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FOR NEW JERSEY
NURSING STUDENTS

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pulsebeat



Tiffany Chi
Rutgers University School of
Nursing
President

**The Benefits of Your
Involvement in NSNA and NJNS**

Joining the National Student Nurses' Association (NSNA) is more than paying membership dues. Membership in NSNA also includes a membership in the state level pre-professional organization, New Jersey Nursing Students, Inc. (NJNS). Belonging to both the national and state organizations provide an opportunity to develop the skill of professionalism and transition nursing students into their careers.

***NSNA, NJNS, and School
Chapters***

NSNA is a pre-professional nursing organization, representing nursing students at the national level. The

mission of NSNA is to foster the professional development of nursing students. With 60,000 members nationwide, NSNA is the voice of future nursing professionals. Membership in NSNA gives you membership in NJNS. At the state level, NJNS represents over 1,500 student nurses who are enrolled in forty-seven New Jersey nursing schools. NJNS consists of twelve board members, who organize events that promote professional development. These events include the Council of School Participants (COSP) conference in October and the NJNS Annual Convention in February. The local chapters are the individual school nursing student associations. Many school chapters hold events related to networking, education, and philanthropy. One of the most important responsibilities of school chapters is to send delegates to the annual NSNA and NJNS conventions.

Benefits of NSNA Membership

NSNA membership provides benefits at both the national and state level, which include mentorships, socialization, and networking. These benefits can facilitate the employment process for nursing students since they can meet professionals established in

various nursing specialties. Moreover, nursing students can include their NSNA membership on their resumes, which can highlight their involvement in nursing beyond the classroom. Members can get involved by attending events hosted by NSNA or NJNS such as conventions and conferences. This year, NSNA members from across the country will attend the national NSNA convention at Disney in Orlando, Florida. It is at the national convention that the next NSNA board is elected by state and school delegates. Serving as a delegate at the NSNA convention is a great way to learn how professional nursing organizations are governed. Additional benefits of NSNA membership include discounts on NCLEX preparation programs, malpractice insurance, uniform, shoes, and school supplies. More information about NSNA benefits can be found at nsna.org/membership-benefits.html.

Benefits of NJNS

In New Jersey, nursing students, not limited to NSNA members, can attend the state NJNS Annual Convention in February. It is at the state convention that the next NJNS board is elected by school delegates. Only NSNA members

are eligible to run for a NJNS board position, serve as a delegate or monitor, or apply for a NJNS scholarship. Delegates and monitors' convention fees and monitors' hotel rooms are paid by NJNS. NSNA members who are not attending as a delegate or monitor receive a discounted convention rate. Information about running for a NJNS board position, serving as a delegate or monitor, and applying for a scholarship are located on the NJNS website. Scholarship winners will be announced at the convention.

Benefits of Professional Nursing Organizations

NSNA also facilitates the student nurses' transition into professional nursing organizations such as the American Nurses Association (ANA). ANA represents the interests of registered nurses across the United States through advocacy in Congress and the development of standardized credentialing guidelines. This organization unites registered nurses and promotes quality health care. It advances the nursing profession by fostering high standards of nursing practice, promoting a safe and ethical work environment, bolstering the health and wellness of nurses, and advocating on healthcare issues that affect nurses and the public.

With your current membership, you can get involved with NSNA and NJNS by attending their multiple nursing student events. Nursing students can enhance their nursing education, professional development, and networking opportunities by becoming involved in these pre-professional organizations. For more information about state convention, visit njnsinc.org.

Best of luck with the rest of your nursing education! I hope to meet you at convention! You may reach me at president@njnsinc.org if you have any questions.



Naykis Arias
Mercer County Community College
First Vice President

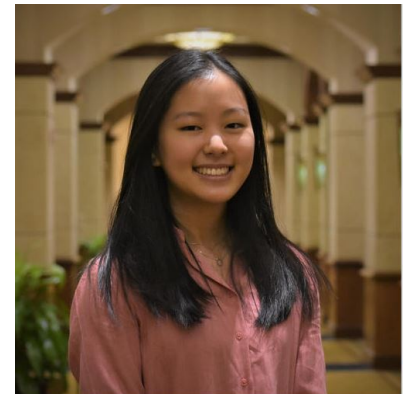
Exhibitors

Naykis Arias
As First Vice-President, some of my responsibilities include increasing awareness of the importance of student nurses' participation in our state and national organizations and how engagement translates to better nursing practices, I am also the person in charge of organizing the exhibit hall for the NJNS 68th annual convention "*Power of the past, force of the future: Through a diverse lens*" happening this upcoming February 27th and 28th 2020.

The NJNS annual convention is one of the largest states' nursing student conferences in the country, with more than eleven hundred nursing students and faculty attending our 2019 convention, and dozens of breakthrough sessions

and exhibitors. Our 2020 convention will be no different; the exhibit hall will be open to all registered attendees on Thursday, February 27th, from 8:00 AM to 5:00 PM, featuring several universities, hospitals, professional organizations and, corporations looking to attract the future leaders of nursing.

Join us at the exhibit hall to catch up with friends and fellow student nurses; after all, there is no better place to socialize, explore career options, internship opportunities, and networking than our exhibit hall. Visit our website for more information at njnsinc.org.



Christine He
Rutgers University School of Nursing
Secretary

Speakers at the Council of School Participants (COSP)

On Saturday, October 12th, New Jersey Nursing Students, Inc. (NJNS) hosted our annual Council of School Participants (COSP) conference. We invited three speakers to present insightful information on current healthcare topics. The theme of this year's COSP was Diversity: The New Face of the Nursing Profession.

NJNS wants to emphasize diversity, an issue that is very current in healthcare and is needed to care for our present population.

The board members had worked tirelessly to bring you yet another engaging conference. Choosing the speakers was a group effort. The speakers represent different communities in nursing: Men in Nursing, LGBTQ+ in Nursing, and Diversity and Inclusion in Nursing. The speakers presented their experiences on their journey through their professional lives. Daniel Misa, who represents men in nursing, offered a perspective of a group that is the minority in a female-dominated profession. His presentation gave insight on some of the challenges and stereotypes of a male nurse. Courtland Kurtas, a recent graduate of the Rutgers School of Nursing- New Brunswick, provided education on how to identify LGBTQ+ patients' needs to provide quality patient care. Their presentation was very informative on a subject not well discussed in nursing school. Kristina DeJesus-Barquin, our final presenter, is a nurse who continues to practice at the bed-side despite the tragedy of losing one of her arms in a boating accident. Many students, including myself, shed tears during her presentation. Her perseverance has inspired many students and fellow nurses. Our speakers have encouraged everyone to embrace diversity and keep advancing through challenges as a student or nurse.

Through this conference, NJNS hoped to send the message that the nursing profession is not confined to a single image; all of us together, with our unique selves, unite to makeup the face of nursing.

COSP is just a glimpse of what's yet to come; our annual convention on February 27 and 28, 2020 will have many more speakers that will continue to inspire students. If you like what you have experienced in COSP, you are going to love this convention even more! For more information about the convention, visit our website: njnsinc.org or email me at secretary@njnsinc.org.



Glorianna Desrosiers
Essex County Community
College
Treasurer

Scholarship: Students' Stress Reliever

New Jersey Nursing Students, Inc. (NJNS) is a pre-professional organization that helps students in their transition from nursing student to professional nurse. NJNS knows that one of the best ways to ensure a students' success is by relieving the constant stress caused by the high cost of a college education. NJNS can help! We offer scholarships that are awarded during our annual convention.

To everyone who attended the Council of School Participants (COSP) conference, thank you for supporting the event. Due to your

support, the 50/50 raffle recipient, a Rutgers School of Nursing student, won a \$300 award. COSP is an annual one-day nursing conference that is held every second Saturday of October. Mark your calendars and make sure that your NSNA membership is up to date because next year, you can be the winner!

NJNS's next and largest event is our annual convention, and NJNS members will have another opportunity to win a scholarship. The theme for this year's convention is "Power of the Past, Force of the Future: Through a Diverse Lens," and it will be held in Atlantic City from February 27 and 28, 2020. The scholarship winners will be announced during the opening ceremony on February 27. Need a scholarship?? Visit the NJNS website at njnsinc.org and apply!

Only NJNS/NSNA members are eligible to apply for the convention scholarships. Not a member? Visit nsnamembership.org to become a member or to renew your membership before it expires. The scholarship application requires an essay, two letters of recommendation, a copy of your transcript, and a resume. NSNA members are highly encouraged to apply because multiple scholarships are awarded. Taking the time to complete and submit the scholarship application may help pay for next semester's tuition!

Save the date for NJNS annual convention on February 27-28 and remember to apply for the NJNS convention scholarships. We look forward to meeting you at our 68th annual convention in Atlantic City and, hopefully, awarding you the scholarship! Good luck! If you have any questions or concerns,

please contact me at
treasurer@njnsinc.org.



Suraya Momtaz
Rutgers University School of
Nursing
Pulsebeat Editor/Public
Relations Director

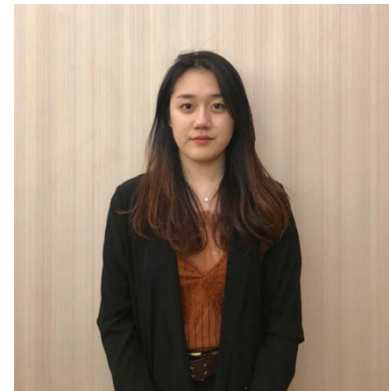
An Unforgettable COSP!

This year's Council of School Participants was a huge success! COSP is a great platform for nursing students to learn how they can provide individualized care for their patients. Our speakers elaborated on the following topics: men in nursing, care for the LGBTQ community, and diversity and inclusion in nursing populations based on their experiences in healthcare settings. Thank you to the excellent speakers, New Jersey League of Nursing (NJLN) and New Jersey State Nurses Association (NJSNA) for their involvement, Thomas Edison State University for sponsoring a location, and our attendees!

My responsibility as the Pulsebeat Editor/Public Relations Director is to continuously promote our events. I used social media sites such as Facebook and Instagram to

my advantage. I held weekly countdowns on Instagram to remind everyone how many days were left until COSP. I also uploaded the program book on our social media accounts and continued to update our members about any event details. Through these social media updates, my board members and I were very happy to see many students from different nursing schools taking interest in NJNS and following us on these social media accounts.

On the day of COSP, videos and pictures of the speakers, the gift basket raffles, and the networking sessions were uploaded on our social media accounts. During the networking break, it was great to see students engaging in conversations with each other about their involvement in professional organizations. By posting these updates on COSP, I wanted to provide a sneak peek of our upcoming state convention. Our annual state convention will be held on February 27-28th, 2020 at Bally's in Atlantic City, NJ. I will be updating our website njnsinc.org and our social media accounts as the event date nears. Follow us @njnsinc on Instagram and @NJNSInc on Facebook. I hope to see everyone at the annual convention!



Yeonjin Arlene Cho
Rutgers University School of
Nursing
Membership/Nominations
Director

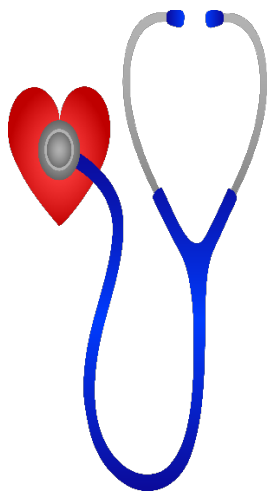
Hello Everyone,

Thanks to everyone who attended the mid-year conference, Council of School Participants (COSP): *Diversity: The New Face of the Nursing Profession*. It was a very successful event, and many students gained new insights about diversity in nursing. For the nursing students who missed COSP, students will have another opportunity to learn more about the nursing profession, network, and meet prospective employers at NJNS 68th Annual Conference in Atlantic City, NJ. The two-day convention will be held on February 27th to 28th 2020. This year's annual conference will highlight the *Power of the Past, Force of the Future: through a Diverse Lens*. We will continue to explore diversity in nursing and learn more about the nursing profession outside of school. In there, numerous focused sessions and a variety of vendors from hospitals, nursing education, and agencies in the exhibition hall for everyone to attend.

With that said, as a membership and nomination director, I would like to inform everyone that NJNS

offers a monitor position for the nursing students. This volunteer position provides students with a chance to assist a state-level pre-professional organization convention. Monitors will receive specific assignments and will assist in keeping the convention organized and functional for the audiences and guests. Most importantly, monitors will receive free registration and accommodation at the convention. I highly encourage everyone to apply for this great opportunity. We will be accepting applications very soon. Anyone interested should visit our website for more information at njnsinc.org or email me directly at membership@njns.org.

I look forward to meeting everyone at the convention!



Christina Lee
Rutgers University School of
Nursing
Population and Global Health
Director

New Jersey Faces Worst Measles Hit in Decades

Measles vaccines have risen over the past year, totaling to approximately 1,250 reported cases from January 1st through October 3rd, 2019 from the Centers for Disease Control and Prevention (CDC). This is the highest reported number since measles was declared eliminated in the United States since 2000. Epidemiologists found transmission of this deadly virus in New York State, Washington, California, and New Jersey.

Measles is a highly contagious disease, which can cause not just skin rashes and a high fever, but also pneumonia, seizures, and death. The CDC reports, “one out of every 1,000 measles cases will develop acute encephalitis” and “one to three out of every 1,000 children who become infected...will die from respiratory and neurologic complications.”

All 50 U.S. States require that children have to be vaccinated in order to attend public school; New Jersey is one of the 47 states that allow exemptions based on religious or philosophical beliefs. A

Drexel study published by the American Public Health Association revealed that New Jersey (and New York) had the most anti-immunization bills proposed in their state legislatures from 2011-2017, totaling to 29 bills followed by New Jersey (28), West Virginia (15) and Mississippi (12). However, the problem is much more than policy. We are seeing a reform and establishment of misappropriation of human rights relating to vaccinations. While American privilege, opportunity, and freedom of personal choice are all essential virtues, we’ve lost the focus which is to protect our children and to protect our community.

Areas including Ocean County are the major anti-vaccine hotspots due to the nonmedical vaccine exemptions unrelated to religion. Vaccination coverage has dropped thus weakened entire population “community immunity.” Public health experts recommend 93%-95% of population vaccination in order to achieve this level of immunity and ensure adequate coverage.

The anti-vaccination movement against measles was ignited when English physician, Andrew Wakefield, published a paper in 1998 suggesting the unsafe administration of the measles vaccine and its link to autism. Many research studies have been conducted to assess the safety of the MMR vaccine. A met-analysis by Taylor, Swerdfeger, and Eslick (2014) found no link between the vaccine and autism.

Although the Wakefield’s paper has since been retracted from the *Lancet* journal, the damage was already done. The media has

already seized the story and caused a rampage of public fear and confusion over the safety of the vaccine.

The good news? These vaccines are highly protective; only two doses are required for long-lasting protection (NHS, 2018). It is up to us as aspiring nurses, current healthcare providers, and health advocates to help reframe the narrative. We should aim for 100 percent vaccination coverage over the broad range of demographics, especially those children born from immigrant families. More studies are needed to determine the impact of outreach programs for immigrants.

Local health departments are working diligently to promote prevention strategies and initiate outreach programs into these communities in hopes of stopping the outbreak for good. In addition to local level initiatives, Population and Global Health Sector of the New Jersey Nursing Students, Inc. (NJNS) for the 2019-2020 term is taking lead in helping increase vaccination rates in the state of New Jersey.



Anti-vaccine demonstrators outside the Centers for Disease Control and Prevention in Atlanta in June. Credit: Audra Melton for The New York Times

Additional Note:

The *Fight against Measles Project* will be featured at NJNS 68th

Annual Convention in Atlantic City. To find out more about our Community Health initiatives and Convention registration, please visit our website njnsinc.org or email me at cl1079@sn.rutgers.edu



Cherita Morgan
Eastern International College
Health Policy and Advocacy
Director

Represent Your School as a Delegate at Convention!

There is more to nursing school than just taking exams. New Jersey Nursing Students Inc. (NJNS) provides an opportunity for New Jersey nursing students to get involved. Let me share with you one way you can do so.

Every year NJNS holds our annual convention, where students have the opportunity to network with other nursing students, current nurses, hospital recruiters and colleges for continuing education. Our 2020 convention will be held on February 27th and 28th at Bally's, Atlantic City. There will be speakers presenting on different topics in nursing to

include our theme: ***Power of the Past, Force of the Future: Through a Diverse Lens.***

In addition, at the convention you are also invited to register as a delegate. This will give you the opportunity to participate in the House of Delegates where the business of the organization takes place. There you will review NJNS policies, share opinions on changes to the bylaws, as well as vote on the NJNS resolution proposal that will be presented at the national convention. You will also have the opportunity to nominate and vote for the new board positions.

If you are interested in being a candidate, you are welcomed and encouraged to run for a board position. As a board member you will represent your school at a state level. Support New Jersey nursing students by working along with the other board members to increase the awareness of nursing students on relevant issues in health care, plan Council of Student Participants (COSP), and the annual convention. If you are ready to increase your involvement being a delegate at the NJNS convention is a great place to start. This is your chance to make a difference! Register to be a delegate online at NJNSINC.org.

I look forward to seeing you all at convention. For the time being, if you have questions, concerns, or comments, please contact me at healthpolicyandadvocacydirector@njnsinc.org



Justinna Dixon
Rutgers University School of
Nursing
Resolutions Director

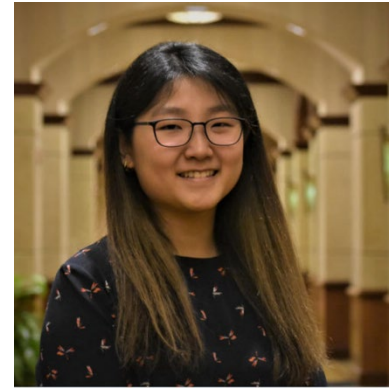
Diversity through a Futuristic Lens

The theme of 2020 New Jersey Nursing Student Inc. (NJNS) convention is “Power of the Past, Force of the Future: Through a Diverse Lens”. As the resolutions director, I chose a topic that looks at diversity through a futuristic lens. For my resolution, I decided to address the physical health of those with severe mental illness and the influence healthcare professionals have on the outcomes of these patients. A severe mental illness significantly impacts one’s ability to perform everyday life activities. Disorders such as severe bipolar disorder or schizophrenia are classified as severe mental illness. This topic is related our convention theme of diversity. Diversity is a term used when talking about race, culture and gender. Diversity can also be related to cognition and abilities.

For my resolution, I decided to talk about the role healthcare professionals have in the physical wellbeing of those with serious mental illness. I chose this topic because I recently discovered a study that stated those with severe mental illness die on average 10-20 years earlier than the general

population (Liu et al.,2017). This made me think, what role do nurses and other healthcare professionals play in this huge health disparity? My next question was, is there mental health stigma among healthcare professionals? I discovered a practice that is detrimental to not only those with severe mental illness, but to those who suffer from any type of mental illness. The practice of diagnostic overshadowing is when a nurse, physician or any healthcare provider who is assessing the patient misattributes the patient’s display of physical symptoms to be a result of their mental illness. For example, a physician may attribute a rapid heart rate to anxiety rather than a cardiac issue. This can lead to a delay in diagnosis and treatment for those who actually suffer from a physical ailment. When a healthcare professional diagnostically overshadows a patient’s true condition, this often leads to a decline in quality of care for patients and poor patient outcomes.

The health disparities that people with severe mental illness face are a result of complex factors and these factors are at the individual, community and health system levels. I want to increase nurses’ awareness of this problem so they can care for and advocate for their patients. Through education and the use of evidence-based practice, nurses can make a difference in the mortality rate of those with severe mental illness.



Jessica Song
Rutgers University School of
Nursing
Breakthrough to Nursing
Director

This year, the Council of School Participants (COSP) was held in Thomas Edison University with the theme of Diversity: The New Face of the Nursing Profession. The speakers touched on essential topics in healthcare from men in nursing, LGBTQ+, to diversity and inclusion. All of these topics relate back to the theme of diversity and it is crucial to see this in the healthcare setting.

As future nurses and healthcare leaders, we need to reflect on patient population and their needs. Nurses should have better understanding of different cultures and backgrounds to help patients maximize their health while showing, compassion and empathy. It is our responsibility to understand the patients in their holistic care besides the illness that they are battling with.

To help increase awareness of diversity and inclusion in the healthcare setting, we can start increasing awareness to the younger generation in the community. We can achieve this by promoting the nursing profession during “career day” in elementary to high schools. Simple topics such as hand hygiene can spark an

interest and lead into the conversation of nursing. It is essential to start teaching about diversity and inclusion in the upcoming generation to see a change in the nursing workforce. Diversity and inclusion are important to help remove negative stereotypes and biases, while respecting and learning the other person's culture. This overall provides a welcoming work environment that allows everyone to thrive and collaborate together to provide the best quality of care. The COSP is only the sneak peak of our annual convention. Feel free to email me with any questions at btn@njnsinc.org.



Dharti Patel
Rutgers University School of Nursing
Fundraising Director

COSP
 This October, I am honored to join my fellow board members at the 2019 Council of School Participants (COSP). Our speakers truly highlighted the growing diversity in healthcare. As I heard our guests elaborate upon their professional and personal experiences, I learned how I can overcome adversities to become a

compassionate nurse and care for my patients.

COSP was our official start to this year's fundraising efforts and we hope to keep the momentum high for our annual convention! At COSP, several attendees took part in the gift basket raffles that were sponsored by our board members. Our attendees' participation allowed us to generate funds for the 50/50 scholarship. I want to congratulate all our raffle basket winners and the recipient of the 50/50 raffle scholarship!

At NJNS convention, you will see much more exciting and grander gift baskets. Our local organizations and well-known companies will be supporting NJNS convention by providing gifts to be raffled at the convention. Students, faculties, and other guests can support us by visiting the exhibit hall to purchase raffle basket tickets.

I highly urge that all nursing students attend our annual convention on February 27-28th in Atlantic City, NJ. It will be a great opportunity for everyone, especially students to network and learn about different areas of nursing.

You can email me at fundraising@njnsinc.org with any questions or if you wish to donate.

I hope to see you there!

Visit us at njnsinc.org

Like us at facebook.com/njnsinc

Follow us on Instagram @NJNSInc

Network with the BEST at NJNS!



***Power of the Past, Force of the Future:
Through a Diverse Lens***

68th Annual Convention – Thursday and Friday, February 27 – February 28, 2020
Bally's Atlantic City • 1900 Pacific Ave • Atlantic City • NJ • 08401

Student Convention Registration Form

DEADLINE for Advance Registration: Friday, February 7, 2020

Only one person may register per form. NSNA members or sustaining members must provide membership number with registration at the convention.

Lunch will be included on Thursday for pre-registrants ONLY!

Any registration received without payment will NOT be processed. NO REFUNDS, NO EXCEPTIONS.

Advance registration is due on or before February 7, 2020. Please mail this completed form and payment to the address below or register online at www.njnsinc.org/convention-2020

	<u>NSNA Members</u>	<u>Non-NSNA Members</u>
Thursday only (Focus Sessions and Exhibit Hall)	<input type="checkbox"/> \$75.00	<input type="checkbox"/> \$90.00
First Night Party- Only \$15.00 additional	<input type="checkbox"/> \$15.00	<input type="checkbox"/> \$15.00
<i>Come attend the First Night Party on Thursday night! Includes dinner, music, and photo booth</i>		
Thursday and Friday		
NCLEX Test Taking Strategies	<input type="checkbox"/> \$10.00	<input type="checkbox"/> \$10.00
<i>OR</i>		
I Can with Narcan		
Narcan Education: An Interactive Session on Narcan Administration	<input type="checkbox"/> Free	<input type="checkbox"/> Free

Total Enclosed: \$ _____

Please check: () NSNA Member () Sustaining Member NSNA Membership #: _____

Please type or print legibly:

First Name _____ Last Name _____ Telephone # (____) _____

Address _____ Apt # _____ City _____ State _____ Zip _____

E-mail address _____ School Name _____ Campus _____

Method of Payment: Check, made payable to New Jersey Nursing Students, Inc. Money Order VISA Master Card
(NJNS assesses a \$35.00 administrative charge for all returned checks.)

Name as it appears on credit card _____

Credit Card # _____ Exp. Date _____ Total _____

Authorized Credit Card Signature _____

Onsite Registration (if registering after February 7, 2020, bring this completed form and payment with you to convention.

Not eligible to attend First Night Party. Lunch is NOT included. NCLEX review session subject to availability.

	<u>NSNA Members and Sustaining Members</u>	<u>Non-NSNA Member Students and Visitors</u>
Thursday ONLY (Focus Sessions & Exhibit Hall)	<input type="checkbox"/> \$110.00	<input type="checkbox"/> \$125.00
Thursday and Friday + NCLEX Test Taking Strategies (Only \$10.00 Extra)	<input type="checkbox"/> \$120.00	<input type="checkbox"/> \$135.00
<i>Or</i>		
I Can with Narcan: An Interactive Session on Administering Narcan	<input type="checkbox"/> Free	<input type="checkbox"/> Free

Mail completed form to: Regina Adams, MSN, RN, CNOR · NJNS · 1479 Pennington Road · Trenton · NJ · 08618

If you have any other questions, please contact Regina Adams, MSN, RN, CNOR via email at staff@njnsinc.org.

Hotel Accommodations

Hotel room reservations are the sole responsibility of the attendee. The NJNS, Inc. room rate is \$59 or \$69 plus tax. To reserve a room, call Bally's directly at (609) 340-2000 and identify yourself with New Jersey Nursing Students, Inc. Convention to receive the discounted rate. Use discount code **SB02NU0**. Room rate is guaranteed through February 1, 2020. The hotel will request a deposit equivalent to the first night's rate plus taxes per room. **Check-in is any time after 4 PM on Wednesday, February 26th**. Early check in fees will be the responsibility of room occupants. Check with your dean/director/nursing school regarding financial assistance.

Photography Release Waiver: By registering and attending the NJNS convention, I hereby give my permission for my name, photograph, or likeness to be used by NJNS and/or NSNA within any media in which it appears without NJNS and/or NSNA incurring any debts or liabilities of any kind.

Under the Age of 21 Policy: Persons under the age of 21 will be prohibited from the casino floor at Bally's Atlantic City while attending the convention.

DRESS CODE & CODE OF CONDUCT

The 2005-2006 NSNA Board of Directors developed a Code of Conduct for NSNA Meetings. Item five under Meeting Etiquette states that "Professional business attire or business casual attire is acceptable style of dress for professional meetings." The following suggestions are provided as guidelines for professional business and business casual attire.

Professional Business Attire:

Suit or jacket and pants or skirt	Suit or jacket and slacks
Skirt length - knee length or below	Shirt - traditional shirt with collar
Tailored dress; Blouse	Tie or bow tie
Shoes - comfortable low-heel (no more than 2" high), loafers or boots	Socks
Simple Jewelry	Dress Shoes

Business Casual Attire:

Business Casual	Not considered Business Casual
Shirt with collar or polo style	T-Shirts and jeans
Slacks	Shorts or mini skirts
Chinos or Dockers – pressed	Bare midriffs or low-cut garments (back or front)
Skirts	Flip flops, sneakers, or sandals
Blazer or sweater	Athletic wear or leggings
Loafers or lace-up shoes	

Accessories can add a special touch of color, texture, and pattern to your outfit and are considered a complementary part of both business professional and business casual attire. Also, if you wear fragrance, keeping it light and minimal is recommended in a professional setting to be considerate of others you meet with that may be sensitive to chemicals.

Remember to shake hands, smile, and introduce yourself to new friends and old acquaintances. Exchange business cards (use caution when giving out personal information such as home address, phone number, and e-mail address) and keep a file of contacts for future networking.

At the end of the convention, you'll be ready to schedule the many interviews you'll want to make with exhibitors; accept speaking engagements at state and school chapters; and attend meetings of professional nursing organizations. You've made a lasting first impression on your peers and the many business and nursing professionals you have met. You are on your way to a very successful nursing career!

References:

Dress to Impress: Secrets of Proper Attire, The Career Center, Florida State University
Business Casual Attire, Career Services, Virginia Tech



Power of the Past, Force of the Future: Through a Diverse Lens

68th Annual Convention • February 27 – February 28, 2020
Bally's Atlantic City • 1900 Pacific Ave • Atlantic City • NJ • 08401

DELEGATE APPLICATION

DUE BY February 7, 2020

Delegates **MUST** be current NSNA members and maintain good academic standing. Delegates may **NOT** serve as monitors. **ALL delegates will receive FREE registration.** Delegates must attend **ALL** delegate meetings and participate in voting. Delegate registration will start at 7:00pm on Wednesday, February 26, 2020. Delegates are also required to remain at the convention from 7:00 pm Wednesday, February 26th through 2:00 pm Friday, February 28th. Hotel room reservations are the sole responsibility of the attendee.

The NJNS, Inc. room rate is \$59 or \$69 plus tax. To reserve a room, call Bally's directly at (609) 340-2000 and identify yourself with New Jersey Nursing Students, Inc. Convention to receive the discounted rate. Use discount code **SB02NUO**. Room rate is guaranteed through February 1, 2020. The hotel will request a deposit equivalent to the first night's rate plus taxes per room. **Check-in is any time after 4 PM on Wednesday, February 26th.** Early check in fees will be the responsibility of room occupants. Check with your dean/director/nursing school regarding financial assistance.

Delegates' responsibilities:

- Represent your school of nursing during **ALL** House of Delegates meetings
- Vote on business issues, bylaws, and the resolution, if applicable.

Delegate representation for your school is based on NSNA membership as of January 28, 2020.

If you have a question regarding your school membership, please contact us for clarification.

# NSNA Members	# Delegates	# NSNA Members	# Delegates	# NSNA Members	# Delegates
1-25	1	101-125	5	201-225	9
26-50	2	126-150	6	226-250	10
51-75	3	151-175	7	251-275	11
76-100	4	176-200	8	276-300	12

For more information, visit www.njnsinc.org/convention-2020 and email/mail this completed application to the address below. APPLICATION MUST BE COMPLETE OR IT WILL NOT BE PROCESSED

- 1) **Email completed application to ORGANIZATIONAL MANAGER:** Regina Adams, MSN, RN, CNOR at staff@njnsinc.org
OR
- 2) **Mail completed application to ADDRESS:** New Jersey Nursing Students, Inc. 1479 Pennington Road, Trenton, NJ 08618

UNDERAGE POLICY: Persons under the age of 21 will be prohibited from the casino floor at Bally's while attending the convention.

PHOTOGRAPHY RELEASE WAIVER: By registering and attending the NJNS convention, I hereby give my permission for my name, photograph, or likeness to be used by NJNS and/or NSNA within any media in which it appears without NJNS and/or NSNA incurring any debts or liabilities of any kind.

PRINT/TYPE:

First Name: _____ Last Name: _____ NSNA# (REQUIRED): _____

Address: _____

Phone Number: _____ Email: _____ School of Nursing: _____

This to certify that (Student's name) _____ is in good academic standing.

Dean/Director signature: _____

Are you planning to attend the NCLEX Test Taking Strategies on Friday for \$10?* Yes No

Are you planning to attend I Can with Narcan, Interactive Session on Narcan Administration on Friday for Free?* Yes No

***NCLEX review and Narcan training sessions will both start at 9:30AM on Friday, February 28th.

Are you planning to attend the First Night Party on Thursday night (includes dinner, music, photo booth) for \$15? Yes No

Total Enclosed: \$ _____

Payment Options: 1) Mail check to the address above OR 2) Venmo Regina Adams @NJNS_inc

If you have any questions, please contact Regina Adams at staff@njnsinc.org



Power of the Past, Force of the Future: Through a Diverse Lens

68th Annual Convention • February 27 and 28, 2020

Bally's Atlantic City • 1900 Pacific Ave • Atlantic City • NJ • 08401

MONITOR APPLICATION

DUE BY February 5, 2020

Monitors **MUST** be current NSNA members and maintain good academic standing. Monitors may **NOT** serve as delegates. **ALL** monitors will receive **FREE** convention registration and **FREE** hotel stay during the convention and will share rooms with 2-4 people. Monitors are required to remain at the convention from 7:00 pm Wednesday, February 26th through 2:00 pm Friday, February 28th or conclusion of convention. Total volunteer hours must be 4-6 hours during the convention. **Monitor registration starts at 7pm on Wednesday, February 26th. Hotel check-in is any time after 4pm** and early check-in fees will be the responsibility of room occupants. Monitors will be responsible for registration/room fees if duties are not fulfilled and Dean/Director will be notified.

Along with this application, submit a one-page essay detailing your qualifications including why you should be chosen as a monitor. Note submission of an application and essay does not guarantee selection as a monitor. Applicants will be notified of the board's selection by February 9, 2020.

Monitors' responsibilities will include:

- Assisting convention registration, fundraising booths, and doors during speaker sessions
- Other duties as assigned at the discretion of the NJNS Board Members.

Are you interested in being a Head Monitor? Please attach a reference letter from Dean/Director/Faculty. Yes No

Head Monitor duties: Directing other monitors, assisting at the registration desk, and assisting fellow monitors with speaker sessions.

For more information, visit www.njnsinc.org/convention-2020 and email/mail this completed application to the address below. APPLICATION MUST BE COMPLETE OR IT WILL NOT BE PROCESSED.

- 1) **Email completed application to Organizational Manager: Regina Adams, MSN, RN, CNOR at staff@njnsinc.org**
OR
- 2) **Mail completed application to: New Jersey Nursing Students, Inc. 1479 Pennington Road, Trenton, NJ 08618**

UNDERAGE POLICY: Persons under the age of 21 will be prohibited from the casino floor at Bally's Atlantic City while attending the convention.

PHOTOGRAPHY RELEASE WAIVER: By registering and attending the NJNS convention, I hereby give my permission for my name, photograph, or likeness to be used by NJNS and/or NSNA within any media in which it appears without NJNS and/or NSNA incurring any debts or liabilities.

ROOM POLICY: Rooms are assigned on a first come, first serve basis. Although we will make every effort to assign monitors from the same school together, NJNS makes **NO** guarantees. Final room assignments are at the sole discretion of the NJNS Board Members.

TYPE OR PRINT CLEARLY:

Name: _____ For room assignment purposes, please check one: Male Female

Please indicate first and last name of requested roommate(s): _____

Address: _____ NSNA Membership # (REQUIRED) _____

Phone Number: _____ Email: _____ School of Nursing _____

This is to certify that (Student's name) _____ is in good academic standing.

Dean/Director signature: _____

Are you planning to attend the NCLEX Test Taking Strategies on Friday for \$10?* Yes No

Are you planning to attend I Can with Narcan, Interactive Session on Narcan Administration on Friday for Free?* Yes No

***NCLEX review and Narcan training sessions will both start at 9:30AM on Friday, February 28th.

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If you have any questions, please contact Regina Adams at staff@njnsinc.org.