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Overview of COSP & this Year’s Theme

To start, I would like to extend my deepest gratitude to the NJSNA, the NJLN, Dean Santee of Trinitas School of Nursing, my fellow board members, our NJNS advisors, and each of our speakers

from this year's Council of School Participants (COSP) event. Without the dedication mentioned above and commitment, 2022 COSP would not have been nearly as successful or impactful as it was. As the current president of the NJNS, it is both my honor and privilege to have the opportunity to collaborate with so many hardworking individuals and organizations. Similarly, our pre-professional organization is blessed to have the support of our COSP attendees. We hope to see each of you at our Annual convention in Atlantic City in February 2023.

This year's theme for COSP was "Unconscious Bias and the Impact on Healthcare." The focus is on bringing aspects of healthcare to light that one may not immediately consider. Nurses have an important responsibility as healthcare professionals to advocate for their patients. Many nurses might not

realize that their patients need to be advocated for and protected from the unconscious bias that each of us may have. Similarly, nurses should be aware of the unconscious bias their patients may face at the hands of other healthcare professionals on the interdisciplinary team. Awareness of unconscious bias of all kinds helps nurses understand the negative impacts unconscious bias can have on the patient, their family, and the community of nurses in the professional setting.

The board and I feel highly motivated to put together our next great event for our community of New Jersey nursing students. Our upcoming annual convention, set for February 16-17, 2023, will be an extension of the conversation of unconscious bias and a journey into the considerations of diversity, inclusion, and equity through the lens of the student nurse. Please

save the date and join us for this exciting event. We will be back in person for the first time since 2020! On behalf of the NJNS board, we look forward to interacting with each of you in Atlantic City at our 71st Annual Convention: Diversity, Inclusion, and Equity: The Impact on Student Nurses and the Future of Nursing. We hope to continue the conversation on diversity, inclusion, and equity and hope you can draw some unique insights and memories from this event. Please do not hesitate to reach out to me with any questions or concerns at LaurenJBedell@gmail.com.



Florencia Favale
Trinitas School of Nursing
First Vice President

Preview of Upcoming Annual Convention

Getting to know our NJNS board members and working with everyone to make COSP a successful event was incredibly rewarding. With this experience, we are more than excited to plan for the upcoming annual NJNS convention. As we approach February 2023, I look forward to collaborating with of the NJNS board members to bring to you an in-person Annual NJNS Convention in Atlantic City! Our

speakers will be presenting remarkable and meaningful topics to bring awareness to cultural bias in nursing and how to overcome it. A crucial subject matter to be mindful of to ensure adequate, safe, and fair nursing care for patients from all over the world.

In addition, our board members will be assembling unique baskets with exciting themes to giveaway as raffle prizes- you definitely do not want to miss an opportunity to win. We are also excited to plan our First Night Party to welcome the start of convention and to network with new nursing students in our beautiful community. Music, food, drinks, and a night of fun! Save the date and keep up with NJNS to see all of our updates and relevant information to come!

Being involved in volunteer organizations such as NJNS, has considerably impacted my professional development and interpersonal skills. I always encourage all students to find ways to become involved and connect with our community in nursing. It is a wonderful and valuable experience to take part in the profession and improve ourselves as individuals to succeed in a career as a registered nurse. There are countless benefits to being an active member and I am so grateful to form part of NJNS. I hope it ignites your interest to learn more about us and attend our upcoming Annual NJNS Convention. The future of nursing is ours!

71st Annual Convention
February 16-17, 2023



Caroline Wendland
Rutgers University School of
Nursing-New Brunswick
Second Vice President

Raffle Baskets and Prizes

Hi, everyone! My name is Caroline Wendland, and I am the newly appointed Second Vice President for New Jersey Nursing Students (NJNS). I recently joined the NJNS board as its members were finalizing the plans for this year's Council of School Participants (COSP) virtual event. NJNS was brought to my attention through my nursing school's local National Student Nurses Association (NSNA) chapter, Rutgers Student Nurses Association (RSNA). I had attended previous COSP programs, and I thoroughly enjoyed them. Hearing about my peers' positive experiences and involvement with NJNS inspired me to get involved with the organization. Since I joined the NJNS board while COSP preparations were well underway, I was still able to assist by contributing to the raffle prizes and orchestrating the raffle itself. Although my time as a NJNS board member has been brief, I am grateful that we have such an amazing board and advisors that are dedicated to our success.

While reflecting on COSP 2022, some of the highlights for me were our exciting and lucrative raffle

baskets and prizes that attendees could win. Participants were able to purchase tickets for a chance to win one of the baskets or prizes. Members of the NJNS board paired up to brainstorm and collaboratively create these fun raffle baskets—a fall themed basket to cozy up with; a coffee basket for the caffeine enthusiast; a movie night basket for film lovers; and a self care basket for nursing students who may need a little pampering. In addition, an assortment of Amazon and Visa gift cards, two Littman stethoscopes (graciously donated by Trinitas School of Nursing which attendees loved as well), and an elaborate basket donated by the New Jersey League for Nursing (NJLN) consisting of fall goodies, gift cards, chocolates, and NJLN merch were raffled off. The final prize item was a scholarship that attendees could win to help offset the cost of nursing education. Our attendees were ecstatic to be offered a scholarship as a prize.

During COSP 2022, the aforementioned prizes and baskets were a great tool for engaging our audience in a virtual space, as well as connecting with our social media audience through the NJNS Instagram account (@njnsinc). Public Relations Director / PulseBeat Editor Kelly Cheng, First Vice President Florencia Favale, and I assisted with hosting Instagram livestreams in which COSP 2022 attendees could watch. During the livestreams, participants could ask questions and get a closer look at all the amazing prizes to win. The live streams also aided in additional ticket sales and served as a method for further connecting with attendees.

I want to thank all of our board members for taking the time and energy to create these baskets. NJNS graciously thanks Trinitas School of Nursing and NJLN for their contributions and continued support to NJNS and our COSP events. Additionally, the board would like to thank all of our attendees for taking time out of their schedules to join us for COSP 2022!



Joelle Motley
Rutgers University School of
Nursing-Camden
Secretary

COSP Speaker 1

On Saturday, October 15, 2022, New Jersey Nursing Students, Inc. was honored to have Dr. Lois Greene as the first speaker at the annual Council of School Participants conference. Dr. Greene is the President/CEO of In Touch Educational Services, LLC, which aims to empower individuals and communities through education. Dr. Greene's passion for educating was evident to all in attendance as she defined unconscious bias and the different levels in which groups of people, cultures, and marginalized populations experience the phenomenon.

Dr. Greene has a lengthy list of accomplishments, which includes working as the Interim Chief Strategic Integration and Health Equity Officer at University Hospital in Newark, NJ, and as the President of New Jersey State Nurses Association Region 3. She holds professional certifications as a nurse executive, patient safety professional, healthcare risk manager, and implicit bias trainer. Be sure to read Dr. Lois Greene's biography for more information.

71st Annual Convention
Atlantic City, NJ



Julia Jin
Rutgers University School of
Nursing-New Brunswick
Treasurer

COSP Speaker 2

New Jersey Nursing Students (NJNS) held its annual Council of School Participants (COSP) on Saturday, October 15, 2022, and I had the honor to listen and engage with three wonderful speakers on

the topic of unconscious bias and its implications in healthcare. This was my first year attending COSP as the newly elected NJNS Treasurer, and I was truly inspired by the passion of each speaker and their insights on diversity, equity, and inclusion (DEI) in the healthcare setting. The importance of DEI was a recurring theme across each presentation and how it is crucial, especially for future nurses, to be well informed in caring for and interacting with patients from diverse backgrounds, cultures, and identities.

Dr. Jackie Baras's presentation was very informative and especially impactful to me. I learned a lot about identity and sexual and gender orientation, as well as many misconceptions, stigmatism, and inequalities that people in the LGBTQIA+ community face. As a cis-gendered female, many of the things that Dr. Baras spoke about were foreign to me. However, as an aspiring nurse, I believe that it is so important to be well informed, inclusive, and knowledgeable about patients as a whole. Dr. Baras's passion and enthusiasm for making a difference in health equity for all is truly an inspiration.

My experience at this year's COSP was truly a moving experience! It highlighted the nature of unconscious bias as well as how other aspiring nurses and I can attempt to mitigate them in order to provide the best care and equity that patients need and deserve.



Kelly Chengn
Rutgers University School of
Nursing-New Brunswick
Pulsebeat Editor /
Public Relations Director

COSP Social Media Promotion & Updates

As a first-year NJNS board member, planning this year's Councils of Schools Participants (COSP) has been an exciting experience made up of team effort and support for one another. We navigated through the few months of preparation leading up to the event. Although there were obstacles to overcome, such as ensuring nursing students in New Jersey are aware and have the opportunity to participate in this conference. Excited and empowered, this conference has pushed the rest of the board members and me to overstep our comfort zones to ensure COSP would succeed. With support from the NJSNA and NJLN advisors and the joint effort of the NJNS board, we were able to pull through with a successful COSP.

With the infographics and COSP 2022 trailer on our social media page and website, we were able to provide plentiful information regarding COSP registration, raffle prizes, and speakers. Furthermore, we stayed connected with NJ schools' student nursing

associations (SNAs) through social media as we promoted this year's COSP. In preparation for the event, we provided the opportunity for students to win free COSP registration and other prizes, including an Instagram giveaway.

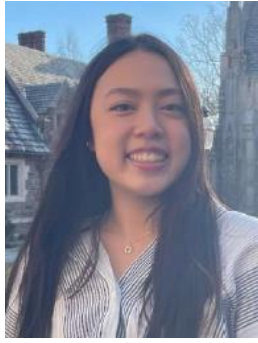
In February 2023, the NJNS will have the 71st annual convention, the first time back in person since the pandemic. As the pulsebeat editor, I plan to showcase the event and increase engagement over our social media pages and website. To keep our followers informed, the NJNS board and I have prepared some upcoming features for our Instagram board takeover. This can be viewed on our Instagram highlights!

I am very excited to share with you that at the convention, we will have bigger prizes, more speakers, and a First Night Party, which allows the students to network. The NJNS convention is a unique opportunity to network and learn more about the nursing career. It is also a chance to make the most of one's time and experience as a nursing student and NJNS member. So, stay tuned. More information to come as we continue to plan for this event. Follow us on our Instagram and Facebook @NJNSINC and our website www.njnsinc.org.

If you have any questions, concerns, or feedback, feel free to reach out to me on our social media account or my email kc1258@sn.rutgers.edu.



71st Annual Convention
First Night Party



Alexis Chiu
Rutgers University School of
Nursing-New Brunswick
Breakthrough to Nursing
Director

COSP Speaker 3

What an amazing presentation from Ms. Sheila Caldwell, BSN, RN, CSN-NJ, FNASN. She is one of our guest speakers at the NJNS COSP 2022. Ms. Caldwell is a well-known presenter, and her presentation during COSP touched on identifying the unconscious bias within Healthcare. During her presentation, she interactive activities that kept our audience connected and enjoying. We are grateful for her time and excellent presentation.

After watching each video, Ms. Caldwell interacts with attendees and explains better ways to handle and prevent certain situations from occurring in work settings. One instance was when a doctor directly called the patient obese in a blunt, monotone manner, and told the nurse to grab “the big one” when referring to the sphygmomanometer. In the video, it was clearly evident how uncomfortable the patient felt as she remained silent and looked down at the floor during and after the doctor had spoken. Sheila Caldwell’s presentation was eye-opening because she taught me that this manner should not be tolerated

in a healthcare setting. A healthcare provider’s behavior heavily impacts a patient’s experience and upsetting them enough to avoid care and wellness checkups altogether is the last incident that should occur. Overall, I believe that understanding and analyzing Sheila’s example scenarios is essential to apply as a future nurse because being aware of our verbal and nonverbal actions will ensure that we care for the patient respectfully. Sheila highlights that it is natural for every individual to have their own implicit biases, but it is important to first acknowledge it and then look past them because it can affect an individual’s decisions and ultimately the patient’s quality of care. It is important to reduce those unconscious biases as healthcare workers in order to promote diversity, inclusivity, and equity, which is something that will continue to be addressed during the NJNS Convention.

The COSP is only a glimpse of what we are preparing for you on February 16-17, 2023, at the annual NJNS Convention. This year is special as this will be the first time we are bringing back the convention in-person since the pandemic. We will have more speakers and events that will inspire you in becoming a nurse. Our focus will be on Nursing Inclusion & Equity: the impact on nursing students and the nursing profession. We encourage you to visit our website www.njnsinc.com for more information and opportunities to serve as a delegate and monitors.

We look forward to seeing you at the convention!



Sally Weir
Rutgers University School of
Nursing-Newark
Resolutions Director

COSP Reflection

I would like to start by thanking the attendees, presenters, advisors, and my fellow 2022-2023 board members for making this year’s Council of School Participants (COSP) a success. This year’s COSP was held virtually on October 15, 2022 with the theme of unconscious bias and the impact on healthcare. The theme brought to light LGBTQIA+ disparities, defined what it is to be unconsciously biased, and provided strategies for healthcare providers to reduce those disparities. This was my first COSP, and I was inspired by the speakers. It is important to acknowledge marginalized groups and their struggles. As a Latina, myself, I was proud to hear the many ways healthcare providers can address potential cultural bias and create interventions against these biases.

In addition, our raffle prizes and scholarships were huge successes. Our board members created lovely, themed baskets such as Movie Night and a Self-Care basket. One of our biggest attractions was the Littmann stethoscopes donated by Trinitas School of Nursing and the New Jersey League for Nursing

basket. The winner of this year’s scholarship was Stayce Baliote. Congratulations to all of the raffle and scholarship winners!



Purandhri Prajapati
Rutgers University School of Nursing
Health Policy and Advocacy Director

New Board Member Perspective & COSP Experience

Hello everyone! My name is Purandhri Prajapati. I am honored to serve as the Health Policy & Advocacy Director of New Jersey Nursing Students, Inc (NJNS). I am a sophomore at Rutgers School of Nursing pursuing my Bachelor of Science (BS) in nursing.

My first experience with NJNS was through attending COSP this year. The speakers who talked about their nursing experiences and found that their presentations had a meaningful impact on me inspired me. Furthermore, the advice given by the speakers encouraged me, even more to pursue this career in nursing. Through this conference, I was exposed to the realities of the healthcare system. It also allowed me to network with other nursing students in New Jersey.

I knew I always wanted to make a difference in people’s lives growing up, which encouraged me to choose a career in nursing. I have volunteered at various hospitals like Centrastate, and Hackensack Meridian shadowed at the doctor’s office and been involved in programs like Medical Explorers and Red Cross. I have seen the individuals surrounding me suffering in pain or an illness throughout my life, and this made me realize how I want to improve the lives of others and see them be healthier.

As a Health Policy & Advocacy Director, I look forward to developing professional skills and networking opportunities to work with other students throughout the state. In addition, I want to work as a team to advocate nursing and have more students be involved in increasing their interest in pursuing nursing. This organization is unique and rewarding because it allows me to collaborate with the other members, and I cannot wait to have memorable experiences with this team!

If you have any questions, concerns, or suggestions, please get in touch with me at pup11@sn.rutgers.edu.

NURSE
 [nurse] • noun
 a patient, kind, caring trained professional, a type of superhero who focuses on the needs of others

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