

2014

October 2014

My name is Joan Denley, and I am the Director of Career and Leadership Development for the Canadian Nursing Students' Association (CNSA). CNSA is the National Voice of Nursing Students, and our membership includes over 30,000 nursing students across Canada.

One of my key roles is organizing and promoting National Nursing Student Week (NNSW), which is an annual week-long event each November. This year, NNSW is running from November 16th to the 22nd. It showcases the contributions of nursing students to their practice settings and celebrates their accomplishments throughout their program of study.

The theme for NNSW this year is "Self-Care | Auto-Soins". Nursing students pour themselves into their work and school lives, often focusing on caring for others and getting assignments done, and leaving themselves as the last to be cared for. Although it is important to do your best in school and in placement settings, it is also vital to perform self-care as well. Taking time out of your day, each day, to do an activity that centered on your needs will lead to improvements across the board, and help you to avoid feeling burnt out. This is explained in greater detail by the position statement "Self-Care Practices among Nursing Students" which was endorsed by CNSA in January, 2009.

I encourage all nursing students, across Canada, to use this week to refocus on what they need to succeed. It could be as simple as going for a walk outside with some friends, taking ten minutes to dance like no one is watching, or spending time reading a book not related to course materials. Choose anything that renews your spirit.

To help spread the word for NNSW, we have created a promotional video for NNSW featuring the 2014-2015 Board of Directors, which was filmed during our August Meeting. I would like to thank Tonie Castro, our Informatics Committee Chair, for taking the lead on this project. We have also ordered some promotional products including bookmarks and lapel pins. These will help to promote CNSA and the work it does in connecting nursing students across Canada.

Joan Denley

Director of Career and Leadership Development 2014-2015

Canadian Nursing Students' Association (CNSA)

September 2014

It is the start of a new school year and CNSA is ready to recruit! As director of bilingualism and translation, I have spent the last few weeks translating our committee recruitment write-ups to get students across Canada involved in the many exciting committees of CNSA. It is inspiring to see the

diverse interests of our students, which is demonstrative of the exciting and varied profession we are about to join. It is great to know there will be a fit for us all. What a beautiful profession to be able to find a passion and follow it. This is exactly what we are doing as students with our involvement in the CNSA. Some of our exciting committees include Awards Committee, National Conference Planning Committee, Career and Leadership Development Committee, Informatics Committee, Diversity Committee, Education and Scholarship Committee, Community and Public Health Committee, International Health and Outreach Committee, Advocacy Committee and, my personal favourite, Bilingualism and Translation Committee.

One of the duties as a Board Director for CNSA is to support a committee by providing updates for the BOD annual meetings and to sit on the committee. As the Director of Bilingualism and Translation, I support the diversity committee and it has been a great opportunity to be involved in advocacy in areas I may not have otherwise thought of. One of the many highlights of being involved with CNSA has been a broadening of my perspectives and building my leadership skills. My focus is the health of my community and province but now includes national and international health as well. I feel very fortunate for the opportunity to work with so many amazing student leaders across the country with the same love of nursing, client, and community as I do. As director of bilingualism and translation, I strive to join Canadian students via language and through advocacy. CNSA is so dedicated to honouring and promoting both official languages to ensure all Canadian students are represented and members of CNSA. It has been an honour to help in this endeavour and I look forward to the many more amazing moments that will happen throughout the end of my term. Bonne année scolaire à vous tous!