



# INSIGHT

The Newsletter of the Student Nurses'  
Association of Pennsylvania

Please visit the SNAP Website  
at [www.snap-online.org](http://www.snap-online.org)

## June 2025



## Resolutions, Advocacy and What's Next

*by Vicky Vo, Legislative Coordinator*

The Legislative Committee is hard at work and excited to launch new initiatives to empower nursing students across Pennsylvania to engage in advocacy through the resolutions process.



In early September, we will be hosting *Resolution Office Hours*. This virtual event will be designed to walk students through what a resolution is, how to write one, and how your voice can shape nursing policy at both the state and national levels. Whether you're new to resolutions or looking to refine your ideas, this session will provide the tools and support you need. We strongly encourage schools that haven't submitted a resolution before to consider writing one this year. Your unique perspectives matter, and now is the time to be heard.

In preparation, we will be releasing a newly revised *Resolutions Handbook* by August. This updated resource will provide step-by-step guidance and examples to help streamline the writing process. We hope this makes the experience more accessible and encourages more participation from chapters across the state.

Building on the incredible momentum from our Capitol Hill Day in March, we are also exploring another advocacy opportunity in Harrisburg, Pennsylvania. To help us plan, we ask all interested students to complete our brief interest survey [here](#).

We are proud of the growing culture of policy engagement within SNAP and can't wait to see what our chapters will accomplish this year. Stay tuned, get involved, and remember: advocacy starts with you.

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# Geisinger

## SNAP'S CHAMPION SPONSOR

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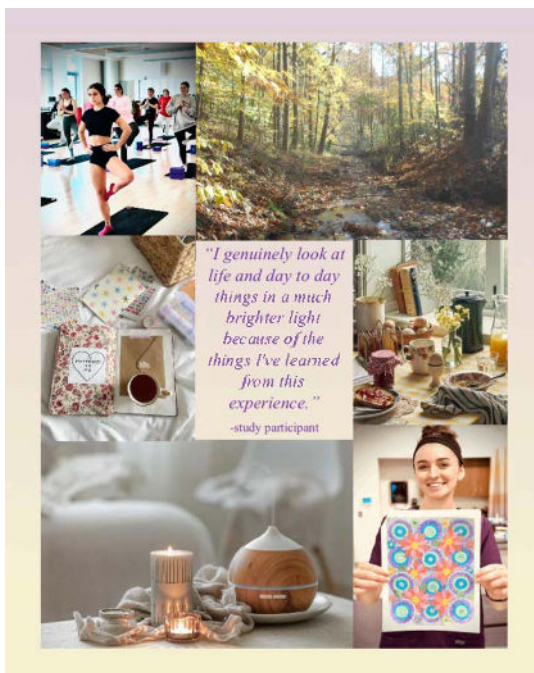
### COMMUNICATIONS VITAL TO A STRONG ORGANIZATION

The SNAP Communications committee created a **SNAP Senior Shoutout form**, so that seniors can be recognized and celebrated on the



SNAP Instagram page. Please use the following link to submit your favorite SNAP graduate to be congratulated by their peers!

SNAP Senior Shoutout!



## CHAPTER NEWS: WEST CHESTER UNIVERSITY

### The Implementation of Faculty-Facilitated Mindfulness-Based Interventions to Prevent or Mitigate Burnout in Undergraduate Nursing Students

*By Tina Ngo, Nursing Major, Class of 2026*

This project evaluated the effectiveness of faculty-facilitated mindfulness-based interventions in preventing or mitigating burnout among undergraduate nursing

students. Burnout is a pervasive issue that affects many professions, leading to physical illness, emotional distress, and impaired interpersonal relationships (Maslach & Jackson, 1982). In nursing, the risk is heightened due to the demanding nature of academic coursework, exposure to human suffering, and the responsibility for others' health (Burner & Spadaro, 2023). This study utilized the Maslach Burnout Inventory (MBI), a valid and reliable tool, to assess burnout levels in nursing students before and after participation in a series of at least 8 faculty-led mindfulness-based sessions throughout an academic year. Students completed the MBI survey to evaluate their burnout levels, and a qualitative survey was also administered pre, mid, and post-intervention to gather insights on their experiences. Mindfulness-based practices, such as meditation, body scans, journaling, and conscious breathing, were integrated to equip students with self-care techniques to enhance resilience and academic success. The introduction of mindfulness in nursing education has shown promising results in enhancing coping mechanisms and resilience, and this study aims to further explore its potential to reduce burnout and foster well-being in future nurses (Burner & Spadaro, 2023; Rava & Hotez, 2021; Hilcove et al., 2021). Although ongoing, this study's preliminary findings suggest that mindfulness interventions could have a lasting, positive impact on nursing students' ability to manage stress and prevent burnout as they transition from education to practice.



# SNAP CALENDAR

## 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: January 24-25
- **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, March 20
- **LEAD Workshop, March 21-22**
- **Capitol Hill: Step by Step: TBD**

## APRIL 2026

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

## MAY 2025

- **Deadline** for June INSIGHT: Monday, May 25



**SNAP LEADER SPONSOR**

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# The Student Nurses' Association of Pennsylvania

SNAP is a **student-led organization** that empowers nursing students across Pennsylvania through **leadership, education, and advocacy**. We prepare you to become the next generation of healthcare leaders.

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## ★ Why Join?

SNAP gives you access to:

- 🧑‍🤝‍🧑 **Networking** with peers and professionals
  - 📚 **Educational resources** & career prep
  - 🌐 **Leadership opportunities** on campus, statewide, and national office
  - 🏛️ **Advocacy** for nursing policy and patient care
  - 🏠 **Community service** through health fairs and outreach
  - 🎤 **Conferences & workshops** like:
    - SNAP Annual Convention
    - David R. Ranck LEAD Workshop
    - Capitol Hill Step-by-Step (virtual)
    - NSNA Convention
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## 📁 Build Your Resume:

- Serve on local, state, and national boards.
  - Organize campus projects and events.
  - Join committees that shape the future of nursing.
  - Attend NCLEX prep sessions and gain scholarship access.
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## 🔑 How to Join:

1. Visit [www.snap-online.org](http://www.snap-online.org)
  2. Get involved in your school chapter!
  3. Apply online through [www.nсна.org](http://www.nсна.org)
  4. Annual membership:
    - 🆕 New: \$42
    - 🔄 Renewal: \$45
    - 🕒 Two years: \$80
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## 📱 Stay Connected:

- Follow SNAP on Instagram: [@snap\\_officialaccount](https://www.instagram.com/snap_officialaccount)
- Have questions? Email [snap@snap-online.org](mailto:snap@snap-online.org)



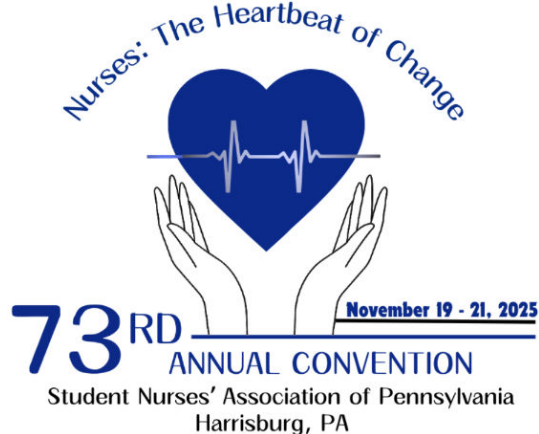
## START PLANNING NOW TO ATTEND!

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](mailto:snap@snap-online.org).

**For Resolutions**, please contact [legislativecoordinator@snap-online.org](mailto: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!

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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.**

**The deadline to receive these items is approximately the first day of the month of publication. Send your articles to [snap@snap-online.org](mailto:snap@snap-online.org) or to me at [secretarytreasurer@snap-online.org](mailto:secretarytreasurer@snap-online.org).**

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

**Sincerely,**

***Lauren Fields, SNAP Secretary Treasurer***

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**Student Nurses Association of  
Pennsylvania**

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