

THE ROUTINE CHECKUP

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Message from the Vice President & Pork Tenderloin Fundraiser

Hey guys! My name is Caragan Woods, and I am serving at the Vice President of the Student Nurses Association for this year. I am currently a senior in the traditional BSN class at ASTATE. I am also a Peer Tutor for our accelerated BSN class, and new Sophomore BSN nursing students. I am a certified CPR instructor as well.

This past summer I worked at St. Bernard's medical center as a Nurse Resident. Throughout my 10 week residency I mentored in many different floors and specialties including NICU, CVICU, ER, Ortho, Med Surg, OR, MICU, SICU, and much more. The ICU was my favorite place to work. One day I would like to work towards becoming a flight nurse.

This year as Vice President, I am in charge of our pork tenderloin sale. Our pork tenderloin sale is one of our largest fundraisers for SNA. We will be opening our pork tenderloin sale this month on September 12, and we close it on October 24. We offer a couple different awards to each class for our top pork tenderloin sellers. For each class (sophomore, junior, senior, and accelerated) a visa gift card is awarded to the top seller. To qualify for the Visa card gift card you have to sell at least 6 tenderloins. The overall top seller of all classes combined receives a Visa card as well. As seniors, if you sell 12 or more tenderloins your graduation cords and pins will be paid for. This pork tenderloin sale provides SNA the funds to take all board members to both State and National convention. This year our state convention will be held in Little Rock, and National convention will be held in Salt Lake City.

I am so excited for this year, and everything it entitles. If you have any questions feel free to contact me at Caragan.climer@smail.astate.edu

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Arkansas Nursing Student's Association

67th Annual State Convention

Where: Little Rock Marriott and Statehouse Convention Center

When: October 25th—26th

Early Registration Price: \$80 for NSNA Members; \$120 for Non-Members
(This deal ends September 15th!)

On Site Registration Price: \$105 for NSNA Members; \$140 for Non-Members
(If you do NOT register online by September 15th, you will have to register on site.)

Special Events Offered During Convention:

- *FREE NCLEX Review*— Thursday, October 25th from 1430—1730
- *FREE Heart Dissection Class*— Friday, October 26th from 0900—1000
- *(Both classes are on a first come, first serve basis due to limited seating! You will have the option to sign-up for these classes when you register!)*
- The Marriott is offering a discounted convention room rate of \$174/night. In order to receive this rate, you must register using the convention block and reserve your room by October 5th.
- You may apply online to be a convention volunteer, and if picked your convention fee will be reimbursed.
- Bring your updated NSNA card or a screenshot to convention.
- Both Juniors and Seniors are required to attend, but only Seniors are required to be there both days. Don't forget to wear professional dress!

For any questions, please ask your SNA Class Representatives!

- Katie Jackson: Junior Class Representative
- Madison Rhodes: Senior Class Representative

ASU's Test Anxiety Workshop

- Ever go to class, take fantastic notes, study hours upon hours for the test, and then draw blank while looking at the exam? You could be experiencing Test Anxiety!
- Test Anxiety symptoms can include lack of concentration, feeling helpless or angry, and feeling light-headed/faint.
- This workshop is a 3-session event that will be held on September 13th, 20th, and 27th from 1400—1450 in the Reng Student Union, 1909 Suite Room 3020 (3rd floor).
- Contact A-State Counseling Center for more information at 972-2318 or email Pat Glascock at pglascoc@astate.edu.

SNA's Welcome Week Activity



Arkansas State's annual Welcome Week Activity hosted by SNA was a huge success! A total of about 300 items were donated to MicroSociety Elementary School with an attendance of about 100 people that included current nursing students, FYE pre-nursing students, and faculty members! SNA would like to give a huge thank you to Madison Rhodes for planning the event!

ASTATE SNA's New Advisor!

Mrs. Kayla Travis

Arkansas State's SNA chapter was sad to hear the stepping down of Dr. Bilinda Norman as one of our faculty advisors, but we are excited to welcome Mrs. Kayla Travis!

My name is Kayla Travis and I am so excited to be joining Mrs. Fleming as one of the ASTATE-SNA faculty advisors. I graduated from the BSN program here at Arkansas State University. I was an active member of ASTATE-SNA and was the Breakthrough to Nursing Chair.

After graduation, my nursing career started as a NICU nurse at Arkansas Children's Hospital in Little Rock, where I still work PRN. In August 2016, I became an Instructor of Nursing while completing my MSN degree in Nursing Administration and Education at the University of Arkansas for Medical Sciences. In August of 2017, I became an Assistant Professor of Nursing.

I am a member of Sigma Theta Tau International, International Nursing Association of Clinical Simulation and Learning, Association of Community Health Nursing Educators, Arkansas Nurses Association, American Nurses Association, and am a sustained member of National Student Nurses' Association. I am a car seat advocate for the state of Arkansas, a BLS instructor, and I am currently studying to become a Certified Healthcare Simulation Educator. In my free time I enjoy going to football games, spending time with family and friends, traveling, and hiking our beautiful state. As a faculty advisor, my goal is to assist students in developing into nurses that are prepared to lead our profession in the future. I want non-members to see us as community servants and mentors. I hope to see hard work rewarded at convention and I look forward to a wonderful year .



Meet Your 2017—2018

SNA Advisors



Addie Fleming

What made you decide to study nursing and your chosen specialized field?

I shadowed in the ER at my local hospital when I was in high school. I thought I wanted to be a doctor, but quickly realized that the nurse was the one who had all the patient interaction and who got to do a lot of the hands-on skills. That was the day that I decided nursing was for me. All through nursing school, I truly enjoyed all of my clinical experiences. I would always say, "I could do this!". Deep down though, I knew I had a calling for critical care. It was really just a gut instinct. When I had my critical care clinical my senior year, I knew I had truly found my niche. I love the individualized care I can devote to my patients in the ICU. I look back on some of the patients I have cared for that are so lucky to even be alive. It is so very rewarding to care for someone when they are literally knocking on death's door and feel like you played a part in saving their lives. I feel like I was placed exactly where God wanted me.

What made you decide to begin teaching and become an SNA advisor?

Deep down I think I knew I wanted to teach before I ever even came to nursing school. As I contemplated career choices, I often thought about becoming an educator. When I was in nursing school though is when I determined that I would be a nurse educator. As a senior student, I served as a Supplemental Instructor where I did tutoring for junior students. I also served as the lead Peer Instructor. Those were my lightbulb moments. The educators I had here at A-state inspired me. I wanted (and still want) to be just like them. Being able to be a nurse educator is the best of both worlds to me. I hope to be here for a very long time! I was very involved with SNA as a student. I served as sophomore class representative, secretary, and president during my time as an undergrad. I also served on the state board as well, both as the State Secretary my junior year and then as State President my senior year. I attended numerous conventions and got to travel to some really fun places! It only made sense to me once I started working here at A-state to become involved with SNA. I truly enjoy working with students as an SNA advisor! I love seeing each of you grow as professionals. I remember seeing the change it made in my life, and it is very rewarding seeing it impact each of you in the same way.



Kayla Travis

What made you decide to study nursing and your chosen specialized field?

When I was young I had to do a career presentation and choose to "research" neonatal nursing. I have always had the desire to help individuals that are unable to help themselves and I have always LOVED babies. It was during this assignment that I realized the babies in the NICU were the patients that I wanted to advocate for, love on, and take care of once I became a nurse.

What made you decide to begin teaching and become an SNA advisor?

While obtaining my BSN I had the wonderful opportunity to be a peer tutor and Supplemental Instructor my Senior year. This made me realize that I wanted to explore the idea of getting a master's degree in nursing education. Fast forward a few years and I was in my masters program doing my practicum experience with Mrs. Mata. It was during this practicum experience that I realized could help mold the future of our profession. I loved seeing the "ah-ha" moments when theory and practice connected and when I could help students find their "fit" in nursing. Just a few weeks ago I was approached about becoming a new SNA advisor and instantly got excited to be a part of the organization that helped me become the professional I am today.