



VOLUME 1, ISSUE 6

# The KANS Connection

## State Convention 2013

KANSAS ASSOCIATION OF NURSING STUDENTS

## Running for State Office by Cylas Brooks

At first, the thought of running for a state office can be terrifying. I know this because approximately one year ago I was in that exact position. Like most others, I was nervous and trying to decide if I had what it took to hold a State Board position. The truth is we all did, and so do you! Being a member on the State Board is likely to be different from anything you have ever done before and is a learning process for everyone. With the help of our fantastic KSNA advisor and liaison, along with 2 awesome KANS consultants and great team work from our board, we all were able to learn and figure out how to get our duties fulfilled while balancing our schedule with life and nursing school. We all worked together to have a successful year for KANS and even won several awards at the NSNA Convention in Charlotte, NC.

There are two ways that you can apply to run for a state office position. The first is by submitting an application prior to or at the convention. There will be a focus session, Running for State Office, on day one of the convention. Once you are an approved applicant you will then participate in the Meet the Candidates session. This is where all of the delegates that will be voting get to know the candidates better. Each person

running for an office sits at their own table. The delegates make their way around the room, asking questions to get a better understanding of why the candidates are running for office, what they have to offer, and possible goals for KANS. The second way to run for office is to run from the floor, which requires being nominated by a delegate at that time.

Next, the candidates will have to give a brief speech of why they feel they would be the best candidate for this position. This speech will be given in front of the delegates and not the entire student nurse body. Throughout the convention there will be certain times allowed for candidates to campaign to the delegates. This can be done by having products with catchy phrases with your name, or as simple as talking to delegates to let them know who you are. You do not need to spend large amounts of money to be successful at your campaign. Many of last year's board members did not spend any money while campaigning. A few simple tips to help you with your campaigning: be a go-getter by being outgoing & approachable, smile, and most importantly have fun. Best of luck!



**Cylas Brooks, KANS Vice President  
of Parliamentary**



**Meet the Candidates session at the  
KANS 2012 Conference**



## To Be or Not to Be... An Excellent Nurse

By Brook Kendall, KANS  
Projects Chair

YOU made it! You have already survived one full month in the most intense, yet amazing and stressful academic time of your life, nursing school!

For those of you who are a second or third year nursing student, your journey to becoming a registered nurse is about to end and you will be a nurse before you know it! Don't give up, you are almost done!

For many of you who have just entered a nursing program, you have probably already come to find out that nursing school has taken a complete toll on your life, both academically and socially. Not only are the lectures longer, the assignments confusing, and the clinicals ridiculously early, your instructors have set numerous expectations in which they expect you to fulfill. As a nursing student, you have longer, slower days, piles of homework, bigger projects and harder tests. I know it all sounds treacherous and unbearable, but I promise that you can survive!

As a current registered nurse and new graduate of a BSN program, I have a few tips of advice and encouragement I would like to share with you from my perspective. From prior experience as a student, I can tell you now that there is no possible way to absorb every bit of information you learn throughout nursing school, so don't stress out! What I have learned though, is that the more work you put in both inside and out of the classroom and clinical will only

benefit you in your future profession. That is a promise.

I hear a lot of nursing students say to, "Just make it through nursing school." Although I'm guilty of saying that, I have learned sometimes "Just making it through" will only get you to become a nurse, not help you in becoming an EXCELLENT nurse that will be able to make a difference in patients' lives. I cannot explain how important it is for you to listen attentively during lectures, read material before tests, look up and learn medications and lab values, and NOT procrastinate studying. In order to be a better nurse, it is so vital to volunteer for every opportunity given at clinical, network with other nursing students, and ask questions. Your instructors are there to help you, but in the end, it is YOU who decides how much work you put into nursing school, and thus, how it effects your future profession and patients' lives.

When I was a student, I studied every day, drank coffee by the pitcher, and never slept eight hours a night. But, because I took advantage of every learning opportunity available, I passed the NCLEX the first time and landed the job I wanted before I graduated. One of the most important things I tell students is to remember to not let stress get the best of them! Study a lot! And don't wait to start studying for boards. Start now. Do your best, and remember that every day when you walk into class or clinical, take advantage of the fact that you are being challenged to learn difficult material, analyze situations, and critically think as a nurse. It will help you in your future profession, and it will

definitely help you pass your NCLEX the first time without paying \$400 for a review.

As a current nurse, I just want to express the true challenges that you will be faced with will be within the early days of your career. This is when patients will trust you with their lives, families will confide in you for emotional support, and doctors will test your knowledge. This is the time that you will understand why your instructors pushed you so hard, and most of all, appreciate the long study hours, sleepless nights, numerous coffee breaks, and overall intense work you put in during school.

Good luck to you as you finish school and start your profession! Nursing is a wonderful career, and I hope you are inspired to become the best nurse you can be!

See you in October at State KANS Convention!



**The KANS board would like to congratulate Brook Kendall on graduating nursing school and her new job as a RN in the ICU. We know that she's a fantastic nurse who will touch the lives of many patients. Brook has also put a lot of effort into her position as the KANS Projects Chair. Come visit our KANS booth at the convention to see all the great merchandise we have available thanks to Brook and all of her hard work!**



Hey nursing students! I am so excited you are considering attending our annual state convention in Wichita, Kansas! One of the most exciting things that we are hosting at this convention is a blood drive on Thursday morning. Many of you have probably been to a drive before, either to donate blood or your time to help out. I have volunteered my time at 3 blood drives in the past and have never been disappointed. As nurses we know how important blood is to the human body and how quickly it can be lost. Donating blood is another way we can help ensure the health of our patients.

For those of you who have never had the opportunity to donate blood here is what the process generally looks like:

## KANS Blood Drive

By Lauren Kuefler, KANS Treasurer

First of all come prepared,

- ✓ Have a light meal and plenty to drink.
- ✓ Bring your donor card, driver's license or two other forms of identification.
- ✓ Bring the names of medications you are taking.

Next you'll go through these steps,

**Step 1:** Registration- The staff and volunteers will sign you in and go over basic eligibility and donation information. You will read information about donating blood, and will be asked to show a donor card, driver's license, or other form(s) of ID.

**Step 2:** Mini-Physical- You will answer some questions during a private and confidential interview about your health history and places you have traveled. They will check your temperature, pulse, blood pressure and hemoglobin level present in a sample of blood.

**Step 3:** The Donation- The actual donation takes about

8-10 minutes, during which you will be seated comfortably. The process is safe and sterile. Red Cross staff and volunteers will be available if you have any questions.

**Step 4:** Refreshment- After donating, you should have a snack and something to drink in the refreshments area. You can leave the site after 10-15 minutes and continue with your normal daily activities. Enjoy the feeling of accomplishment knowing that you have helped save lives!

For those of you who are old pros and have donated before, WAY TO GO! Keep setting a great example and encourage your friends and classmates to donate.

And no excuses, the need for donations spreads throughout all races and ages and gender. So let's all "Nurse it up!" and donate together.

There are a limited amount of appointments available, so make sure to check out our online scheduling at [redcrossblood.org](http://redcrossblood.org) and use the access code Kansas KANS to secure an appointment.

HEADING 4



KANS President, Christopher Robinson with KSNA Advisor, Dr. Linda Adams-Wendling & KANS Vice President of Parliamentary, Cylas Brooks at the NSNA Convention.



## Saying Goodbye to the Old Board!



KANS Newsletter Editor/Historian, Erika Adams with Kris Baker, KANS Vice President of Convention



Above: The KANS board at the November 2012 meeting. Below: The KANS Board at KSNA's Annual Day at the Legislature.

As the 2012-2013 term comes to an end, the Kansas Association of Nursing Students' Executive Board of Directors would like to thank you for allowing us the privilege of representing KANS. It has been an honor for us to serve on this board. We would like to encourage any student attending the convention that is interested in running for state office to go to the Running for a State Office focus session on the first day. Please see our KANS Website & KANS facebook page for up to date information on this year's convention.



KANSAS ASSOCIATION OF NURSING STUDENTS

Visit our KANS webpage at  
[www.kansasnursingstudents.org](http://www.kansasnursingstudents.org)  
 Or visit us on facebook at  
[www.facebook.com/TheKansConnection](http://www.facebook.com/TheKansConnection)

*A Special Thanks to the 2012-2013  
Kansas Association of Nursing Students  
Executive Board of Directors*

*President:* Christopher Robinson

*Vice President of Parliamentary:* Cylas Brooks

*Vice President of Convention:* Kristin Baker

*Treasurer:* Lauren Kuefler

*Secretary:* Markie Townsend

*Nominations and Elections Chair:* Jordan Argo

*Legislative Chair:* Madeline Baumgartner

*Membership Chair:* Kristan Chester

*Breakthrough to Nursing Chair:* Miranda Wayman

*Projects Chair:* Brook Kendall

*Newsletter Editor/Historian:* Erika Adams

*KSNA Advisor:* Linda Adams-Wendling, Ph.D., ARNP, GNP-BC

*KSNA Liaison:* Angella Herrman

*KANS Consult:* Kayla Baker

*KANS Consult:* Samantha Grother



## Kansas Association of Nursing Students 61th Annual Convention

October 24<sup>th</sup> & 25<sup>th</sup>  
 Holiday Inn  
 549 S. Rock Road, Wichita, Kansas 67207  
 (316) 686-7131

Registration forms located online at:  
[www.kansasnursingstudents.org](http://www.kansasnursingstudents.org)

NOTE: If you would like to pay by credit card, fill out the registration form with your credit card information and send it to the address listed on the form. Remember to bring your credit card with you to the convention to have the charges ran through when you check in.

**One member of our KANS Board has had an especially exciting year. Congratulations to KANS Treasurer, Lauren Kuefler and her husband on the birth of their beautiful daughter, Lillian!!!**



Pictured left to right: KANS Advisor: Linda Adams-Wendling, Ph.D., ARNP, GNP-BC with KANS Treasurer, Lauren Kuefler at the 2013 Spring Summit.

Dr. Linda, the KANS board cannot thank you enough for all of your positive support and guidance throughout the year. You are an inspiration to us all. We could not have made it through this year without you. Thank you so much!

## NURSE IT UP

By Kris Baker, Vice President of Convention

The 2013 KANS Convention is scheduled this year on October 24-25 in Wichita, KS. As the board is winding down, our excitement is continuing to grow. We hope that this year you walk away with lots of knowledge and even a new friendship or two. We have worked hard to make this year's convention full of new exciting breakout sessions, along with a motivational speaker who can even analyze your handwriting. Vendors will be coming from all over. We will have schools for you to talk to about continuing your education, a bank to visit with about your loans, and even a scrub shop to buy some new work uniforms. We look forward to seeing you at this year's convention, "Nurse It Up, One Step at a Time."



Our KANS Vice President of Convention, Kris Baker (pictured above) has been hard at work since day one of taking office. With the help of the KANS board, she has put a tremendous amount of effort into planning this year's convention so that it would be a great experience for all who attend. Thank you, Kris!!!



**Kansas Association of Nursing Students  
 61th Annual Convention**

Holiday Inn, 549 S. Rock Road,  
 Wichita, Kansas 67207  
 (316) 686-7131

Hello Kansas nursing students,

I hope that you all have enjoyed reading through the State Convention issue of The KANS Connection. This is the last newsletter that I will be organizing and distributing since it is time to elect a new KANS Executive Board of Directors. It has been an absolute pleasure to serve as Newsletter Editor/Historian for the Kansas Association of Nursing Students. I have gained so much from this experience and highly encourage anyone interested to run for the 2013-2014 board.

The KANS board meets monthly. Throughout the year, we continually communicate with each other. We also attended KSNA's Annual Day at the Legislature and the NSNA Annual Conference. Don't be intimidated by the commitment to KANS when considering running for an officer position. The duties that come from serving on this board are well worth the time and effort it takes. Every board member has a busy life outside of school, but we all worked together to support each other in our positions so that we could balance our responsibilities in & out of the classroom with our commitment to the board. Being a part of the KANS Executive Board of Directors is a life changing experience that can enhance your experience in nursing school and your future in nursing. You will make friends and connections, opportunities will arise, and you gain a new perspective on the world of nursing. I hope that you all plan on attending the state conference this month and consider running for a state officer position.

Warmly,  
Erika Adams, KANS Newsletter Editor/Historian  
[erika.adams@student.neosho.edu](mailto:erika.adams@student.neosho.edu)

