

VOLUME 1, ISSUE 5

# The KANS Connection

## Back to School 2013

KANSAS ASSOCIATION OF NURSING STUDENTS

## And the Award Goes To...

By Kristan Chester

As you all know, the 2013 KANS state convention is scheduled for October 24<sup>th</sup> and 25<sup>th</sup> in Wichita, Kansas. While I'm hoping that all of you are planning on attending, I realize that some people may be evaluating the costs versus the benefits. If you're having doubts, I have some news that is likely to convince you to be there! As some of you may be aware, KANS presents four awards to participating schools at the convention each year. As if the fancy award certificate and school recognition isn't enticing enough, winners will also receive a check in the amount of \$50! With four separate categories available, KANS has \$200 up for grabs!

The first category focuses on the subject of community health and the things we can all do as healthcare professionals to have a positive impact on the health of our community. Some examples of service projects that can be submitted for this award include community education about illness prevention or the early detection of disease through simple programs such as blood pressure screenings. Schools can also apply for the breakthrough to nursing award, which recognizes schools that find creative ways to encourage recruitment and retention of students in nursing schools. Schools may choose to recruit a certain gender, age

group, or even a specific ethnic group. This can be carried out in a variety of ways, such as through mentorship programs or even by promoting the need for trans-cultural awareness in nursing schools and throughout the community.

Personally, I feel like our image of nursing category is the award that allows the most room for creativity. The purpose of this category is to reward schools that help to enhance and promote a positive image of nursing by contributing to public or community events. For example, Pittsburg State University nursing students participate in a "Yell Like Hell" community event each year that consists of a choreographed dance routine that promotes a positive nursing image. Another example of an application for this category would be nursing students who participate in the "Polar Plunge." The last award category could quite possibly be the best simply because you don't even have to fill out an application to be eligible to win! This is the "School Excellence Award" which is open to all schools. Each school is awarded points based on the number of award applications submitted, the most members pre-registered for convention, and the highest percentage of potential constituents. The school that receives the highest total

number of points in these categories will receive the award and the \$50.

Award applications can be found in the KANS guidebook, which was mailed to school advisors earlier this year. If your advisor doesn't have a copy of the guidebook, simply email me at [kristanchester@gus.pittstate.edu](mailto:kristanchester@gus.pittstate.edu) and I'll send you an electronic copy right away. The awards section of the guidebook begins on page 29, which includes the application for awards and the judging criteria. Please don't pass up this opportunity to earn both recognition and free money for your school! If you have any questions at all, please don't hesitate to contact me. I can't wait to see you all in October!



Kristin Chester, KANS Membership Chair

## Penny Wars at Kansas State Convention 2013

By Jordan Argo, KANS NEC Chair

### What is a penny war?

A penny war is a fun, yet competitive event to raise money. Because of its friendly competitive nature, this event will have organizations and even people talking about it for weeks, if not longer. The exciting part of this activity is that the "losers" are the big winners in this type of competition so everyone walks away feeling victorious.

### How does a penny war work?

Each nursing organization will be supplied with a jug, which has a goal of being filled with pennies. Pennies count towards points EARNED, while silver coins and paper money (including checks) count as points DEDUCTED from the nursing organization (example: a quarter would cancel out 25 pennies). So if you see a jug full of pennies, it would probably be a good idea to put silver coins or paper money in that jug!

### When does the penny war start?

Money can be placed in the jugs the first morning of state convention (Thursday, October 24th, 2013) and the penny war will stop the afternoon of the last day of state



convention (Friday, October 25th). Times of closing will be posted at the site of the penny war.

### Is there a winner of the penny war?

Well, of course there is a winner! The nursing organization with the most points earned will take home all of the money collected from each jug of the penny war.

Any questions can be answered by contacting any of the KANS Board of Directors. Contact information is listed on our website at [www.kansanursingstudents.org](http://www.kansanursingstudents.org).

### BOOK IT NOW!!!!

The KANS annual state convention is being held at the Holiday Inn in Wichita, KS on October 24<sup>th</sup> & 25<sup>th</sup>. Reserve your hotel room ahead of time for only \$89 a night. Call 316-686-7131 and tell them you are with KANS. Rooms for this event sellout quickly, so it's best not to wait.



## NSNA Annual Convention

by Markie Townsend

April 2 to the 6, 2013 the KANS board travelled to Charlotte, North Carolina for the annual National Student Nurses Association convention. Here we had amazing speakers, excellent break through focus sessions and

house of delegate meetings. Schools from around the country united to learn about a more HEALTHY you, the theme for this year. The key note speaker, Dr. Courtney Lyder, Dean of the UCLA School of Nursing, who provided the question: Nursing is a profession which is based upon helping others both physically and mentally, how come nurses are some of the unhealthiest individuals? He stated that we need to put ourselves first, do not pick up snakes, and always pack your own bag. Take this as you will but in order to serve others you must be able to be healthy physically, mentally, and emotionally. We educate others to eat those whole grains, fruits and vegetables but do not practice what we preach. A good workout schedule will help us with stress, nurses need to start to walk, run, or bike just like you told that hyperlipidemia patient.

Do not pick up those other nurses who can be pessimistic, eventually their negativity will get the best of you and you

will find yourself spiraling downward. You may even catch yourself being like that person who is belittling others and being that true sod. Finally pack your own bag; it is easier to unpack your stuff, knowing where it should be placed than telling someone where they need to unload their information.

These four days were an amazing adventure, I definitely met amazing people who all share one common goal, and they have a drive and desire to help others and do not want to lose themselves in the process. Going to NSNA National Convention was an amazing experience and if I ever got a second chance I would do it again. I encourage all of you to, get involved at your school chapter. If you are not registered as a NSNA member and your school does not have a contingent contract, contact any of us on the KANS board, we would love to help you out so maybe your future student nurses can partake of this amazing experience. Hope to see you at our State Convention in October.

NSNA ANNUAL CONVENTION



Manning the Booth

Pictured from left: Miranda Wayman, KANS Breakthrough to Nursing Chair, Cylas Brooks, KANS VP of Parliamentary, and Jordan Argo, KANS NEC Chair



Christopher Robinson, KANS President with Cylas Brooks, KANS Vice President of Parliamentary



Just Two Editors Hanging Out...

Except the one on the left is Maureen "Shawn" Kennedy, the Editor in Chief of the American Journal of Nursing!! Pictured at the right is Erika Adams, KANS Newsletter Editor/Historian.



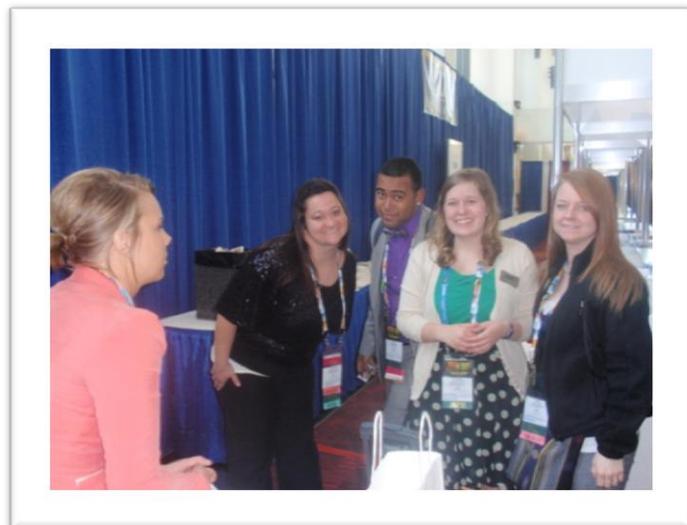
Pictured top left to right bottom: Miranda Wayman, Jordan Argo, Erika Adams, Markie Townsend, and Madeline Baumgartner

Pictured below, left to right: Jordan Argo, Samantha Grother, Cylas Brooks, Miranda Wayman, and Kayla Baker



Taking It All In

Miranda Wayman, KANS Breakthrough to Nursing Chair at the NSNA Opening Ceremony.



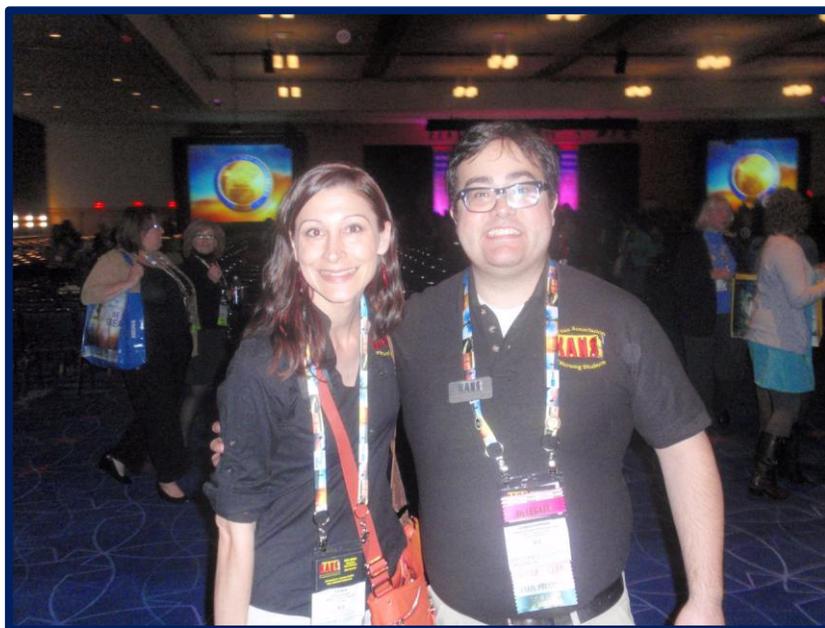
# The KANS Connection

Hello Kansas nursing students,

I hope that you have enjoyed reading through the “Back to School” issue of The KANS Connection. The next issue of The KANS Connection will provide you with more information about this year’s Kansas Association of Nursing Students’ annual state convention, which will be held October 24<sup>th</sup> & 25<sup>th</sup> in Wichita, KS. This convention provides an excellent opportunity to be involved with nursing outside of the classroom and is a great way to network and meet other nursing students and professionals. I was reluctant to attend last year. Like everyone else, I was incredibly busy trying to balance nursing school with my personal life, but with my school’s support, I decided to make the time to attend. While at the conference, I was encouraged by a few of my school’s faculty members to run for an officer position on the KANS board. Serving on this board has enhanced my experience throughout nursing school and opened many doors for my future in nursing. Participating with KANS is well worth the time and effort it takes. I have made lasting friends and built strong relationships with nursing students and professionals. I strongly encourage you all to attend the KANS State Convention on October 24<sup>th</sup> & 25<sup>th</sup>!

Respectfully,

Erika Adams, KANS Newsletter Editor/Historian



**KANS Newsletter Editor, Erika Adams & KANS President, Christopher Robinson, at the NSNA Opening Ceremony to the National Convention in Charlotte, NC.**