



INSIGHT

The Newsletter of the Student Nurses'
Association of Pennsylvania

Please visit the SNAP Website
at www.snap-online.org

April 2025



Report on the NSNA Convention 2025

by Kieran Cook, SNAP President

Last week, I had the privilege of attending the 73rd Annual Convention of the National Student Nurses' Association (NSNA) in Seattle, Washington, in my role as President of the Student Nurses' Association of Pennsylvania

As I reflect on the week, I am filled with pride and optimism for the future of nursing. It was inspiring to engage with student nurses, educators, and healthcare leaders from across the country who are committed to advancing the profession through leadership, advocacy, and service.

I am proud to share that SNAP was honored with several national awards, including **The Core Values Award, The Health Policy and Advocacy Award** and **The Empowering Resolutions Award**.

Pennsylvania was also well represented on the national stage. Three students from Pennsylvania were elected to the NSNA Board of Directors, and we had the largest delegation in the House of Delegates. Congratulations to **Megan Le, NSNA Vice President, Grace Fawcett, NSNA Director East** and **Leah Stone, NSNA NEC East & Chair**. I am also honored to have been elected to the **Council of State Presidents (COSP) Planning Committee**.

I would like to extend my sincere congratulations to **Cindy Schmus**, SNAP Professional Consultant, for receiving the distinguished **Leader of Leaders Award**, a well-earned recognition of her exceptional mentorship and leadership. Additionally, congratulations to **Cindy Shingler** for being honored at the closing ceremony for her 38 years of dedicated service to SNAP and the nursing community.

I leave this experience with renewed purpose and deep appreciation for the



Geisinger

SNAP'S CHAMPION SPONSOR



CHAPTER NEWS: DeSales University

The DeSales University Student Nurses Association (SNA) held a meeting on March 3, 2025, to talk about the importance of mental health for healthcare workers. As future nurses, we believe it's crucial to address mental health early in our careers, especially as we'll be facing many

challenges that we'll need to learn how to overcome.

Dr. Benjamin Iobst, a retired U.S. Army soldier, former police officer, and current crisis response team consultant, led a training session for our members on this topic. He shared valuable insights about the struggles healthcare workers face and offered advice on how to cope with the stress and challenges of the job.

NATIONAL STRESS AWARENESS MONTH

By Sabrina Pratt, SNAP North East Regional Coordinator

Hello everyone,

I want to start by expressing how proud I am of each of you. Being a nursing student is no easy feat—we are all familiar with the stress, anxiety, and overwhelming pressure that comes with it. At times, it may feel as though we are carrying the weight of the world on our shoulders, barely staying afloat.

With April being **National Stress Awareness Month**, it is important to acknowledge the impact of stress on our well-being. Too often, we neglect self-care due to our demanding curriculum and high-stress clinical environments. However, prioritizing our mental and physical health is essential.

So, how can we manage stress as nursing students? Consider incorporating the following strategies into your routine:

- Engage in activities that promote relaxation, such as exercise, spending time outdoors, or pursuing hobbies you enjoy.
- Reach out for support—whether it is talking to friends, family, or a therapist. Seeking help is a sign of strength, not weakness.
- Learn to set boundaries and say no to additional commitments when necessary. As nursing students, we often take on too much

without considering the toll it may have on our well-being.

- Practice deep breathing techniques or meditation to reduce stress and improve focus.
- Ensure you are getting **7-9 hours of sleep** each night to support both your physical and mental health.
- Maintain a balanced diet to nourish your body and mind.
- Spend time with people who bring positivity and joy into your life.

Remember, self-care is not selfish—it is essential. Let's support one another in prioritizing our well-being as we navigate this journey together.



SNAP CALENDAR

APRIL 2025

- **Deadline** for May INSIGHT: Thursday, April 24

MAY 2025

- **Deadline** for June INSIGHT: Monday, May 26

JUNE 2025

- SNAP Board of Directors Meeting, May 31-June 1

JULY 2025

- **Deadline** for August INSIGHT: Monday, July 28

AUGUST 2025

- **Deadline** for September INSIGHT: Monday, August 25

SEPTEMBER 2025

- **Deadline** for October INSIGHT: Monday, September 22
- SNAP Board of Directors Meeting, September 13 - 14

OCTOBER 2025

- **Deadline** for **Chapter Constituency Status** (determines # of delegates for SNAP convention. NSNA will send list of members at the end of day):
Wednesday, **October 15**
- **Deadline** for **Resolutions: 5 pm** on Wednesday, **October 15**

- **Deadline** for Abstracts for **SNAP Poster Session: 5 pm** on Wednesday, **October 15**
- **Deadline** for **Chapter/Individual Awards: 5 pm** on Wednesday, **October 15**
- **Deadline** for November INSIGHT: Monday, **October 20**
- **Deadline** for **SNAP Consent To Serve applications** (running for SNAP Board/NEC positions) **5 pm** on Wednesday, **October 29**

NOVEMBER 2025

- **Deadline** for **SCORE Challenge Bowl** Registration: **5 pm** on Monday, **November 3**
- **Deadline** to register for SNAP Convention: **5 pm** on Monday, **November 3**
- **SNAP 73rd ANNUAL CONVENTION AT THE HILTON HARRISBURG: NOVEMBER 19 – 21, 2025**

DECEMBER 2025

- **Deadline** for January 2026 INSIGHT: Monday, December 22

JANUARY 2026

- SNAP Board of Directors Meeting: TBD
- **Deadline** for February 2026 INSIGHT: Monday, January 26

FEBRUARY 2026

- **Deadline** for March INSIGHT: Monday, February 23

MARCH 2026

- **Deadline** for April INSIGHT: Saturday, March 23
- SNAP Board of Directors Meeting, TBD
- **LEAD Workshop, TBD**
- **Capitol Hill: Step by Step: TBD**



**Lehigh Valley
Health Network**

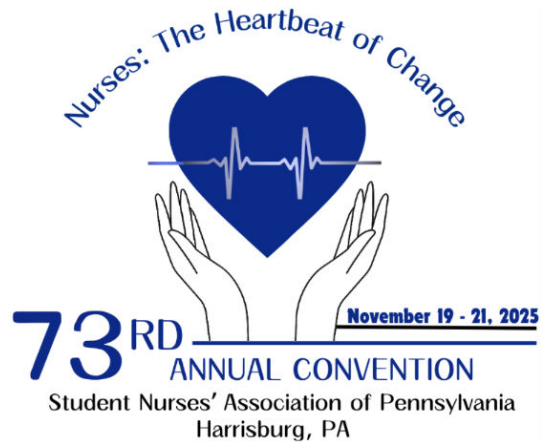
Your health deserves a partner.

SNAP LEADER SPONSOR

START PLANNING NOW TO ATTEND!

*by Megan Le, SNAP Vice President and
Convention Chair*

Our **73rd Annual Convention at the Hilton Harrisburg** is right around the corner, and we want to make it the best one yet! If you have any fun workshop ideas, unique activities, or new topics you'd love to see included, I'd love to hear from you. This convention is all about bringing fresh ideas and meaningful experiences to our attendees, and your input is invaluable in making that happen.



This year's theme is "Nurses: The Heartbeat of Change."

I encourage you to think about participating in the **Challenge Bowl, submitting a resolution, and apply for awards!**

For questions about the Challenge Bowl and award applications, please contact snap@snap-online.org.

For Resolutions, please contact legislativecoordinator@snap-online.org.

Chapter Presidents: Think about hosting events and activities within your chapter, using SNAP or NSNA awards as a guide. If you need any assistance in planning an event, feel free to reach out!

Please don't hesitate to reach out and share your thoughts—I want to make sure your voice is heard and that this year's convention is engaging, exciting and relevant to you. Looking forward to hearing your ideas!

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. 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,

Lauren Fields, SNAP Secretary Treasurer

Student Nurses Association of Pennsylvania

PO Box 6567, Harrisburg, PA 17112
(717)671-7110

snap@snap-online.org

You received this email because you signed
up on our website or made purchase from
us.

[Unsubscribe](#)