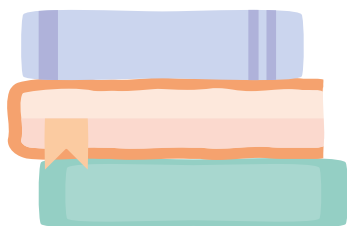


References:

Billings, D.M & Hensel, D. (2024). Lippincott Q&A review for NCLEX-RN (14th ed.). Wolters Kluwer. RegisteredNurseRN. (n.d.). NCLEX exam reviews. <https://www.registerednursen.com/nclex-exam-review/>

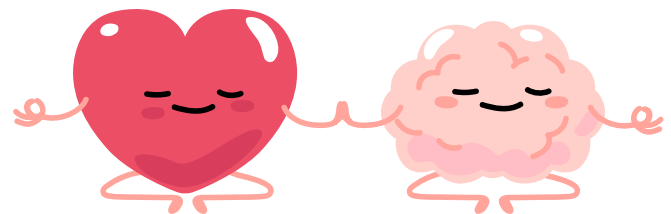
Silvestri, L.A., Silvestri, A.E., & Silvestri, K.M. (Ed.). (2020). Saunders Comprehensive Review for the NCLEX-RN examination (8th ed.). Elsevier.

HOW TO MANAGE SCHOOL AND WORK LIFE BALANCE WITH CHELSEA

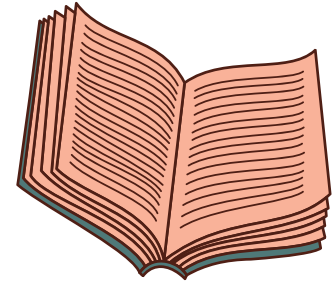


Nursing school can be stressful and often makes it difficult to prioritize activities other than school. However, it is so important to have a work-life balance. Finding an hour or two a day to do non-school activities to relax and provide stress relief helps decrease that burn-out feeling. One of the plans I prioritized during my first semester of nursing school and have continued to prioritize is taking time to work out, read, and spend time with family and friends. Taking this time for myself has made a huge difference with how I am able to manage my stress levels during nursing school.

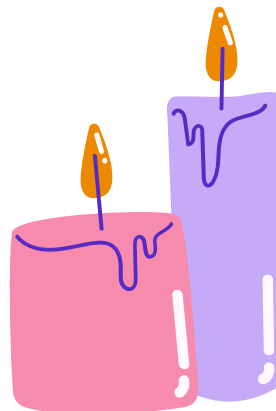
Typically, after a day of lectures or clinicals, I make sure I take at least an hour to relax, whether that includes reading a book or even just hanging out with my roommates. I also try to include an physical activity, such as running to get my body moving. For me, running allows me to clear my head of any negativity that I have experienced throughout the day. Even if I only run for 20-30 minutes, I can feel the effects on my mood and overall mental health. However, it not always easy to let my mind relax. I often find myself feeling that I should be more productive by studying rather than take the time for myself, but ultimately, I know that contributing time towards both school and me will help me succeed most. After all, you can't study all the time if you are constantly tired.

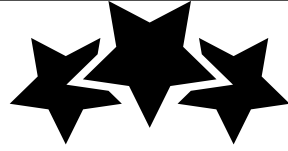


Speaking of studying, I tend to study a little bit everyday rather than waiting until the last minute to cram everything. It is definitely easier said than done, but when I do commit to it, I notice that my stress levels tend to decrease!

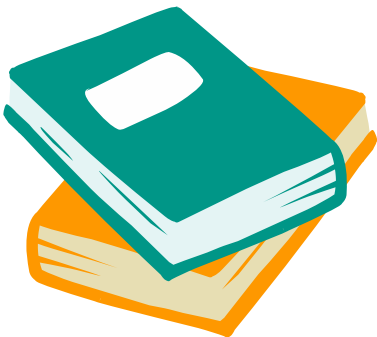


Everyone has their own way to decompress, and it is very important to find a balance that work best for you. Whether you spend some time to watch a movie or go out, allow yourself to relax and de-stress. I know it feels like you don't have the time but taking advantage of any time you can to take care of yourself and your mental health while in nursing school can make your life so much better. Remember to give yourself grace while in nursing school, you've already made it so far!





ESSENTIALS CURRICULUM WITH DR. DYESS



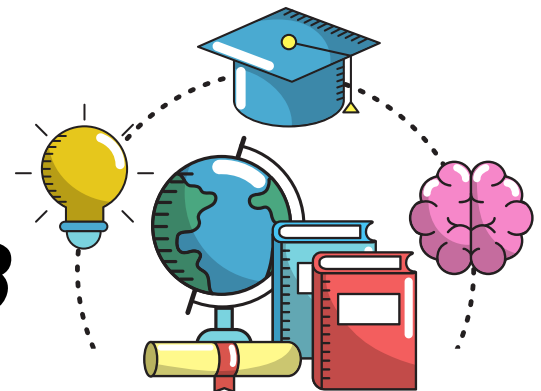
The University of Central Florida (UCF) College of Nursing (CON) is a proud member of the American Association of Colleges of Nursing (AACN), which is the organization deemed the national voice for academic nursing. The AACN works to establish high standards for quality nursing education. Accordingly, AACN approved the 2021 Essentials as a guiding and dynamic document that provides an outline of curriculum content and required competencies expected of graduates from accredited Baccalaureate, Master's and Doctor of Nursing Practice programs. Since the time of adoption in April 2021, academic nursing leaders revised and implemented exciting curricular transformations that support preparing practice-ready entry level and advanced practice nurses to thrive across all healthcare practice settings.



UCF CON is part of that exciting transformation. As students, you may notice subtle shifts in the delivery of content and evaluation of your learning. These transformational transitions are occurring now and will continue. The foundation of transition is Competency-Based Education (CBE). AACN (2021) defines competency-based education as “a system of instruction, assessment, feedback, self-reflection, and academic reporting that is based on students demonstrating that they have learned the knowledge, attitudes, motivations, self-perceptions, and skills expected of them as they progress through their education”. Some of you may have experienced elements of CBE within your primary and secondary education. To be sure, elements of CBE aim to put you, as the learner, at the center of the learning process.

At the center of learning, you probably should familiarize yourself with notable CBE terminology and benefits supporting your nursing student success. Below are a few of those terms:

- CBE promotes the integration of theoretical knowledge and clinical experience to enhance your decision-making and problem-solving abilities.
- CBE ties curriculum and coursework to life and professional expectations, preparing you for success in your professional nursing role.
- CBE will help to ensure that you are practice-ready and able to transition smoothly into the workforce.
- CBE encourages internal motivation, collaboration, and continuous learning as you develop into highly a competent nursing professional.
- CBE uses focused feedback from multiple assessors and methods, helping you connect your learning experiences to your development as a nurse.



The transitions CON faculty are making as part of the 2021 Essentials and CBE may require you to become familiar with more active, self-directed learning approaches. Ultimately the CBE transformation is designed to support you to be prepared with the critical thinking and judgment skills needed to pass the licensing exam and succeed in the profession.

References:

American Association of Colleges of Nursing. (2021). *The Essentials: Core Competencies for Professional Nursing Education*. <https://www.aacnnursing.org/EducationResources/AACN-Essentials>

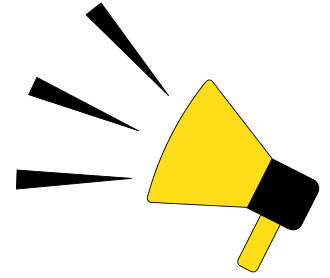
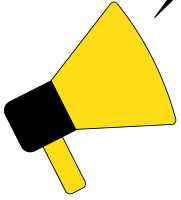
SNA EVENT RECAP

THIS MONTH WE...

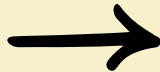
HELD A BLOOD DRIVE, WALKED 4 PICS,
HELD OUR GBM, HAD ELECTIONS, AND
VISITED COLONIAL HIGH SCHOOL!



ANNOUNCEMENTS & UPCOMING EVENTS



CHECK OUT OUR MERCH WEBSITE BY
CLICKING THE ARROW BELOW!



SAVE THE DATES FOR OUR NEXT GENERAL
BOARD MEETINGS:

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:

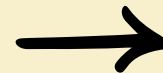
NOVEMBER 4TH-5TH

THIS YEAR IT IS BEING HELD IN
ORLANDO!

THANK YOU TO EVERYONE WHO DONATED BLOOD
DURING THE BLOOD DRIVE ON SEPT. 4TH!

WE ALSO THANK ANYONE WHO HAS ATTENDED
ANY OF OUR EVENTS THIS MONTH AND LOOK
FORWARD TO SEEING YOU ALL AT OUR OTHER
EVENTS!

IF YOU WANT TO JOIN A COMMITTEE, CLICK THE
ARROW BELOW!



CONTACT INFO FOR THE 24-25 SNA BOARD!



Victoria Trautwein
President
Traditional Fall BSN '25
ucfsnaorlpresident@gmail.com



Isabella Parron
Vice President
Traditional Spring BSN '25
ucfsnaorlvicepresident@gmail.com



Jayla Call
Treasurer
Traditional Fall BSN '25
ucfsnaorltreasurere@gmail.com



Brandon Vaughan
Secretary
Traditional Fall BSN '25
ucfsnaorlsecretary@gmail.com



Jenna Koo
Legislative Director
Traditional Fall BSN '25
ucfsnaorllegislative@gmail.com



Victor Dantas
Clubhouse Director
Accelerated BSN '25
ucfsnaorlclubhouse@gmail.com

CONTACT INFO FOR THE 24-25 SNA BOARD!



Gloria Munoz
Accelerated Liaison
Accelerated BSN '25
liaisonucfsnaor@gmail.com



Brianna Annunziata
Social Media Director
Traditional Fall BSN '25
ucfsnaorlwebmaster@gmail.com



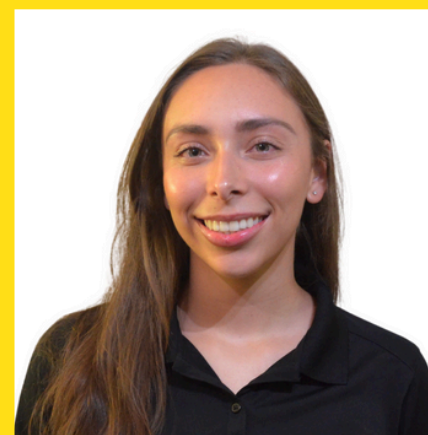
Chelsea Costa
Historian
Traditional Fall BSN '25
historianucfsnaor@gmail.com



Linah Monize
Breakthrough to Nursing Director
Traditional Fall BSN '25
ucfsnaorlb2n@gmail.com



Sulah Monize
Community Health Director
Traditional Fall BSN '25
ucfsnaorlcommunity@gmail.com



Laura Velez
Fundraising Director
Traditional Spring BSN '25
ucfsnaorlfundraising@gmail.com

CONTACT INFO FOR THE 24-25 SNA BOARD: ELECTS!



Allyson Crighton
President Elect
Traditional Fall BSN '26
al373889@ucf.edu



Aiya Falhi
Treasurer Elect
Traditional Fall BSN '26
ai771919@ucf.edu



Madeline Sink
Legislative Director Elect
Traditional Fall BSN '26
ma053840@ucf.edu

Want to be a part of the UCF Orlando SNA board? Contact our Legislative Director Jenna Koo for more information on our next elections!