



# 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)

## September 2025

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**Make Plans Now to BE THERE!**

# **SO MUCH HAPPENING THIS FALL**

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**Pre-Slate for SNAP Office by Wednesday,  
October 29!**

**Will YOU Take the  
Challenge?**



*The Association of  
Tomorrow's Nursing Leaders*

by Sophia Espaillat, SNAP Nominations & Elections Committee (NEC) Chair

The Nominations and Elections Committee (NEC) is responsible for selecting the Slate of Candidates for 2025–2026. If you are interested in running for a position on the Board of Directors or NEC, please visit the [NEC page](#) on the SNAP website for more information. Pre-slate for office by submitting a Consent to Serve form found on the link above by **October 29!**

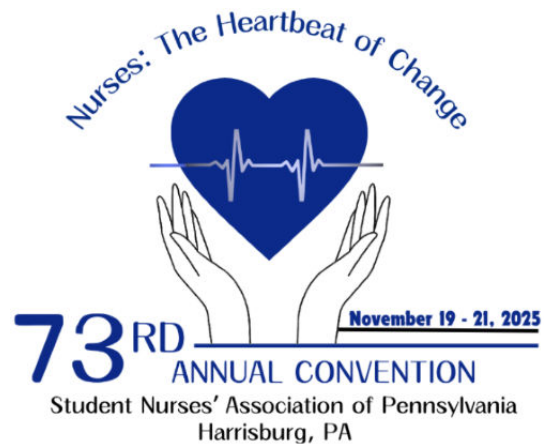
In addition, the NEC will be holding virtual information sessions for members to ask questions and learn more about the campaigning process. More information coming soon on the SNAP Instagram!

**Registration is now OPEN!**

**IT'S ALMOST  
HERE!**

Did you get the recent SNAP To It? It's SNAP Convention time and you won't want to miss it! Just click on the logo to go directly to the SNAP Convention page on the SNAP website. You can

- **Register for Convention**
- **Book your room at the Harrisburg Hilton**
- **Download the registration brochure that has lots of info: Challenge Bowl, Awards Reception, Keynote Address and the complete Convention Schedule!**
- **Sign up for/to:**
  - **SNAP Challenge Bowl (deadline November 3)**
  - **Chapter Awards (deadline October 15)**
  - **Individual Awards (deadline October 15)**
  - **Submit a Poster Presentation (deadline October 15)**
  - **Submit a Resolution (deadline October 15)**
- **Submit the Consent to Serve to run for the SNAP Board of Directors! All positions are open!**
- **And don't forget about the exhibit hall, full of hospitals and organizations just waiting to meet you!**



**So DON'T DELAY! Make plans with your colleagues to attend the most exciting event of the year for SNAP members! It's a great way to begin your nursing**

# Geisinger

## SNAP'S CHAMPION SPONSOR



### LESSONS WORTH LEARNING

*By Vicky Vo, SNAP Legislative Coordinator*

Dear Nursing Student,

Nursing school teaches us how to care for patients and save lives. We learn how to assess someone in respiratory distress, document changes in a wound that might signal infection, calculate a medication dose to the exact decimal, and respond when

someone's heart rate suddenly spikes. These are all nursing skills that keep patients alive. But what too few nursing students realize is that becoming a nurse isn't just about mastering clinical skills. Nurses also need to understand the systems and contexts that shape those clinical moments. This means knowing how hospital discharge protocols can fail individuals without stable housing. This means recognizing that medication adherence is shaped by insurance coverage, not just patient compliance. This means not only treating the symptom but asking what deficiencies in the system underly the problem.

Change through nursing doesn't only happen at the bedside, but also in boardrooms, legislatures, and research labs. As a rising fourth-year nursing student at the University of Pennsylvania, I have been conducting health policy and services research on safe nurse staffing, advocating for change on Capitol Hill, taking on leadership roles in the National Student Nurses' Association, and caring for patients in a variety of clinical settings. These varied experiences have shown me how nursing education can prepare us to make the most of our roles as nurses—but it requires you to be intentional about your education.

So here are some lessons worth learning whether you're just starting out or approaching graduation:

#### **1. Take the "unpopular" courses seriously**

It's easy to get excited about maternity clinical and the opportunity to hold a newborn baby. But what about the courses that explain why a new mother had to leave the hospital within 24 hours despite complications? Or why she has to pay out of her own pocket for access to postpartum care, [lactation support](#), or insulin? What about the courses that teach you how to analyze data on social determinants of health to understand how income, housing, and policy shape which patients get the support they need and which ones struggle even after they're discharged? Health policy, statistics, and research methods are classes that might not have the immediate thrill of clinical rotation, but they are the

foundation of transformative nursing. When patients are discharged too soon, when medication costs are too high, when staffing is unsafe—it's a policy failure. When patients skip doses because insulin is unaffordable, or when a single nurse is assigned more patients than is safe, it's the knowledge from these courses that will help us understand why and how we can advocate for change. These courses aren't just academic requirements, they are leadership tools, and every nurse should know how to use them.

## **2. Build relationships in office hours**

Professors' office hours seem intimidating. Think of office hours as a personalized professional development session with an expert in your field. You don't have to struggle in a class to talk to a professor. Professors often have immense experience in research, policy, and advocacy, and many are eager to support students who ask questions beyond classwork. Students discover opportunities like national conferences or healthcare fellowships through these conversations. Getting to know your professor can open unexpected doors.

## **3. Ask questions about systems, not just symptoms**

In clinical, we learn how to care for the person in front of us. Yet, behind every person's health condition is a story about where they live, what they earn, who listens to them, and who doesn't. Learning to see those stories—and question the systems behind them—is one of the most important skills a nurse can develop. It's also one of the hardest because it asks us to go beyond the medical chart and examine power, policy, and injustice. Ask more "why" questions. Remember, nurses are not just caregivers. We are advocates. And what we witness should move us to act.

## **4. Lead before you feel ready**

You don't need a professional title to make a difference. Join your student nurses' association. Become a research assistant. Sit in on a school-wide committee meeting. Volunteer to help with a community health project. Leadership also doesn't always look like standing at a podium. It can look like writing a letter to your clinical instructor about an unsafe practice you observed or helping a classmate navigate nursing school. Stepping into leadership can begin before graduation. Nurses carry a powerful voice, but only if we choose to use it. That starts in school. Every student has a unique nursing school experience. There's no single road to becoming a nurse who drives change. If we see our education as more than preparation to pass the nurse licensure exam, then we can be a new generation of nurses entering the profession ready to advocate, innovate, and lead. Nursing school is your launching pad — you came here to care, don't be afraid to lead.



# **SNAP CALENDAR**

## 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 2026

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

## JUNE 2026

- SNAP Board of Directors Meeting, TBD

## JULY 2026

- **Deadline** for August INSIGHT: Monday, July 27

**AUGUST 2026**

- **Deadline** for September INSIGHT: Monday, August 24



Your health deserves a partner.

## SNAP LEADER SPONSOR

*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*



**Student Nurses Association of  
Pennsylvania**

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