

NURSING UNDERGRADUATE ASSOCIATION

NOVEMBER NEWSLETTER



Nursing Undergraduate Association

THIS MONTH:

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HAPPY NOVEMBER!

Congratulations on making it over halfway through the semester! We hope this season of midterm exams and ENPs finds you well and wish you a restful reading break. Read this month's issue to find out what we've been up to this month and what we're doing in the weeks ahead!



Front row: Linda (First Year After Degree Co-Rep), Isaiah (First Year Rep), Brett (VP Academic), Johnny (Fourth Year Stream B Rep), Jen (Co-VP Administration)

Back row: Connor (First Year After Degree Co-Rep), Anthony (VP External/SU Council Rep), Jamie (CNSA Associate Delegate), Andrew (Second Year After Degree Rep), Calum (VP Student Life), Jiekai (VP Finance)

Not pictured: Brandon (President), Jessica (Co-VP Administration), Rita (CNSA Official Delegate), Chioma (Fourth Year Stream A Rep), Grace (Second Year Rep), and Michelle (Bilingual Rep)

CNSA REGIONAL CONFERENCE UPDATE

Hi everyone!

Here is a very brief overview of what I (Jamie, your CNSA Associate Delegate) learned and was able to advocate for at the CNSA Western Prairie Regional Conference.

At the conference, we voted on several topics and discussed important updates that may be coming to nursing students across Canada. This included discussing the termination of the NCLEX in Newfoundland, the resultant development of a new licensing exam for Canadians (not coming into effect for a few years at least), improvement of evaluations for our nursing practices, advocating for more undergraduate nurse employee (UNE) positions, bilingual programming work, and much more.

I was able to attend sessions focused on cannabis use, the opioid crisis, stigmatization of the word "fat", structural violence in Nunavut, proper patient care for queer individuals, and had the chance to attend a panel session with some of the first responders of the Humboldt Broncos bus tragedy.

Lastly, I want to remind you all of some important resources that you receive as a member of a CNSA chapter school!

- Lippincott NCLEX-RN PassPoint – 25% off their prep guide
- Scholarships available from our stakeholders
- NurseONE – provides access to best-practice guidelines, clinical competencies, Anatomy TV, and other educational resources
- Longwoods – peer-reviewed leadership journal, contains job posting boards, and other nursing resources
- The Personal – decreased group insurance rates (up until 5 years after you graduate)
- Scrubs with a cause – \$0.25 from each scrub set goes towards funding nursing leadership scholarships

If you would like to learn more and get involved with nursing students across Canada, consider attending the **CNSA National Conference in Calgary from January 22-26, 2019!**

If you have any questions or want to learn more about anything I have mentioned above, please feel free to message me or Rita (CNSA Official Delegate) at Alberta@cnsa.ca



Enjoyed the regional conference formal dinner with the Grant MacEwan and Red River Official and Associate Delegates

NUA SCHOLARSHIPS

NUA scholarship applications are due **December 7th!**

Rachael Longridge Memorial Scholarship

On December 23rd, 2016 a 4th year nursing student, Rachael Longridge, tragically passed away. Rachael was an outstanding nursing student at the top of her class whose love and commitment to nursing shone as bright as her personality. Her enthusiasm and energy is very well known in the faculty. Rachael faced many challenges during her undergraduate degree, such as losing a family member to cancer after a long battle. After this happened she showed up to clinical the next day- an excellent example of her commitment to serving, and caring for her patients. Many of Rachael's colleagues would describe her as talented, intelligent, compassionate, energetic, hard working and inspiring.

A Scholarship of up to \$500 are to be given to a student emulating Rachael's passion and commitment to nursing as to foster and reward committed, empathetic and motivated nursing students to achieve their goals and make a difference just as Rachael.

Nursing Undergraduate Association Leadership Scholarship

The Nursing Undergraduate Leadership Scholarships will be awarded to a nursing student(s) who is active and instrumental in the campus and greater Edmonton community regarding nursing and leadership. One scholarship of up to \$500 will be awarded annually.

More details and application forms can be found at:

<http://nua356.wixsite.com/uAlbertanua/scholarship-submissions>

UPCOMING EVENTS

NUA Clothing Sale - Extended!

Orders close November 16th

Represent your faculty and the NUA with pride by ordering from a variety of different clothing styles! Orders will be filled in time for winter break. Place your order at:

http://nursing.printmachine.ca/u_of_a_nursing_by_printmachinec/shop/home?fbclid=IwAR0dno5l5vgSqo_cFmY-DQW_-JvUPb_ib1o4C_L05FQKtprGiQ5fYRDD_QU



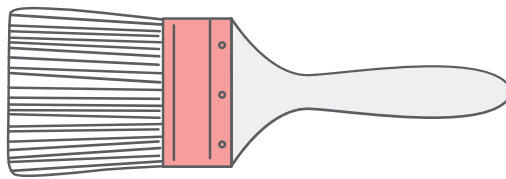
CNSA Paint Night

November 19th at 5:30pm in ECHA (roomTBA)

Come kick off National Nursing Students' Week with a paint night!

Tickets will be \$15 each, which includes your canvas, painting supplies, snacks, and non-alcoholic drinks.

Tickets will be on sale in front of the nursing labs on main floor, at the NUA office during office hours, and through e-transfer (you can email the NUA with your e-transfer at nua@ualberta.ca). **Ticket sales end on November 16th at 1600h.**



Nursing Formal Food Sale Fundraiser

November 26th from 0900-1500 at the Level 2 ECHA cafeteria

Come donate for a good cause, eat some food, and if you donate \$5 you will be entered to win a free formal ticket!!

Grad Bake Sale Fundraiser

November 30 from 0800-1500 in front of the Nursing Labs

Come out and enjoy some baking while supporting the grad celebrations of the class of 2019!



Nurses Do Trivia

December 7th from 6-9pm at Hudsons on Whyte Avenue

Come out to support the Faculty of Nursing's Graduating Class and enjoy a night of nursing themed trivia. Everyone is welcome! Show your ticket at the door and receive \$5 off your bill!

We encourage you to work as a team (teams of up to 6 people each, but feel free to play with less if you wish) to solve each round of questions.

There will be a prize for the team who answers the most questions correctly!

Tickets are \$10 each and can be purchased from the NUA office

or online at: <https://www.eventbrite.ca/e/nurses-do-trivia-tickets-52281984824>

Nursing Formal

February 2nd, 2019 at Mirage Banquet Hall

Mark your calendars, the Nursing Formal is back and is sure to be a night to remember!

Tickets will be on sale soon outside of nursing labs!



ANNOUNCEMENTS

Grad Photos

Class of 2019! New grad photo session dates have been added for the 2019 winter semester.

Book your grad photos at https://www.gradphotography.ca/uofanursing_



First-Year After Degree Suggestion Box

First year after degrees - have a suggestion, question, or concern about your program?

Submit them to the First Year After Degree suggestion box here:

<https://goo.gl/forms/PB2Cl6awzZk7iyWp1>

Second Chance CPR

Don't forget, your CPR needs to be renewed every year! If you need to renew your CPR certificate, please consider taking your course through Second Chance CPR, one of our NUA partners who donates some of their proceeds back to the NUA. You can sign up for your course at <https://firstaidsafetytraining.ca/>.

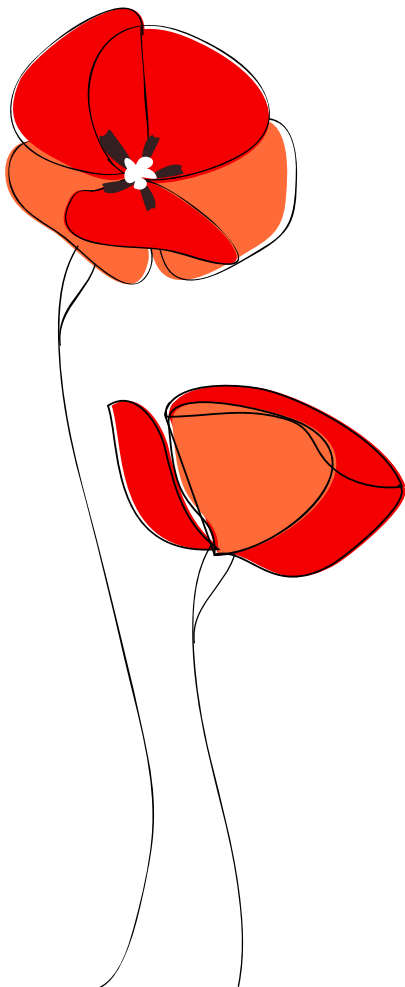
Volunteer Opportunity - Alberta Student Leadership Summit 2019

The students' union is now officially recruiting for student volunteers to help run Alberta Student Leadership Summit 2019 on January 26, 2019.

Get experience in running a summit for leadership development! For our volunteers we hope to give you the opportunity to test and develop your practical skills and critical thinking, along with community interactions. We hope to give you a new and different experience that will test you personal and give you growth opportunities. We are looking for dedicated students from ALL backgrounds, fields and experience with a passion for leadership and volunteering!

Apply through the UASU events page at: <https://events.su.ualberta.ca/network/login>

For any questions, concerns & inquiries on volunteer specifics, contact us at asls.volunteers@su.ualberta.ca



NOVEMBER OFFICE HOURS

Want to chat with someone on the NUA? Visit us during our office hours! Our office is located in the student commons area by the south (LRT) entrance of ECHA. Can't make it to office hours? Email us at nua@ualberta.ca and we'll find a time to meet that works for you.



Nursing Undergraduate Association

OFFICE HOURS NOVEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800-0900			CHIOMA (0830-0930)		
0900-1000	BRETT				CALUM
1000-1100	BRETT/BRANDON	ANTHONY	JIEKAI		CALUM
1100-1200	BRANDON	ANTHONY	JIEKAI		
1200-1300	ANDREW	ISAIAH	GRACE		
1300-1400			MICHELLE		LINDA
1400-1500		JOHNNY	JENNIFER	RITA	CONNOR
1500-1600			JENNIFER	RITA	

****Please note we will not have scheduled office hours during reading week****
Office hours are **subject to change**.

If you require assistance and are not available during listed times, do not hesitate to email us at nua@ualberta.ca and we'll get back to you as soon as possible.



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