



# The KANS Connection

*Summer 2021*



**KANSAS ASSOCIATION OF NURSING STUDENTS**

WHAT TO EXPECT:

---

- MISSION STATEMENT - I
  - IMPORTANT DATES - II
  - NATIONAL CONVENTION - III
  - NURSING BURNOUT - IV
  - TYPE OF LEARNER - V
  - ADVICE FROM GRADUATES - VI
  - KANS CONVENTION - VII
- 

## **WHAT IS THE PURPOSE OF KANS?**

*Our mission is to support Kansas nursing students' development of professional practice and to convey the standards, ethics, and skills that students will need as responsible and accountable leaders.*

# STAY CONNECTED:

*Summer 2021*

## **DATES TO REMEMBER -**

- Annual KANS State Convention Oct. 9  
- *Wichita, KS*
- Mid Year Nov. 11-14 - *Louisville, KY*
- National Convention Apr. 6-10 - *Salt Lake City, UT*



If you are wanting to stay connected with KANS follow us on Instagram and like us on Facebook! We will be posting more about our board and State Convention in the coming weeks! If you have any questions or concerns, feel free to email any of us or dm us on social media! We look forward to meeting you!

FB: Kansas Association of Nursing Students

Instagram: @KSNursingStudents

---

## **Interested in joining KANS?**

Whether you are already in nursing school or you are a pre-nursing student, KANS would love to have you on our executive board. If you are interested, please email [boardofdirectors.kans@gmail.com](mailto:boardofdirectors.kans@gmail.com)!

# The KANS Connection

*Summer 2021*



---

## National Convention Overview

APRIL 5, 2021 -  
APRIL 10, 2021

---

By: [Nyah Coleman](#)

The 69th annual National Student Nursing Association took place April 5th-10th via Zoom. I had the honor of serving as the delegate for the state of Kansas at the National Convention of Nursing Students. One of the biggest duties of a delegate is to sit in two meetings, three hours each, and discuss resolutions for the medical field for the year of 2021

Groups of students from around the country each proposed a resolution and we had to discuss and edit it. This was one of my favorite parts; having deep discussions about some pretty big issues with people from seriously every state! One resolution that was implemented is "Increased Awareness of Implementing Various Education Methods to Educate Pediatric Diabetic Patients." Many others focused on similar items.

Other activities at the National Convention included morning yoga, NCLEX review, and many keynote speakers. A new NSNA executive board was also elected during the convention. I had so much fun at the national convention, and I'm grateful for the growth in my leadership and communication skills. I'm so excited for next year and hope to see you there.

Sincerely,  
Nyah Coleman  
KSNA Liason

# The KANS Connection

*Summer 2021*

## Self Care and Preventing Burnout

By: Nyah Coleman

### Nursing Burnout

What is nurse burnout? Nurse burnout is a state of exhaustion that interferes with all the states of wellbeing (mental, physical, emotional). It can be caused by physical tiredness (long working hours and lack of sleep), high-intensity specialty (ex: emergency department, ICU), lack of support, and overall prolonged stress (number of patients, being short-staffed). Research has shown that nurse burnout not only affects their physical health but the turnover rate in hospitals. This is a large issue, especially in the middle of a global pandemic.

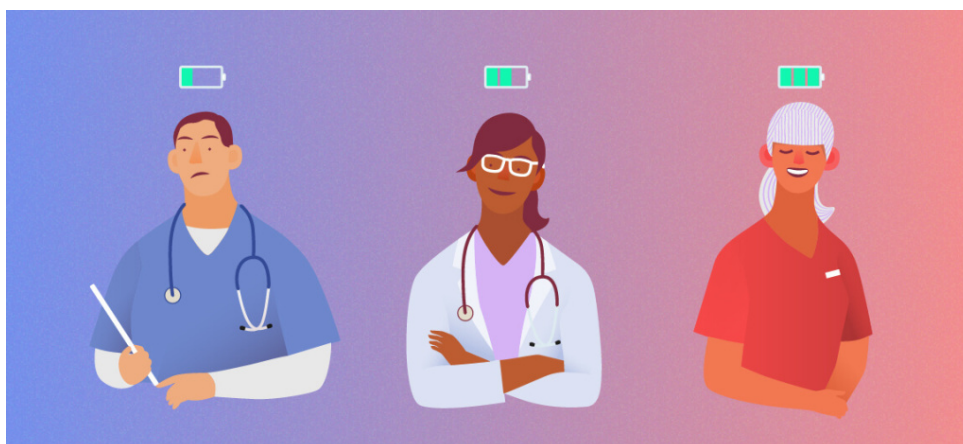
This has also been shown to be a problem among nursing students. The prolonged stress of school, clinical, working, and trying to stay safe in a hectic time can weigh on us! Some ways to prevent becoming student nurse burnout include:

- Seek support from other students, peers, and family  
Adaptive new coping mechanisms
- Journaling, exercising, meditation Adjust your expectation
- Make time to practice self-care often
- Face masks, baking, going to the movies, taking yourself out for dinner

### Summer R & R

Summer is a perfect time for some serious rest and relaxation after a stressful school year. It is important to take time for yourself this summer and recharge to prepare for the upcoming school year. In the light of COVID, relaxation can be more difficult than it seems. Here are some COVID friendly ways to recharge this summer:

- Travel with friends or family
- Go to the beach, a national park, explore your community  
Learn a new skill
- Cooking, knitting, painting, sewing, baking, playing an instrument Run a virtual 5k
- Binge a show on a streaming service
- Plant a garden
- Go to an outdoor farmers market Exercise and yoga
- Declutter and organize your space



# The KANS Connection

*Summer 2021*

## What Type of Learner are You?

By: Nyah Coleman

1. I prefer when the professor ...

- a. Lectures over the material
- b. Gives us assigned reading
- c. Has in-class activities that get us up and moving

2. My ideal environment for studying is...

- a. At my desks rewatching lectures and other videos
- b. Reading my notes in peace
- c. As long as I can chew gum or move around

3. What do your notes look like?

- a. Mostly listening and writing down the bare minimum
- b. Very detailed and color coated
- c. My notes are all over the place

4. How do you feel about group projects?

- a. I love hearing other people's ideas and collaborating
- b. I would rather write a paper
- c. As long as I can work with my hands

5. I can follow directions better when ...

- a. It is spoken to me and I have a chance to explain it
- b. When it is written down
- c. When I have a hands-on example

**Mostly As - You are an Auditory learner!** You learn and process information best by hearing it explained out loud. You excel in oral presentations and are unafraid to voice your thoughts. Some study strategies to utilize include podcasts, pre-recorded lectures, and reading aloud.

**Mostly Bs - You are a Visual learner!** You learn best by seeing it through your eyes. You excel in utilizing imagery and creating visual aids. Some study strategies to utilize include flashcards, diagrams, color coordinated notes, and writing out instructions.

**Mostly Cs - You are a Tactile learner!** You learn most efficiently by hands on experience. You excel in creative projects and using tools/props to explain concepts. Some study strategies to utilize include setting up labs to help understand materials and getting up and moving while studying.



# The KANS Connection

*Summer 2021*

## Advice from our Graduates

By: [Savanna Boese](#) and [Ashley Kramer](#)

### Savanna's Advice:

"Nursing school is hard. I want to say that up front to be clear. Whether it's the school work, all of the things you are balancing or one particular situation... However looking back now it is the most rewarding thing I have done this far. In the midst of school you get caught up in the quizzes, tests and study sessions. You give up endless hours and your own mental health at some point to work toward letters behind your name. But I promise it's much more than that.

Nursing school is getting an IV for the first time. It's the light bulb finally going off when you've studied and studied but the content refuses to stick. Nursing school is about the failures that help to push us forward as we pick up ourselves off of the ground and persevere. The time between the exams, with your families, friends and study buddies helps to shape you into the kind of nurse you are going to be.

Set yourself apart, study the extra hours, ask to do additional clinical skills with a nurse that isn't yours and be positive in the hardest of times. After you are pinned and you pass NCLEX, the C on your Adult Health Exam will be just a grade. That time when you embarrassed yourself in front of your first patient will be a laughing matter.

You can do it. I know that you can. Remember to take care of yourself too, we can't take care of others if we aren't taking care of ourselves. Give yourself free time and self care but remember to set limits. You are going to do great. Graduation will be here before you know it. So proud of you, future nurse!!"

### Ashley's Advice:

"Hang in there!

At times, it seems so overwhelming however remember each test and project prepares you more for the NCLEX.

Take it one task, one hour, one day at a time. Remember to take your time for yourself, even a 15 minute walk or bath just to recharge.

Remember to breathe!"

# STATE CONVENTION

SATURDAY, OCT. 9, 2021 WICHITA KS



—manop1984/iStock

## Resilience in Nursing

By: [Savanna Boese](#)

Dear KANS,

I hope you are having a great summer! My name is Savanna Boese and I am the current President of the Kansas Association of Nursing Students. Our Board of Directors wanted to get in contact with your school of nursing in order to provide you with some information regarding KANS!

The purpose of KANS is to support Kansas nursing students' development of professional practice and to convey the standards, ethics, and skills that students will need as responsible and accountable leaders. Being a part of NSNA provides students with the opportunity to develop career planning opportunities, discounts on conventions and conferences, awards programs, scholarship opportunities, NCLEX prep and leadership opportunities.

In addition, we would love to inform you of our upcoming state convention on Oct. 9, 2021 at the Hyatt in downtown Wichita, KS. The theme for this year is superheroes in scrubs. You are invited to come and wear your nursing school scrubs! At this event, we will host keynote speakers, breakout sessions, and vendors for you to talk to and interact with. We hope to see you at the state convention in October!

Sincerely,  
Savanna Boese  
KANS State President