



STAT

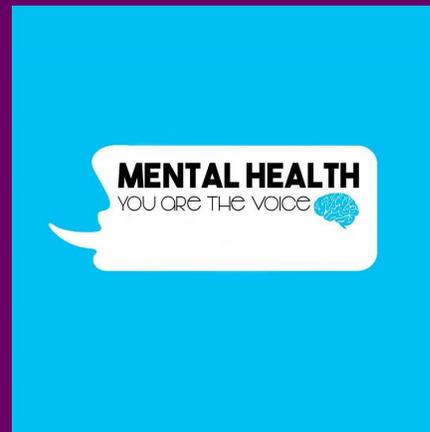
Wisconsin Student Nurses' Association

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The STAT is the official newsletter of the Wisconsin Student Nurses' Association. It is published two to three times every year, sharing the events, activities, and education news for the student nurses of Wisconsin. The STAT is mailed to the addresses the NSNA has on file, so please be sure to keep your mailing address updated to assure prompt delivery of your STAT.

Wisconsin Student Nurses' Association 67th annual convention was a great success.



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Thank you to all whom attended, guest speakers, vendors, the 2015 WSNA board, and to the Kalahari for being a

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Message from Outgoing WSNA President: Emilie Kreilkamp

Dear Wisconsin Student Nurses Association,

It has been an honor serving you as your Wisconsin Student Nurses Association President this past year. Thanks to all of you, it has been an incredible year! Let's take a look at a few of the WSNA's events this past year.

The WSNA Board of Directors volunteered and participated at the Relay for Life event in Wausau in early June. It was our first event as the newly elected Board so we were able to get to know each other while joining forces to honor and remember those who have battled cancer.

On October 10th, the 3rd Annual College of Chapter Boards was held at Edgewood College. Chapter SNA boards joined the State Board for a day of learning and growing together. There were roundtable discussions, presentations, and networking so we can continue to strive to be the best leaders we can be. This year we had an 80's theme including a costume contest which provided some fun competition.

This past February, the 67th Annual Wisconsin Student Nurses Association Convention was held at the Kalahari Resort in the Wisconsin Dells. The theme was Mental Health: You are the Voice. It was a weekend dedicated to mental health, raising awareness, decreasing stigma, and honoring and remembering those affected by mental illness. I am happy to announce this year we had record attendance of about 325 student nurses and advisors. Thank you to all who attended! It was a weekend filled with friendship, great speakers, information, and networking.

I recently had the opportunity to attend the National Student Nurses Association Convention in Orlando, Florida. There were about 3,400 nursing students and advisors from across the nation. The convention provides opportunities to network with other nursing students, schools, and hospitals from different states. Being surrounded by such passionate future leaders was truly inspiring. I encourage each of you to consider attending next year's convention in Texas.

I would like to thank the talented Board of Directors and advisors I have had the pleasure of serving with this past year. Your ideas, passion, leadership, collaboration, and friendship have made this an outstanding year which could not have been possible without you. I have been blessed to know all of you and thankful you had the confidence in me to serve as your President. This has been such an invaluable experience and I will hold the memories of this opportunity with me throughout my life.

Lastly, I would like to thank all of you for your continued support of this magnificent organization. I encourage you to embrace opportunities to get involved and continue to be student leaders because we are the future of nursing. I wish you all the best in your nursing journey, especially to those graduating in a few weeks.

Best,

Emilie Kreilkamp
WSNA President 2015-2016

Message from The New WSNA President: Jessica Kitscha

Dear WSNA Members and Advisors,

I am honored and grateful for this opportunity to serve as your President of the Wisconsin Student Nurses' Association for 2016-17. I currently serve as President on one of my local chapter's board at Alverno College in Milwaukee and will graduate with my BSN in December, 2016. Serving on my local SNA board has helped me grow personally and professionally. It has given me opportunities to serve not only my fellow nursing students, but the community as well. Volunteering in the area communities has been humbling and provided me with experiences I will take with me as I continue my journey through nursing school and beyond. I am eager to lead at the state level and share my passion for nursing as we grow together as future Registered Nurses.

This upcoming year we will have our Annual College of Chapter Boards in the fall of 2016. This is a chance for your school's SNA Officers and Advisors to come together to gather information that will help you grow your chapters. Included will be information about getting membership, fundraising, service projects, and more! We will also have information about scholarships and awards available at convention, how to run for the WSNA Board of Directors, and of course, information about Convention 2017 being held in February at the Wilderness Resort and Convention Center from February 3-5, 2017. At this meeting, we will unveil this year's project theme and some exciting changes and improvements to convention, based on your ideas! We will also once again have a vast array of speakers and a large exhibit hall, not to mention the fun you will have after the day's activities when we set you free to have fun at the water park!

Also, included in this edition of the STAT, is the introduction to the Board of Directors. These are all nursing students, like you. I highly encourage you to reach out to these students for assistance. They have a wealth of knowledge that can assist your SNA, as well as assist you in your journey through nursing school. It is my goal, to make each and every one of your chapters the best it can be, so that we as a state can be the best we can be!

If there is anything that I can do to help you throughout the year or if you have questions, comments, concerns, or ideas please feel free to contact and share them with me at kitschja@alverno.edu.

Thank you and I look forward to a successful year working with all of you.

Jessica Kitscha
WSNA President 2016-2017





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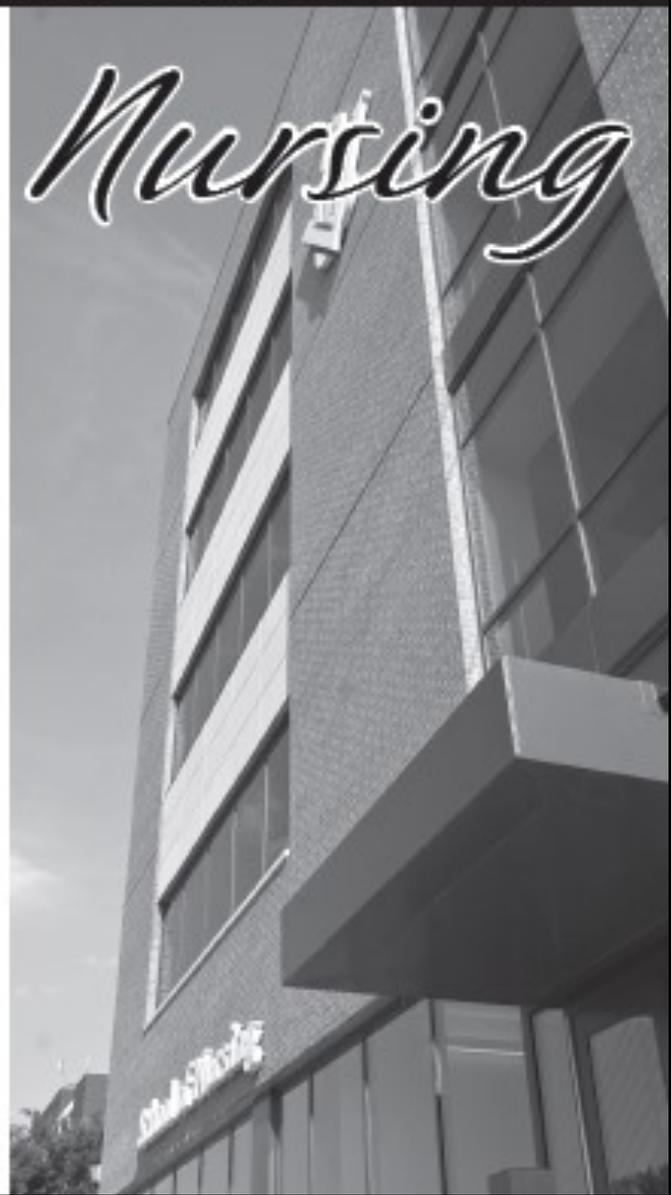
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Welcoming The 2015-2016 WSNA Board of Directors

President **Jessica Kitcha**



School: Alverno College

Year in School: First Semester Senior (Graduating December 2016)

Favorite Clinical or interest in nursing: Pediatrics, NICU

Hobbies: Horseback riding, volunteering at LifeStriders (a therapeutic horseback riding organization for the disabled) and hiking!

Most interesting fact about you: I have 1,895 documented hours of volunteer services and manage a 23 horse boarding stable!

Executive Vice President **Megan Zusy**

School: Concordia University Wisconsin

Year in School: Junior

Favorite Clinical or interest in nursing: Medical Surgical

Hobbies: Reading, wake boarding, water skiing, running, and spending time with friends and family. I also like to travel and be active in our student nursing association!

Most interesting fact about you: I was homeschooled up until college and can water-ski on a canoe paddle.



Legislative Vice President **Gabrielle Ferguson**



School: Milwaukee School of Engineering

Year in School: Junior

Favorite Clinical or interest in nursing: Mental Health or Oncology

Hobbies: Traveling and relaxing by the beach!

Most interesting fact about you: I have mastered the culinary art of Rice Cooking Recipes.

Secretary **Laura Peter**



School: Viterbo University

Year in School: Junior

Favorite Clinical or interest in nursing: I hope to someday work as an emergency department nurse practitioner

Hobbies: Anything outdoors! I love to go four wheeling, hiking, and spending time with friends and family

Most interesting fact about you: Last spring I spent two weeks in China on a study abroad program.

Treasurer **Molly Kieser**

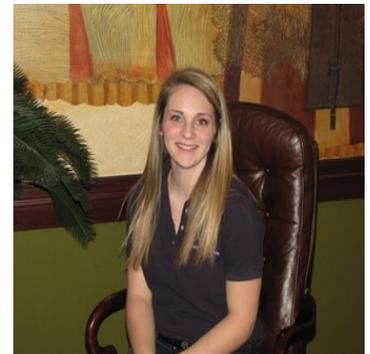
School: Viterbo University

Year in School: Sophomore

Favorite Clinical or interest in nursing: emergency medicine

Hobbies: Being outside, going for bike rides, working out, doing pinter-
esty crafts, volunteering, and going home to see my family and dogs!

Most interesting fact about you: I love traveling and my favorite place
I've been is France!



Projects Director **Viktoriiia Kovalska**



School: Edgewood College

Year in School: Senior

Favorite Clinical or interest in nursing: OR

Hobbies: I enjoy traveling, volunteering, dancing, and spending time with my family.

Most interesting fact about you: I speak Ukranian, Russian, English, and Ger-
man.

Nominations Director Taylor Alt



School: Southwest Wisconsin Technical College

Year in School: Freshman

Favorite Clinical or interest in nursing: I am interested in the emergency room and my ultimate goal is to become a certified registered nurse anesthetist!

Hobbies: I enjoy hunting, fishing, and participating on trap league any chance I get

Most interesting fact about you: In my spare time I take care of our small hobby farm which currently contains a lamb, a kid, chickens, and three very spoiled outdoor kittens!

Break Through To Nursing Holly Bolden

School: Columbia College of Nursing

Year in School: Senior

Favorite Clinical or interest in nursing: med/surg travel nursing

Hobbies: I enjoy traveling, volunteering in the community, and spending time outdoors with my family and friends.

Most interesting fact about you: I want to visit every continent by the time I'm 30!



STAT Editor Amanda Gorshe



School: Concordia University Wisconsin

Year in School: Junior

Favorite Clinical or interest in nursing: When I graduate, I am interested in either getting into psych or developmental disability nursing.

Hobbies: I enjoy being part of the woman's golf team on campus and having movie nights with my roommates.

Most Interesting fact about you: I am equally as messy as I am a bad driver.

Northern Regional Director Katrina Costello



School: Marian University

Year in School: 2nd Semester Junior

Favorite Clinical or interest in nursing: Pediatrics

Hobbies: I enjoy coaching and playing volleyball, spending time with my children and family, and watching my children play sports

Most interesting fact about you: I am a mother of two children, and work at a pediatric clinic as a medical assistant

Southern Regional Director Courtney Donehue

School: Edgewood College

Year in School: 4th semester out of 5

Favorite Clinical or interest in nursing: Critical care and cardiac

Hobbies: I love to workout, hike, swim, fishing, sitting around campfires, and really anything outdoors

Most interesting fact about you: I love Olympic lifting!



Western Regional Director Madeline Poll



School: Concordia University Wisconsin

Year in School: Sophomore

Favorite Clinical or interest in nursing: Critical Care and ultimately anesthesiology

Hobbies: I enjoy playing golf, softball, running, books written by Jane Austen, knitting, working with kids with special needs, and of course studying for nursing classes!

Most interesting fact about you: In kindergarten I was acting principal for a day!

Eastern Regional Director **Karen Smith**



School: Herzing University

Year in School: Junior

Favorite Clinical or interest in nursing: Emergency/trauma, Neuro, mental health

Hobbies: I enjoy any activities with my family, being outdoors (even if it is yard work), and being around our church family.

Most interesting fact about you: I enjoy crocheting, even though I cannot read a pattern!

Website Administrator **Jamie Christensen**



School: Concordia University Wisconsin

Year in School: Junior

Favorite Clinical or interest in nursing:

Hobbies: Outside of school, I love to go to concerts, read, and play with my dog, Indie. I also love to go on hikes, play softball, and go camping!

Most interesting fact about you: I have an identical twin sister named Jessie

Elected Consultant **Kate Kaiser**

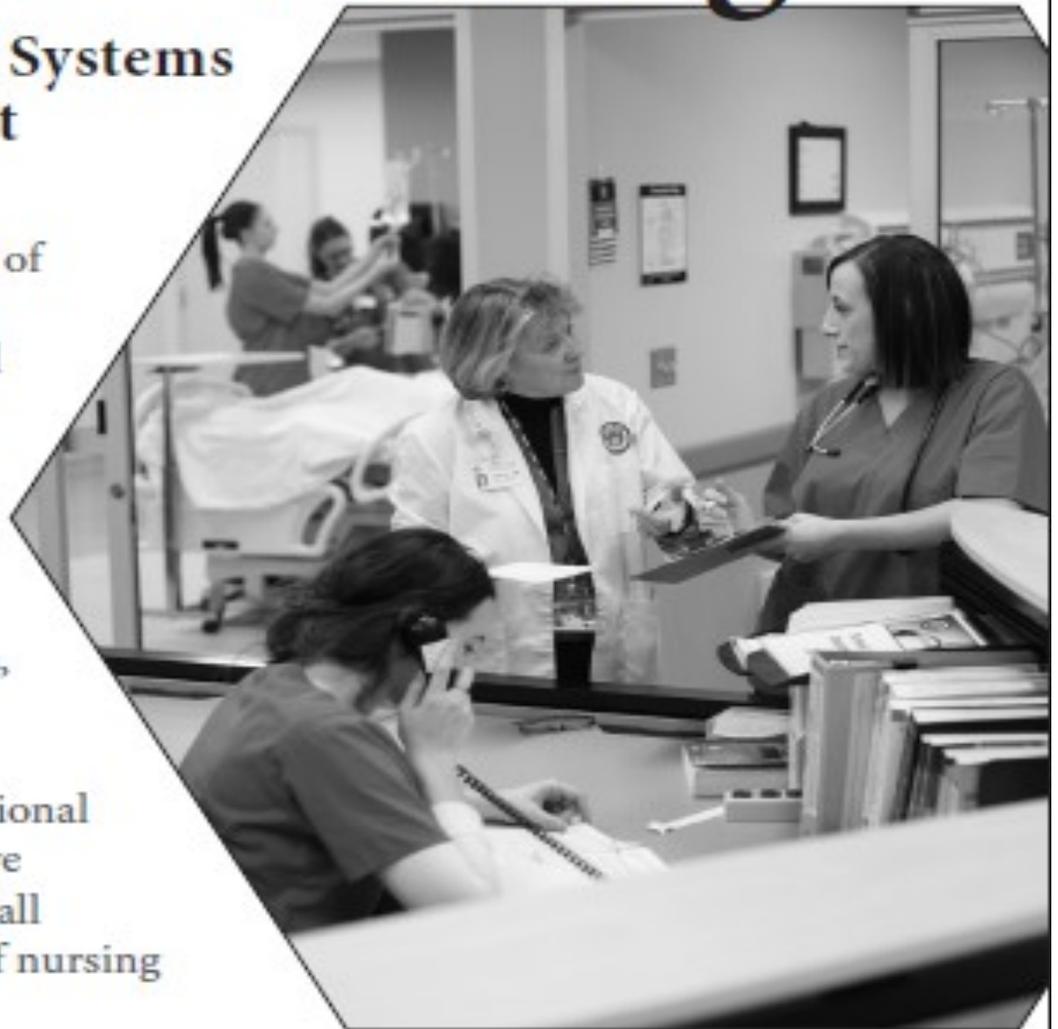


Hi My name is Kate Kaiser and I am proudly serving in my 4th year as the WSNA's Elected Consultant. Prior to serving in this role I also served as President as well as Nominations Director. I currently live in Oshkosh with my husband and three teenage children. I work as a Registered Nurse in both the Walk In Clinic as well as the Wound Care department at Aurora Health Care in Oshkosh. I look forward to working with you!

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Messages from Our Consultants

Wisconsin Nursing Association (WNA) Consultant

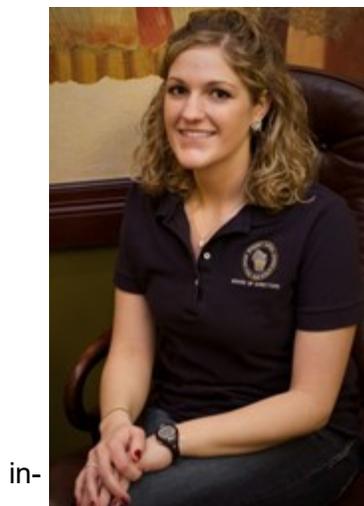
Nancy Noble

WNA stands for Wisconsin Nursing Association and is the professional organization for nurses in the state. I am the consultant from the WNA appointed to the WSNA. My responsibilities include providing an interchange of information between the WNA and WSNA and to provide advisement and direction to the WSNA Board. I have been in this position for many years and it is wonderful to see students take important leadership positions and grow to be nursing professionals!



Wisconsin League of Nursing (WLN) Consultant

Lizzy Pieper



Hello, I am the WLN Consultant to the WSNA. In the WSNA I was the STAT editor and elected consultant from 2008-2012. The WLN is a nursing organization devoted to promoting excellence in nursing education, in order to enhance the nursing profession, workplace and quality healthcare. The WLN offers educational conferences and awards many scholarships to undergraduate students each year. I hope to continue offering guidance to WSNA members and encourage all of you to become involved not only in WSNA, but in other professional organizations as well!

Do not hesitate to contact me with any questions on WLN, WSNA or general nursing questions I am here to help.

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- Family Health-Nurse Practitioner
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MSN-DNP Options

- Advanced Practice Nursing
- Nurse Executive

Master of Science in Nursing Options

- Family Health-Education
- Family Health-Administration
- Adult-Gerontology-Education
- Adult-Gerontology-Administration

BSN Completion with a RN/BSN/MSN Option

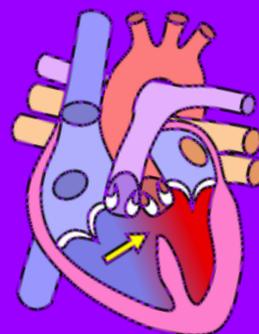
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Thanks to all who made WSNA convention 2016 a success! Even though convention is over, remember that you are the voice for mental health. Keep your eyes open for more information regarding next year's convention located at the Wilderness Hotel & Resort in Wisconsin Dells, Wisconsin!



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by Carl Elbing



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NCLEX RN 2016 Advice

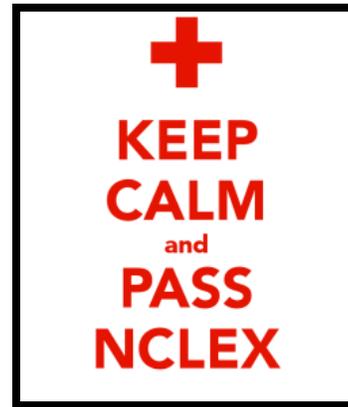
By merzielynn, AND, RN

Preparing for the NCLEX can be a daunting experience. Relax, take a few deep breaths, and envision yourself in your future nursing career. You made it through nursing school and now is your time to shine. Here you will find a raw account of what the test prep was like for me that brought me success!

1. Sign Up ASAP After Graduation.

Do not wait. Give yourself 1 maybe 2 weeks to study. I feel that trying to learn and memorize content right after graduation is counter productive. You JUST graduated nursing school. You know at least 70% of the information that you need to know for the NCLEX if you passed your program. There is no way of knowing what content-related information will be on your test because everyone's test is so different. DO NOT waste your time trying to memorize).

and learn new content. Just stop and trust yourself. If you are doing something such as Hurst review, I would recommend watching videos on subjects that you are not strong in. For instance, I am not great at Fluids and Electrolytes or ACID/BASE. If I could go back, I would have just watched these videos. Do not waste time and energy. Maybe look over lab values daily. That is the only memorizing I recommend. I know how some of you feel that you HAVE to do content. If you have Hurst access, look



through their "5th Day Material" handouts. They have great reviews on meds by class if you are pharmacology weak. If you do not have Hurst access, maybe try purchasing the Picmonic package. This seems to be a great site to help learn content, meds, etc. and it is cheap. (\$10 I believe

2. QUESTIONS, QUESTIONS, QUESTIONS!!!

Do as many questions as you can. Buy the Kaplan Q Bank. Buy the LaCharity PDA book. Buy one other question source such as NCLEX 4000. This is the MOST EFFECTIVE way to study for NCLEX if you are a new grad. This will be enough!!! Try to go through 1500-2000 questions and rationales before your test. You know the minimum competency for content. You need to learn how to answer the questions.

Retrieved from:
<http://allnurses.com/nclex-discussion-forum/nclex-rn-2016-1030511.html>



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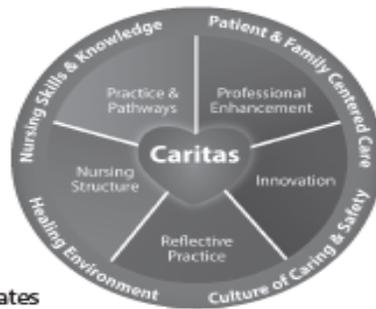
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Congratulations to our 2016 graduates!

Your hard work has finally paid off and your journey as a nurse has started!

Good luck on the NCLEX and any future endeavors!



Watch for the future WSNA STAT issue with information on **College of Chapter Boards** and other important information

I am very excited to be your WSNA STAT editor for this year! WSNA is made up of a body of **amazing** nurses, and I would **love** to give you all the opportunity to be involved in the making of this publication!

Do you have an interesting **article** you would like to share? Did your local Student Nurses Association do something **awesome** that deserves to be recognized? I would love to share these moments and ideas with **everyone**!

Please send any questions you have or information you would like to see in STAT to amanda.gorshe@cuw.edu and it may be published in the next issue!

