

THE NSA CITYSCAPE

San Diego City College Nursing Students' Association Newsletter

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NSA Achievements of 2018

With our inaugural year, the Board of Directors (BOD) had the monumental task of establishing a chapter for San Diego City College. Without a predecessor before them, each director was tasked with establishing themselves in the eyes of the San Diego Community and the much larger California Nursing Students' Association (CNSA).

Lacie Sommer, the Legislative Director, presented her resolution at the CNSA conference of promoting the use of air assisted transfer devices for all non-ambulatory patients. This was successfully passed by the House of Delegates however was not chosen to proceed to the National Convention.

Leslie Lutke, our Community Health Director, had members volunteered at six different events during the fall semester, including the Tu Vida Community Health Fair in Logan Heights, and The Ovarian Cancer Alliance Teal Steps Event in Coronado. At the Champions for Health Flu Shot Clinic in Imperial Beach, student volunteers vaccinated over 100 people against the flu and Hepatitis A. Forty different volunteers have participated in these events, totaling over 219 hours of community service during the fall semester.

Stephanie Yoder, our Secretary, was very busy by taking notes at each BOD and Membership meeting. When she wasn't busy hosting a meeting, she made sure to involve herself in as many events and activities as possible and provide support to her fellow BOD members. In addition to NSA's busy schedule, she attended weekly Inter-Club Council meetings. It is important for NSA to stay active as a club and represent our nursing program on campus. By attending these meetings, she was able to pass along information from NSA to other clubs and receive wonderful support.

Melissa McMaster, the Treasurer, worked closely with the First Year Liaison, Anna Manfreda, to successfully collect dues and track payments of 88 students, a total of \$3080.00. She was also responsible for the collection of \$867.00 that was raised during our various fundraising events. Melissa was also responsible for the reimbursement of \$520.00 to BOD members for supplies. Overall she accomplished record keeping, depositing and accounting for the total sum of \$3947.00.

Adriana Mendoza, the Fundraising Director, worked to have eight fundraising efforts. She started off the semester with a fundraising event at the California Pizza Kitchen. In October, she worked with the BOD on the Haunted Hospital and earned funds from the maze donations, silent auction, and movie theater concession stand. In November, we hosted another restaurant hosted fundraising event at the SD Taproom. November was also the beginning of our online fundraising event with Yankee Candle in which we received 40% of all online sales. Then in December, 10 Barrel recognized our school as their charity of the month. She also raised money through merchandise sales from SDCC Nursing lunchboxes, totes, and CPR masks. Overall, she and the BOD raised over \$1300.00 in the fall semester.

Veronica Jacobo, the Breakthrough to Nursing Director (BTN), worked hard over the semester creating a mentorship program and offered tutoring opportunities that ranged from dosage calculation to skills. Additionally she also has organized multiple outreach events including a classroom visit to East Village High School, the Men in Nursing Conference at Grossmont College, and

Health Care Careers Program Orientation at the San Diego Continuing Education at Cesar Chavez Campus.

Amy Sanchez, the Membership Director, was able to accomplish a number of things. She provided students with information regarding NSNA, CNSA, and our chapter, SDCC NSA, through presentations and leading by example. She, along with her committee, tracked attendance of all students for 22 events held by SDCC NSA. 641 total points were recorded this year. The membership committee was in charge of planning and executing our annual Haunted Hospital. Together, they have recruited more members and finished the year with 54 members in total!

Stephen Vista, the Communications Director, spent the year establishing communication between the BOD and the student body. He promoted events through Facebook, Instagram, the Chalkboard in the Nursing Hall, as well as sending out information through email blasts. He established the NSA Cityscape, with the help of his fellow board members.

Justine Mercado, the Vice President, is a founding member of the SDCC NSA. She helped to restructure the City College nursing student government through writing, editing, presenting, and formalizing new bylaws congruent with the California and National levels of Nursing Students' Associations. She created the SDCC NSA website, encouraged the development of cord points system. She collaborated with 10 Barrel Brewing to earn \$500 dollars in donations. Her efforts were recognized as she was awarded the CNSA "Outstanding Member of the Year" for 2018.

Last, and certainly not least, is Victoria Shirley, the President, who, alongside Justine, founded the SDCC NSA chapter and stepped up to the task of leading a BOD that works alongside the nursing faculty and student body. Leading by example, Victoria participated in every aspect of the board and provided guidance and focus to those who needed it. Additionally, she worked to ensure that the student body had opportunities to enhance their individual skills by organizing a Pediatric Advanced Life Support (PALS)/Advanced Care Life Support (ACLS) course as well as organizing the first attendance of SDCC NSA to the CNSA conference.



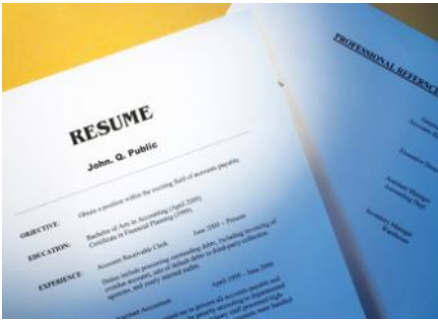
With one more semester left, our goal is to pave the way for the students

who will come after us as we establish a legacy as long as our school's nursing program.

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Developing Job Hunting Skills

With summer fast approaching, now is an opportune time to prepare for jobs. Tina Maria, a talent recruiter for UCSD, came to NSA to discuss what a talent recruiter looks at when going through resumes and cover letters. The following article discusses the points that a talent recruiter would look for when performing job interviews.



Let's begin with resumes. Resumes are short summaries of your skills and qualifications. It is the form that employers look at to see if you are qualified to work in a certain position. Every resume should include an objective statement (e.g. To obtain a new graduate RN position in OB, Med-surg, ICU) when writing your objective statement, be sure to be specific and simple. To keep your resume organized, use headings (e.g. education, licenses, professional experience, skills, accomplishments, or personal strengths) to organize and help employers locate pertinent information. It is also important to spell-check your resume, ensuring proper grammar is used and no typos are evident.

description, the core values and mission of the organization, and think about the kind of employee that embodies those values.

Interviewers look for various traits or skills such as:

- Accountability
- Communication skills (written or oral)
- Conflict resolution
- Creativity
- Customer service
- Critical thinking
- Emotional intelligence
- Empathy, flexibility
- Initiative
- Integrity
- Organizational skills
- Process improvement
- Project management
- Supervisory
- Teamwork
- Time management



Next is the cover letter. The cover letter is very important to have, especially for new grad positions. The cover letter

should be one page at maximum but longer than one paragraph. Remember that you are trying to sell yourself and explain to the manager why they should consider you over other applicants. It is important to not just repeat everything from your resume. Ensure that you customize the cover letter for the correct position and hospital.

When you arrive at the interview, bring a notepad and ask questions that you have prepared ahead of time. First impressions have a big impact so dress confidently and look sharp. Make sure you arrive on time. Bring along a folder with extra copies of resumes, references, or your last evaluation. When speaking, show enthusiasm and make sure that you actively listen. Ensure that you answer their questions and give specific examples. Asking "Did I answer your question?" is an okay question to ask.

These are example questions your interviewer may to ask?

- Tell me about a time when you...
- Give me an example when you...
- Do you have technical skills or experience?
- Tell me about yourself.
- What are your strengths and weaknesses?
- Why should we hire you?
- Tell me about a conflict you had at work and how you resolved it.
- How would your peers describe you?

In short, there are three parts to a cover letter, the introduction, the body, and the closing statement. The introduction introduces yourself as well as the position you're applying for and why. The body is used to explain why you are a match and the place to emphasize what sets you apart from the other new grads. The closing statement should include your availability and how the hiring manager can contact you. Like the resume, you should ensure that there are no typos, grammar is correct, and there are no spelling errors.

Once you've applied and submitted your resume and cover letter, you should anticipate an interview. This is the opportunity to show what kind of person you are to the hiring manager. Before entering the interview, take some time to prepare and research the organization. Look at the job

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SDCC Students in Thailand



Over the winter break, Professor Sangsanoi lead a group of students on a medical mission to Thailand. With the cultural differences in Thailand and the US, the Breakthrough to Nursing Committee saw this as an excellent way to expand our cultural competence by experiencing Thai Culture firsthand.



ATI TIPS:

Use process of elimination when deciding between answers. If a question is not asking for "Select all that apply," similar answers are more often wrong than not.



Resume Tips

When discussing your education, you can include previous degrees and that you're currently in a nursing program. Include expected graduation date.

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Meet your Professor: Dr. Dometrives Armstrong



Below is an interview conducted by Justine Mercado of our Nursing Department Chair and second-year professor, Dr. Dometrives Armstrong. She is well-educated, passionate about nursing (and dancing), dedicated to the success of her students and a true leader. We hope you enjoy this interview as a way of getting to know her a bit more.

Please name three words that you feel best describe you.

1. Funny
2. Caring
3. Compassionate

Will you please tell me a little bit of your professional history?

I started as a Nursing Assistant at Sharp Memorial. I decided to go back to school and get my Associates Degree here at San Diego City College. I then went back and got my Bachelors at University of Phoenix. And then, because I wanted to enhance my knowledge further I went back and received my Master's Degree at University of San Diego with a specialty as a Nurse Practitioner. But I ended up getting a little bored, so I went back to school again and got my Doctorate from Walden University. My foundation started at San Diego City College because my professors were mentors who gave me such great training, wisdom and knowledge. It was because of them that I began teaching at City College when Dr. Rossitto was our Dean. I loved teaching as an adjunct because the team here really helped me to grow as professor. I ended up applying for a position in 2007 to become a full-time faculty member, which I love. I really do enjoy teaching but I think the most important skills and knowledge I acquired came from my time nursing at the bedside.

And what type of bedside nursing did you do?

I did orthopedics. I really love ortho. It was a very good experience because even though my specialty was orthopedics we were allowed to work on several other units. And even though the patients come in with a broken hip or they have a herniated disc, you are still treating their other comorbidities and taking care of the person as a whole picture.

And this was at Sharp Memorial?

Yes, I was hired there as a CNA and then as a nurse. I stayed with the team there for a long time and was the clinical lead. The clinical lead is a management position and I was able to build a wonderful relationship and management role with my staff. The staff was so giving because management was so giving, and we were a great team. I miss them very much but we still keep in contact and go out together every now and then. I am thankful for that relationship with Sharp. Sharp helped me to build my confidence, increase my self-esteem as a professional and develop partnerships with other nurses, nursing assistants and doctors as well.

How do your days now differ from the days you spent as a clinical lead?

The hours. Working in the hospital, you have your set hours and yes, you may go over an hour or two but with this position I am sometimes here until 10 o'clock at night because I want to be sure the students have what they need. I want to be prepared and organized for lectures and I want to provide information so that the students can really learn from me. It takes a lot of prepping time. And taking on this new role as Department Chair, I am no longer just focusing on advocating for the students but also the bigger picture of the program. I am learning more about the budget, staff education, CurricUNET, and working under the college's standards. I am learning so much by attending meetings with the other department chairs and realizing that this position is more of a two way street. As the Chair, you still have to complete your responsibilities as a professor and also have to be more open-minded about what is happening at the college level. One of the nice things about this transition is that I have Dean Brooks who is always here with me. She is my backup cheerleader and I am hers; she's my right brain and I'm her left and I am really thankful for our great teamwork.

Who is someone you admire, and why?

I admire a couple of people. I admire my dad because he is a goal-getter, a hard-worker, truly dedicated and he taught me the value of hard work. My mom, she taught me the caring component. My great aunt, she taught me how to be a leader as well as a follower. She said that "you can always lead but you must learn how to follow in the right direction." And my great grandmother, she was born in the 1884 and lived through the ending of slavery. She taught me the value of loving people no matter what nationality they are, what religion they practice, etc., because she used to say "we are all one and nobody is better than the next person. You have to believe in yourself, work hard and you can be anybody you want to be. Don't let anybody else tell you otherwise."

What are some pieces of advice you would give to new or experienced nurse?

As a new nurse, I would say don't get discouraged, stay confident, ask for assistance when you need some, don't be ashamed and treat your patients as your family members.

For an experienced nurse, I would tell them to please be role models to our new nurses. Be compassionate, kind, actively listen and help them grow into the good nurse you are today.

What are some causes you care about?

One of the causes I hold close to my heart is the Alzheimer's Association. My father has Alzheimer's and to see him deteriorate with that disease is truly heart breaking. After I get more settled into this new position I plan to spend time volunteering with the Alzheimer's Association. I love volunteering in the community and I believe it is my responsibility to educate others on how to best take care of people with Alzheimer's. I have also been doing some work with Interim Hospice and a lot of their patients that I have gone out to see have Alzheimer's. I would like to write a grant for them so that the caregivers can get additional funding to be supported in the care of their patients and to help keep patients at home for as long as possible.

What are you happiest doing, when you're not working or teaching?

My happy place is spending time with my family. I have two boys, ages 19 and 24, and am married. I enjoy spending time with my husband, going to the movies, watching TV together, playing basketball but most of all, I love dancing. I really love to dance. Dancing is a *passion*.

If you could say one thing and have the students really "hear" you, what would it be?

Always be respectful. Always communicate in a professional manner. Always remember the foundation of San Diego City College which focuses on caring, compassion, integrity, accountability, honesty and communication because it will take you a long way with your life-long learning and success.