

# INSIGHT



The Newsletter of the Student Nurses' Association of Pennsylvania



## SEE YOU IN ORLANDO!

*by Lauren McCarthy, SNAP President*

We are only a few short weeks away from meeting at the NSNA Annual Convention being held at Disney's Coronado Springs Resort! I look forward to seeing many of you there. I want to be able to keep in touch with you during the convention to keep you informed of any events and activities that are happening.



SNAP will be holding several caucuses (meetings) so that we can get to know one another and also discuss business coming before the NSNA House of Delegates and consider the various candidates running for national office.

Please complete the Jotform so we can keep in touch while we are there!

### [NSNA CONVENTION ATTENDANCE FORM](#)

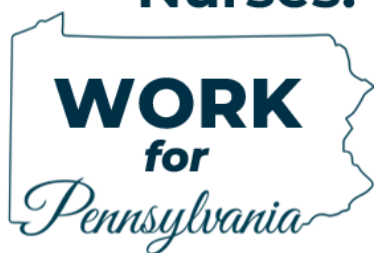
Also, take note of the SNAP Caucus Schedule, which is below! I will be arriving on Tuesday, April 2nd so that I can attend the Council of State Presidents (COSP). I know many of you will probably be arriving on Wednesday. I will update you on news from the COSP and any other pertinent information. Pennsylvania is always one of the largest delegations at NSNA, and I am very proud to serve as your president! Feel free to contact me if you have any questions! Simply email me at [president@snap-online.org](mailto:president@snap-online.org)!



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## 2024 PA STATE CAUCUS SCHEDULE

Pennsylvania members meet throughout the convention to talk about the issues, proposed resolutions and bylaws, candidates for the NSNA Board and NEC, and just to get to know each other better! **DELEGATES ARE REQUIRED TO ATTEND.** Please join us on:

### Wednesday, April 3: Disney Coronado Springs – Acapulco

**11-11:30am:** SNAP welcomes SNAP members to convention, giving you a chance to meet your SNAP Board, advisors and staff, faculty advisors and other members from across the state! **WE HAVE SPECIAL BUTTONS TO PASS OUT, WHICH WILL HELP US IDENTIFY PENNSYLVANIA MEMBERS AND FACULTY!**

### 4:15-4:45pm: Disney Coronado Springs – Durango 2

Lauren McCarthy, SNAP President, will meet with the delegation following the Opening Meeting of the House of Delegates. All SNAP members & Faculty Advisors are welcome!

### Thursday, April 4: Disney Coronado Springs – Durango 2

**11:15-11:45am:** Another opportunity to welcome SNAP members to convention. President Lauren McCarthy will share an update on activities and happenings, and discuss resolutions, candidates, and other pertinent information. Lauren encourages members to go to **Meet the Candidates from 2p-3:30p** to learn about the candidates.

### Friday, April 5: Disney Coronado Springs – Durango 2

**2:15-2:45pm:** All SNAP members are invited to attend this convention update just before the Presidential Debates at 3 pm. Lauren will be requesting volunteers to interview candidates at Meet the Candidates (6-8pm) and bring information back to share with the SNAP delegation at the 8:30 pm meeting. It is very important that all delegates and members participate in discussing the candidates who may serve on the next NSNA Board of Directors!

### 8:30-10:00pm: Disney Coronado Springs – Durango 2

**THIS IS A VERY IMPORTANT MEETING FOR ALL DELEGATES TO ATTEND!** We will discuss the candidates to help determine who might be the best candidate for every elected position. Voting begins the next morning, so this will be the last opportunity to hold these valuable discussions. **DRESS COMFORTABLY!**

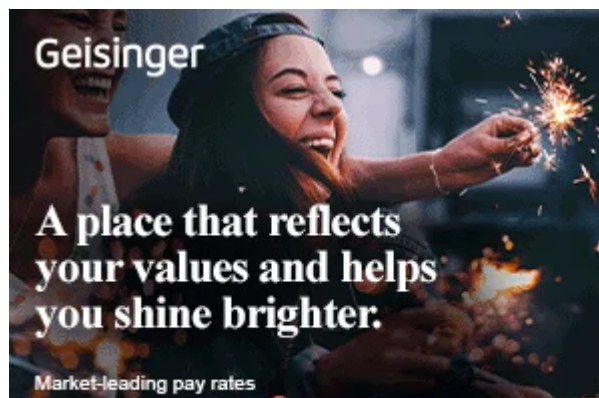
### THROUGHOUT CONVENTION

Lauren McCarthy, SNAP President, along with David Ranck, SNAP Professional Consultant & Cindy Shingler, SNAP Executive Director, are always available to help you or answer any questions you may have. Just call us:

**Lauren: (609)477-6459**

**David: (717)576-2976**

**Cindy Shingler: (717)576-2920**



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**RESOLUTIONS BEING PRESENTED**

## AT NSNA!

Happy March!! SNAP is eagerly anticipating the NSNA Convention in Orlando! At this convention, the SNAP Board will be presenting their resolution, alongside 8 others from various schools across Pennsylvania. Let's all come together to support NSNA by attending and engaging with the impactful discussions and questions raised by fellow students. It's an opportunity not just to witness but to actively participate in enriching discussions and might spark interest in writing a resolution yourself!



# FOR YOUR INFORMATION

## MARCH 2024

- **Deadline** for March INSIGHT: Friday, March 1
- **Deadline** for Capitol Hill Step by Step, March 13
- **Deadline** for LEAD Workshop, Friday March 15
- Capitol Hill Step by Step (virtual), March 19
- **LEAD Workshop** for first and second year SNAP Members, Saturday and Sunday, March 23 and 24 at UPMC Harrisburg



*The Association of  
Tomorrow's Nursing Leaders*

## APRIL 2024

- **Deadline** for April INSIGHT: Monday, April 1
- **NSNA 72nd Annual Convention** in Orlando, FL April 3 - 6

## MAY 2024

- **Deadline** for May INSIGHT: Wednesday, May 1

## JUNE 2024

- **Deadline** for June INSIGHT: Saturday, June 1
- SNAP Board of Directors Meeting, June 8 and 9

## SEPTEMBER 2024

- **Deadline** for September INSIGHT: Monday, September 2
- SNAP Board of Directors Meeting: Saturday, September 7

## OCTOBER 2024

- **Deadline** for October INSIGHT: Tuesday, October 1

**Deadline** for Chapter Constituency Status (determines # of delegates for SNAP convention. NSNA will send list of members at the end of day): Tuesday, October 15



**Deadline** for Resolutions: 5 pm on Tuesday, October 15

**Deadline** for Abstracts for SNAP Poster Session: 5 pm on Tuesday, October 15

**Deadline** for Chapter/Individual Awards: 5 pm on Tuesday, October 15

**Deadline** for SNAP Consent To Serve applications (running for SNAP Board/NEC positions) 5 pm on Wednesday, October 30

- **Deadline** for **SCORE Challenge Bowl** Registration: 5 pm on Monday, November 4

## NOVEMBER 2024

- **SNAP 72nd ANNUAL CONVENTION AT THE WYNDHAM RESORT AND CONVENTION CENTER, LANCASTER: NOVEMBER 20 - 23, 2024**

## DECEMBER 2024

- **Deadline** for December INSIGHT: Monday, December 2

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# Geisinger

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### Self-Care for Nursing Students

*By Ava Meglio, Northwest Regional Coordinator*

As many of us know, nursing school can be stressful and overwhelming, especially during midterms. It is helpful during this time to remember to take care of yourself and practice acts of self-care. Here are some easy ways to incorporate self-care in your day to day!

1. Take a break from studying and go for a walk outside

- 2. Watch and follow along to a meditation or yoga video**
- 3. Set a bedtime, to encourage getting close to 7-8 hours of sleep**
- 4. Make of list of the things and people you are grateful for**
- 5. Eat a nourishing snack**
- 6. Treat yourself to sweet treat**
- 7. Have a beauty self-care night with face masks and skin care**
- 8. Listen to your favorite music and make a new playlist**
- 9. Spend time talking with your close friends and family**
- 10. Take a quick nap if you are feeling extra tired**

**There are so many different ways we can take the time for ourselves. These are just a few ideas to incorporate in our busy schedules. Wishing you the best of luck with your exams!!! Take a deep breath, you got this!!!**

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***Dear SNAP Member/Faculty Advisor:***

**I encourage you to submit articles and photos pertinent to other nursing students in Pennsylvania to be included in the next issue of INSIGHT. This is your newsletter and vehicle to let others know what is happening at your school and chapter.**

**Send your articles, pictures, calendar of events, and contact information to [snap@snap-online.org](mailto:snap@snap-online.org). The deadline to receive these items is approximately the first day of the month of publication.**

**We look forward to hearing from you soon!**

**Sincerely,**



*Jane Foster, SNAP Secretary Treasurer*

**QUESTIONS OR CONCERNS? CONTACT CINDY SHINGLER, SNAP  
EXECUTIVE DIRECTOR, AT (717)671-7110 OR EMAIL:**

**[SNAP@SNAP-ONLINE.ORG](mailto:SNAP@SNAP-ONLINE.ORG)**

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