

THE NSA CITYSCAPE

SAN DIEGO CITY COLLEGE NURSING STUDENT
ASSOCIATION
EMAIL NEWSLETTER

· OCTOBER 2020 ·



WHAT'S IN THIS ISSUE

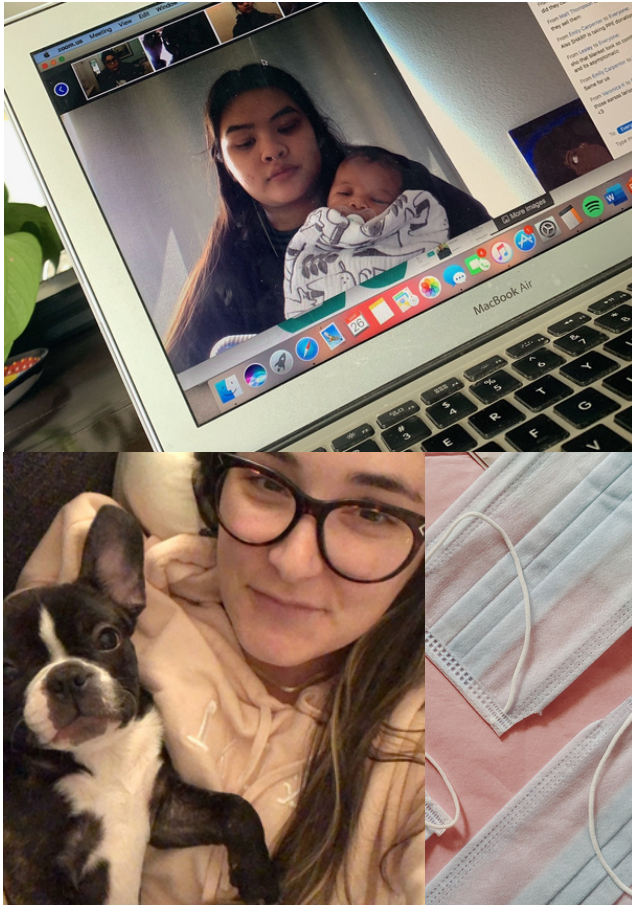
- CNSA Convention Resume Workshop
- COVID Chronicles
- Upcoming Events
- Preferred Pronouns, They Matter.

CNSA RESUME WORK SHOP

-SHOSHANNA REYES

This year the California Nursing Student Association held its annual convention completely online. This convention is held every year to empower nursing students with resources that can help launch their nursing careers. Many educational courses were offered during the convention such as an invaluable resume writing workshop presented by Sharrica Miller, PhD, RN founder and CEO of Starter Nurse Academy. During this course she gave detailed suggestions and advice on how to make a resume stand out among the competition. Here are some key points for nursing students to set their resumes apart from other applicants:

- Be selective! Resumes are intended to be snapshots of your experiences
- Go the extra mile and write a cover letter
- Get a LinkedIn account now to start networking within the profession
- Magnet hospitals want to see leadership experience and scholarly participation, start now so you can include it in your resume.
- Employers want to hear about your experiences, not just a list of adjectives that describe you. If you are interested in pediatrics show them your volunteer experiences with kids.
- Use the same verbiage on the job description listing on your resume



COVID CHRONICLES -RICKY GUEL

San Diego City College nursing students can all remember the overcast, rainy Friday in March, after having taken an ATI exam, that they began to realize the uncertainty surrounding in-person class sessions, clinical placement, and progression through the program due to the COVID-19 pandemic.

Nursing programs across San Diego County were at a halt in the midst of the semester and clinical partners refused to allow the entry of students, resulting in nursing students at San Diego City College feeling “nervous, shocked, concerned, worried, stressed, unsure, scared, and freaked out” about everything going on especially in terms of being able to progress through their program. Having to adapt to the county and state guidelines, City College nursing courses were moved to remote and virtual modalities.

With bedrooms and dining room tables turned into desks and designated study areas, students have had difficulty separating school from their home lives. Second year nursing student, Bella Miranda, captured this by explaining, “Now that both [school and home] are in the same place, I feel I’m always on my computer, I’m always doing homework.”

Some students also express difficulty in staying engaged through online learning, finding themselves getting easily distracted; second year City College nursing student, Sydney Janssen-Varga, found herself wanting to “crawl in [her] bed, ... cook a meal, ... sweep and mop [her] floors, ... do a little laundry.” However, as with many things in nursing school, students learned to adapt to the given circumstances rather quickly. Second year City College nursing student, Nathan Sprague, said it’s been a “challenge” adapting to virtual learning modalities, but he has done so by “locking himself in one room” so he can be in the “zone.”

With all the changes and difficulties that came with quarantine, students were evolving: spending more time with family members and loved ones, participating in a more active and outdoorsy lifestyle, picking up new hobbies, and taking a much needed break from the rigors of nursing school. Some students found the positive sides of the stay at home orders, such as new mother, Bella Miranda, who got an “unexpected maternity leave” and “learned to be a mom. ... [got] to spend a lot of time with Koa [her baby boy]”. Second year City College nursing student, Larissa Johnson, found quarantine to be the perfect time to bring a new puppy into her home. Larissa’s new addition to her home has been “great” and “[she’s] so happy [she] got her,” as Roxy (the puppy) got her mind off of everything going on around her and allowed her to focus on puppy training and taking walks twice daily, instead of staying inside and binge watching Netflix.

Some students found themselves to be a “little stir crazy,” as a result of the stay at home orders. After spending so much time cooped up inside their homes, a few students found themselves to be the most “adventurous and outdoorsy” they have ever been in their lives. Sydney Janssen-Varga stated she’s “never felt more connected with nature,” being that she at first “started going on 3-mile walks around her neighborhood” and working her way up to “going on 10-mile hikes, crossing through rivers, and going camping.”

Second year nursing student, Vicki Phan, was able to take a “mental break” and go on a few hiking trails and visit Zion National Park, “where people were more spaced out, ... and still able to practice social distancing.”



TOP TO BOTTOM: BELLA MIRANDA & KOA, LARISSA JOHNSON & ROXY, VICKI PHAN IN ZION NATIONAL PARK

A number of students at City College wanted to take advantage of the situation to help the healthcare system. Vicki Phan, worked as a patient care assistant at a local hospital during the pandemic in order to “gain occupational experience and give back,” as she would soon be entering the career field as a registered nurse. While it’s been a roller coaster of a year to say the least, nursing students are all thinking and feeling similar things right now. While students may not be able to get together, study, and have social interaction amongst each other, as before, it’s imperative students continue to stick together and be there for one another. Nursing students are instilled the virtue of flexibility early into nursing school, and given the circumstance it’s key and seems as if it’s the only thing you can do at times is be flexible. It’s important to also recognize the San Diego City College Nursing Program for all their hard work and dedication, because without them, none of this would be possible. No one expected to be going through nursing school in the midst of a pandemic, but it’s the card nursing students have been dealt and it’ll be quite the story to tell, because how many people can actually say that they went through nursing school during a freakin’ PANDEMIC?

Wanna go to yoga?
I'm down, dog!

Join us for some
Yoga and deep
breathing
exercises to
relax and reset
before Finals

SATURDAY OCTOBER 17
9:30AM

**NSA Destress Event with
Professor Beals**

The NSA will be offering TWO cord points for your participation
ZOOM link <https://us02web.zoom.us/j/88020099261>
ZOOM ID 880 2009 9261

SDCE Celebrates
**NATIONAL
COMING OUT DAY**
OCTOBER 15

San Diego Continuing Education serves one of the most diverse populations of students in the nation. Faculty, classified professionals, and administrators have made it a top priority to create inclusive and accepting environments for every student in every classroom and every employee in every workspace. This special presentation will be welcoming, supportive, and informative.

National Coming Out Day is October 12 and SDCE will celebrate October 15 from 12:00 to 1:30 p.m. via Zoom webinar
Webinar ID: 953 2227 3364
Passcode: 030880

Students and the campus community are welcome

Speakers will share personal coming out stories
Community resources will be highlighted

**SEVERAL SPEAKERS WILL
SHARE STORIES INCLUDING:**

The legendary Tammie Brown
RuPaul's Drag Race Season 1

Rebekah J. Hook-Held
Chief Public Affairs & Civic Engagement Officer
The San Diego LGBT Community Center

Fernando Zweifach López, Jr.
Executive Director, San Diego Pride

Craig Milgrim, M.S., SDCCD Board of Trustees

Carlos Osvaldo Cortez, Ph.D., SDCE President



The legendary Tammie Brown

SAN DIEGO
CONTINUING
EDUCATION



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PREFERRED PRONOUNS AND WHY THEY MATTER TO NURSING STUDENTS **-SHOSHANNA REYES**

I am not sure if you noticed on Zoom, but some of our fellow nursing students have been adding a "she/her" after their names or introducing themselves followed by their preferred pronoun. Perhaps I'm the only one, but I didn't really understand the purpose behind this until the CNSA convention.

During one of the educational sessions I learned that as nurses we can offer a feeling of comfort and acceptance to individuals in this community by simply asking what pronoun they prefer or by introducing ourselves with our preferred pronoun. This practice is important because we would be affirming their identity in a way that not everyone may have in the past. This is especially important in cases of gender identity (a person's understanding, definition, or experience of their own gender regardless of their biological sex) not matching gender expression (the ways in which people externally express their gender identity to others through behavior, clothing, grooming, and movement). This small measure can quell fears of discrimination against transgender and gender nonconforming patients. It is a way of letting them know they are safe and accepted in our care and that we are an ally. Asking for pronouns can help establish not only rapport but a foundation of trust, respect, and safety that can promote healing.

One of the convention highlights was witnessing Emily Carpenter and Waverley Rocklin represent San Diego City College when they presented "Resolution 4: In Support of Documentation of Preferred Names and Pronouns in Electronic Medical Record (EMR)". This resolution provides "an opportunity to enhance its constituents' cultural competence by encouraging them to assess patients' preferred names and pronouns during initial clinical encounters"(Carpenter and Rocklin, 2020). Some healthcare facilities have implemented the practice of asking patients their gender identity as well as their sex assigned at birth, but sensitivity to pronouns is still lacking. This resolution received a lot of positive praise and feedback which encourages the importance of this practice. As new emerging nurses that serve the beautifully diverse community of San Diego, we can integrate respecting pronouns into our practice. This small, yet important step can help make the healthcare world a safer place for trans and nonbinary people.