



## ALOHA NURSING STUDENTS!



### HISNA Spring Update

---

Aloha everyone,

During the spring semester, HISNA has on-boarded the new 2020-2021 executive board. Best of luck to all oncoming and outgoing executive board members!

Hawai'i has received multiple NSNA awards on the school and state level including:

- Newsletter Contest (HISNA)
- State Excellence Award (HISNA)
- Precious Metal Awards - Silver Award (UH Hilo)
- Stellar School Chapter Recognition Program (UH Manoa)

Dr. Edna Magpantay-Monroe received the Weingarten Leader of Leaders Award. Congratulations to all!

The HISNA 2019-2020 HISNA executive board congratulates all of the 2020 nursing student seniors! We also congratulate all nursing students for finishing the spring semester strong despite the situation that we are all in. The whole board wishes you all the best. Hope you are all stay safe and healthy!

Mahalo,

2019 - 2020 HISNA Executive Board

## OVERVIEW:

1. HISNA Spring Update
2. Presidential Address
3. Graduation Plans
4. Tips for Nursing Students

# POST GRADUATION PLANS

## Hearing from the Nursing School Seniors!

What are your plans after you graduate nursing school?

Where do you see yourself in 5 years?

What are some tips you would like to give to nursing students prior to graduation?

### ELIZABETH PEREZ

HAWAII PACIFIC UNIVERSITY



I am already working as an LPN so I am working and plan to take the NCLEX as soon as possible. Then to try and find a job in the ER.

In 5 years I plan to have my MSN-MBA and hope to continue on this incredible journey.

Never give up you can do it. Even if you fail an exam just reach out for help. through peers and faculty. And get involved in extra curricular activities. It will help you to build a network and to help you take your mind off of all the stress involved in school. And most of all "you matter and are important" take care of yourself and love every moment.

### SKYLER ADZUARA

UNIVERSITY OF HAWAII AT MANOA



My career goal is to work in an intensive care unit. I understand it is pretty difficult to do that right after graduating, but I am still hopeful and plan to look for opportunities to work in an ICU. I am also open to starting off on a medical-surgical unit. In general, I am open to any job openings at the moment!

I hope I am working in an intensive care unit! I have done an internship in the medical intensive care unit and I really enjoyed my experience there. I aspire to work in a medical ICU, but I am willing to work in any ICU!

Working as a nurse aide in a hospital or the healthcare facility you would like to work at after graduation gives you a pretty big advantage! You can make connections with nursing managers while you are working and let them know when you are graduating to see if they will have new graduate positions. It would be good to look for a job couple months or up to a year before you graduate!

### KYLIE KWAK

CHAMINADE UNIVERSITY



Right now, I am in the process of looking for nursing jobs here in Hawaii. Ideally, I would like to find a new-grad position in a hospital within the next few months.

In five years, I hope to be in the process of pursuing either an MSN or DNP program.

Keep working hard. Always remember how far you've come and all the progress you've made. Keep reviewing and studying what you've learned and what you need more work on.

CONGRATULATIONS TO ALL SPRING 2020  
NURSING GRADUATES!

remote learning

# Things to do at Home Tips for Nursing Students



## #1. Meditate

Meditating will give you peace and remind you of your beliefs. Other benefits include reduced anxiety, enhanced self-awareness, and positive emotional health.



## #2. Videochat

Research shows that social interaction can improve overall health & well-being. Facetime and call your loved ones or have a zoom meeting with others.



## #3. Exercise

Go outside for a walk or run but maintain social distancing. It is nice to go out and see the sun and breeze once in awhile.



## #4. New Hobby

Take the time to learn something new! Maybe learn how to cook, knit, or learn a new dance on Tik Tok.



## #5. Free Time

With spending a lot of time at home, you need to create a conducive environment for you to study in. Organize your study space by cleaning up any clutter.

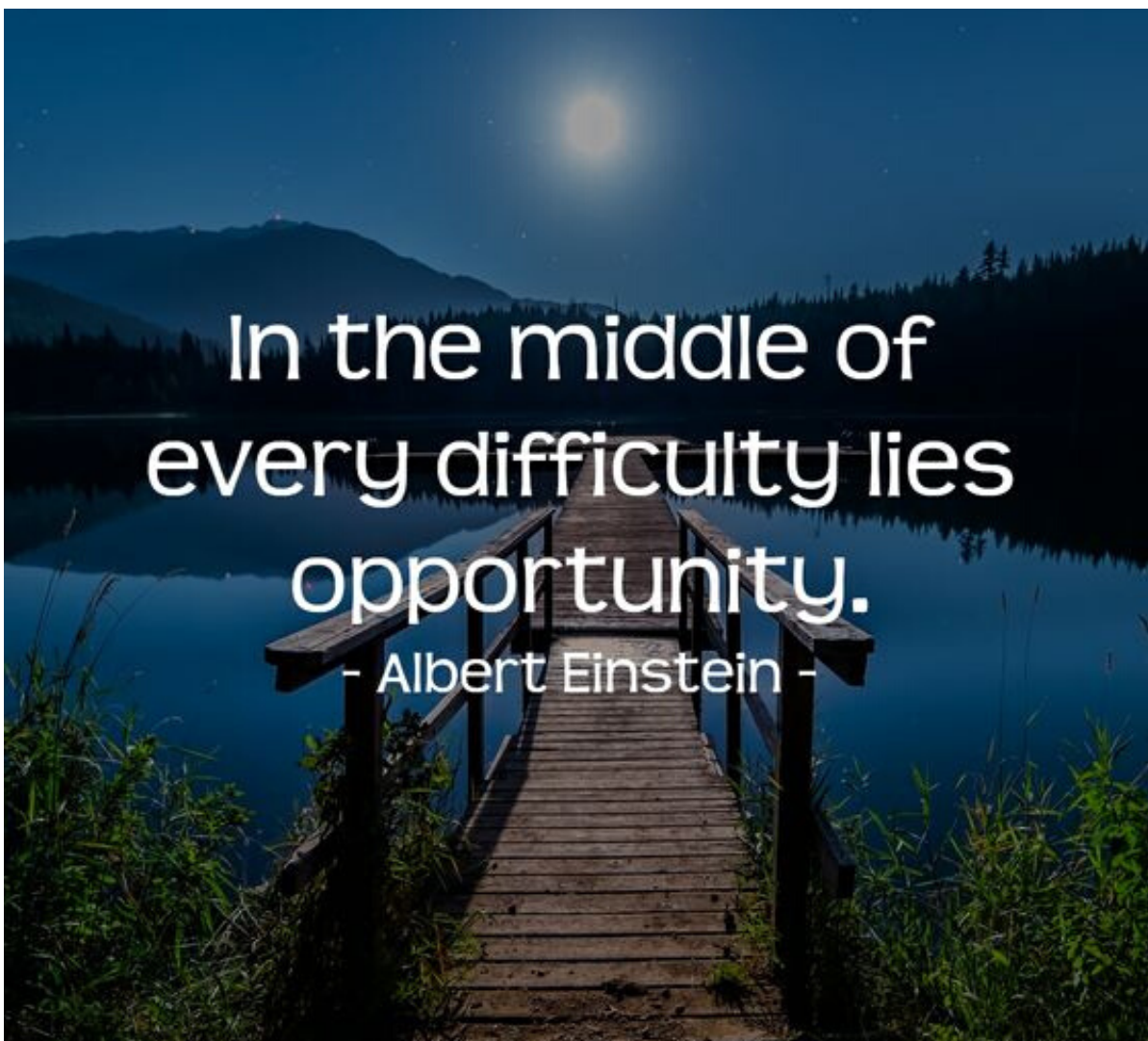
(Andersen, 2020)



Scan me

# HISNA WISHES YOU A GREAT SUMMER!

FOLLOW US ON SOCIAL MEDIA FOR  
UPCOMING 2020-2021 EVENTS!



CONNECT WITH US!



HI Sna



hawaii\_sna



<http://www.hisna.org>

