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Jessica Zheng
Rutgers University School of
Nursing
President

COSP2021—Find Your Nursing Voice: Empowered and Resilient

Firstly, on behalf of the NJNS board, I would like to express our deepest gratitude to NJLN and NJSNA for supporting the future of nursing. It is a true honor for our pre-professional organization to be

supported by the mentorship and guidance of the NJSNA and NJLN board. Thank you to our board members and our NJNS advisors for all your efforts and support leading up to our Council of School Participants (COSP) event. Learning from last year's hybrid COSP conference's successes and failures, the E-board members and I took all the knowledge and insight that was needed to create a successful all virtual COSP Conference this year. However, this did not come without obstacles that the E-board and I had to face for this year's all-virtual conference. These challenges entail ensuring high attendance and participation from all nursing students of New Jersey. As the President, I worked directly with our Pulsebeat Editor/Public Relations Director, Membership/Nominations Director, and 2nd Vice President in creating promotional material to increase

attendance of our COSP event. This was done through class presentations, virtual presentations, snail mail, blast emails, and social media posts on all platforms for all NJ nursing schools. Through these means and with the support from NJLN, NJSNA, our NJNS advisors and speakers, we were able to organize a highly successful and highly attended COSP conference.

Our theme this year was "The Nursing Voice": Empowered & Resilient. As a board we collectively decided on "The Nursing Voice" as our theme for this year. We specifically wanted to focus on the importance of building your confidence and finding your nursing voice. Nurses have an influential and powerful voice in healthcare in advocating for patients, workplaces, and communities, and our profession. Patient advocacy does not end at the bedside, but also in healthcare

policies and using our voices this way will impact the future of patient care. In our future careers as nurses, our education and skills are crucial to helping those who are beyond hospital walls and in need of healthcare. Nurses are powerful forces for good within their communities, and we hope to empower our members to take action and care for those who may not receive adequate support in our current healthcare system.

As the President, I also worked together with our Secretary in reaching out to our three Speakers in correspondence to our theme for this year “Find your Nursing Voice: Empowered & Resilient”. I was also responsible for delegating roles and responsibilities to board members to ensure that our COSP Conference ran smoothly from the start to the end. Our first speaker was Ms. Lacey Naematullah from the Empowered Nurse, LLC. who spoke about the importance of daily empowerment and gratitude in nursing and building confidence which leads to empowered nursing. Ms. Lacey Naematullah’s nurse mentorship program tailors to the needs of novice nurses in navigating the rough transition from student to nurse in our demanding healthcare system. Our second speaker was Lucas Lipari who spoke on the topic of empowerment in nursing. Luke empowered and endowed us with remarkable wisdom as a future nurse. After hearing about his experiences, I gained a new perspective of the field in taking charge and never feeling trapped in one nursing specialty in exploring and opening doors to different areas of nursing that may be daunting, nerve-wracking, and challenging at first, but may lead to something that is so valuable and

impactful in communities in need. I also gained a deeper appreciation for our nursing profession as Luke mentioned about the compassion and care he has given to patients during the COVID-19 pandemic as a nurse. Our last speaker was Sol Angélica Muñiz who spoke upon the importance of resilience in nursing. The wisdom and resilience Ms. Sol Angélica Muñiz shared during our event left all the attendees inspired to take on any challenges they have surmounted with courage and optimism. All three speakers’ presentations were informative, impactful, and empowering. If you would like to view our COSP conference, we do have our speakers’ presentations recorded and posted on our NJNS website at www.njsinc.org/cosp.

Seeing how our COSP conference was a huge success with high attendance really motivates the Board and I to move on to organizing yet another successful event for our fellow nursing students of New Jersey at our upcoming state-level conference on February 17-18, 2022. Save the date and please do not miss out on this wonderful and exciting event. We truly look forward to seeing you all at our 70th Annual Convention: Amplify your Nursing Voice: Pathways to Advocacy. Through focus session speakers that can amplify interest and enthusiasm for the field of nursing, we hope that you are able to find at least one nursing voice that inspires and relates to you!

Please do not hesitate to reach out to me with any questions or concerns at president@njsinc.org.



Julia Yoon
The College of New Jersey
First Vice President

Hello everyone! My name is Julia Yoon. I am honored to serve as the 2021-2022 First Vice President of New Jersey Nursing Students, Inc. (NJNS). I am currently a junior at The College of New Jersey, completing my Bachelor of Science in Nursing degree, with a concentration in Health and Wellness. Over the summer, I began to research NJNS, its role, and its functions, out of curiosity and interest. I was inspired by their mission and vision, which sparked my interest to get involved.

In October, I had the opportunity to attend my first Council of School Participants (COSP). Overall, it was a truly eye-opening experience and I was able to gain exposure to my first NJNS speaker event. What stood out to me the most was the engagement of nurses and students through insight and reflection on the central topic of nursing resilience and what it means to find one’s nursing voice as a developing clinician in the healthcare field. I enjoyed having the opportunity to network with fellow students who attended the event. I was able to relate to many of the points that were addressed by various speakers such as Imposter Syndrome, burnout, and ways to advocate for ourselves and fellow healthcare

professionals through empowerment, collaborative teamwork, and resilience. The messages of each speaker were introspective of the journey that many nursing students are currently undertaking to fulfill their aspirations of becoming successful, well, and confident nurses.

During my time as the First Vice President, I hope to create a positive experience for fellow nursing students by collaborating with the student population and e-board members to plan for the annual convention. In addition, I hope to expand my nursing network and form inclusive relations with various nursing students across the state. Most importantly, I would like to be an advocate for members/non-members to participate in professional development and leadership opportunities while upholding the mission of NJNS. Outside of academics, I enjoy playing tennis, practicing Zumba, and engaging in therapeutic art. I am very excited to serve as an e-board member of NJNS, looking forward to a great year!

You may reach me at lstvp@njnsinc.org if you have any questions.



Pearl Bengali
Rutgers School of Nursing
Secretary

Reflecting on COSP 2021

This year's Council of School Participants (COSP) convention educated student nurses on the topics of empowerment, resiliency, and nursing voice. As the secretary of NJNS, one of my roles is to be a chairperson for COSP. The president of NJNS, Jessica Zheng, and I were able to work together to find speakers who emulated the three main topics of our theme. Lucas Lipari, a critical care nurse, was able to speak about empowerment, Sol Angélica Muñiz, an Army nurse, was able to speak about resiliency, and Lacey Naematullah, a new nurse mentor, was able to speak about finding your nursing voice. We kept in contact with these speakers over the past couple of months and had them provide us with their headshots, biographies, and a 40 minute presentation that they could present at the convention. For the duration of the event, Jessica and I were able to present our speakers and hold a small Q&A session after each speaker.

The process of finding the speakers to present was surprisingly simple as the people that we reached out to

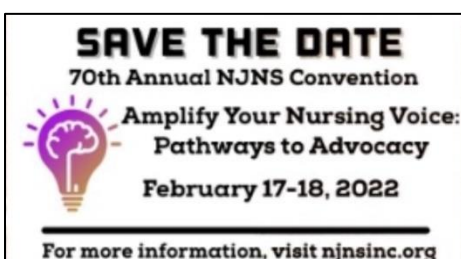
were eager to present on the topic and support our organization. The speakers who agreed to speak at COSP made the whole process very smooth as they were very receptive to our requests and very pleasant to work with. The only real obstacles that we faced were with technical difficulties with the event being held over a virtual platform. For next year's COSP, I would encourage the new board to have a single, longer Q&A session at the end of the three presentations with all of the speakers so that the attendees can have more time to think of general questions to ask all of the speakers at once. All in all, COSP turned out to be a success and I am glad that the student nurses who attended were able to learn valuable information from our incredible speakers!

Please feel free to reach out to me at secretary@njnsinc.org if you have any comments or questions on this year's COSP and I wish everyone the best of luck with the rest of the semester ahead of you!

NURSE

[nurse] • noun

a patient, kind, caring
trained professional, a type
of superhero who focuses on
the needs of others





Jauw Montalbo
Rutgers University School of
Nursing
Pulsebeat Editor/Public
Relations Director

COSP and Social Media

With our incredible e-board team, three engaging speakers, and colossal turnout, COSP was a success! Thanks to the help of my fellow board members, we advertised COSP via social media, emails, and even in-person class announcements! As a result, we were all pleasantly surprised to see more than 70 members logged onto the virtual conference.

Moreover, our raffle competition went amazingly well! NJLN, with their generous basket donation, The "Perfect Autumn" basket, filled with fun prizes, including an Amazon gift card worth \$100! One of our biggest attractions was the two Ipad raffles, graciously donated by Trinitas School of Nursing. Lastly, three lucky NSNA members won a \$250 raffle scholarship. I want to thank the efforts of our advisors and e-board for creating a variety of exciting prizes.

Lastly, I appreciate all the attendees at COSP for supporting

our work and starting your path in becoming an active nurse leader! Follow us on Facebook @NJNSInc and Instagram @njnsinc for more live feeds and updates. I hope to see you at our annual convention in February 2022, where we will be continuing our theme: "Find Your Nursing Voice: Pathways to Advocacy." If you have questions or suggestions, don't hesitate to get in touch with me at publicrelations@njnsinc.org.



George Henson
Rutgers University School of
Nursing
Membership / Nominations
Director *Everyone,*

Membership and Attendance at COSP

Seeing the fruits of our hard labor in successfully organizing the 2021 NJNS Council of School Participants (COSP) conference is heartwarming. With very limited board members, the COSP conference turned out to be a success! The COSP was a widely attended event by a combination of nursing students and faculty advisors from various schools in New Jersey. It makes me incredibly

proud of being a part of the outstanding, resilient, and hardworking NJNS Executive and Board Members.

Although successful, the COSP conference did not occur without any obstacles encountered by the entire board. I have to admit that reaching out to schools and nursing students was not an easy task. As a Membership/Nomination Director, a strategic approach to increase NSNA Membership and COSP registration was needed.

Additionally, collaborating with other NJNS board members and presenting to nursing schools using the virtual platforms allowed us to connect with other nursing students in New Jersey. However, our success would not have been possible if we did not have support from all our advisors. I am highly grateful to them for helping us produce and smoothly run a successful, informative, and productive COSP conference.

Finally, I would like to extend my gratitude to our three invited speakers for such exciting and engaging presentations! Knowing what has worked and not, I plan to continue sending emails, messaging through social media accounts, and presenting to various schools about the upcoming NJNS's 70th annual convention. In addition, if you would like us to visit your school, the NJNS would be happy to present to your students.

Lastly, my goal is to increase student membership, attendance, and participation in NJNS's events. I will continue to work with my fellow board members to create several promotional materials and send them to our schools to engage

many more students so they can take advantage of the many benefits of being an NJNS member. Now that the COSP is over, I am genuinely excited to work and focus on organizing and creating another successful NJNS Convention on February 17 & 18, 2021. If you have any questions, you may reach me at membership@njnsinc.org.



Anjali Badeti
Rutgers University School of
Nursing
Resolutions Director

**Advancing Nursing Student
Education During the Covid-19
Pandemic**

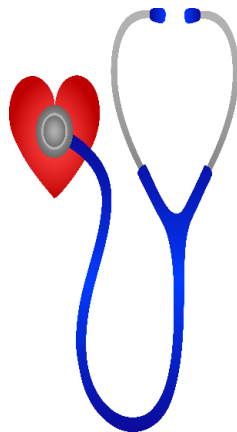
Hello! My name is Anjali Badeti and I am a rising senior at Rutgers School of Nursing in New Brunswick. I am excited to serve as Resolutions Director of New Jersey Nursing Students, Inc. (NJNS) for 2021-2022. I am currently pursuing a Bachelor of Science in Nursing at Rutgers University and have also completed minors in Psychology and Spanish.

I first found out about NJNS my first year at Rutgers and was fortunate to be able to attend the

NJNS Annual Convention that year as a monitor. I was motivated to join NJNS because of the organization's goals of bridging nursing students across the state as well as disseminating new research and advice to future nurses.

As the Resolutions Director, I am looking forward to developing a resolution to present at the annual NJNS convention, and hope that it will help bring to light areas in nursing that we can improve. I would like to focus primarily on issues related to the current pandemic, such as the environmental impact of single use PPE and other healthcare equipment or the impact of the pandemic on nursing education. I am looking forward not only to investigating these rapidly evolving topics but to also collaborate with the rest of the NJNS board to create events such as COSP or the annual convention.

Feel free to email me with any questions at resolution@njnsinc.org.



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