



# Student Nurses Association Spring Newsletter 2026

## Semester Recap

### Nurses Day at the Capitol

On February 10<sup>th</sup>, the SNA Board traveled to Little Rock, AR for Nurses Day at the Capitol. This annual advocacy event brings together nurses and nursing students from across Arkansas to meet with state legislators and influence healthcare policy.

### SNA National Convention

On April 8<sup>th</sup>-11<sup>th</sup>, the SNA Board represented Arkansas State University at the National Student Nurses Association 74<sup>th</sup> Annual Convention in Houston, TX. The NSNA Annual Convention is a premier event for nursing students, faculty, and nursing leaders across the U.S., offering opportunities for professional development, networking, and education.



Nurses Day at the Capitol, 2026



## Hands-on Healing, Minds on Point!

**Finals week is May 4<sup>th</sup> - 8<sup>th</sup> ... Good Luck!!**

Here are some reminders as you prepare for your exams:

- Remember to study hard and take breaks. Enjoy the beautiful outdoors, sunlight boosts serotonin!
- Make sure to get adequate sleep and rest your brain.
- Feed your brain with proper nutrition and hydration



## Mental Health Awareness Month



May is Mental Health Awareness Month. Nursing school can be very stressful at times. That is why it is so important to take care of your mental health! Find healthy ways to take breaks from school or check out the Wilson Counseling Center on campus! Info provided below.

### Wilson Counseling Center

8:00 a.m. to 5:00 p.m. Monday through Friday  
Wilson Counseling Center, 107 N. Caraway Rd  
Phone: 870-972-2318

Email: [Counseling@AState.edu](mailto:Counseling@AState.edu)



If you are interested in joining SNA, click on this link to join the GroupMe!

To learn more about SNA contact our President, Callie Robbins. [Callie.robbins@smail.astate.edu](mailto:Callie.robbins@smail.astate.edu)  
Also, visit the NSNA website to learn more about our national board! <https://www.nсна.org/>