

A PUBLICATION
FOR NEW JERSEY
NURSING STUDENTS

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pulsebeat

**WEAR A
MASK**



6'
**MAINTAIN
SOCIAL
DISTANCE**

**WASH YOUR
HANDS FOR
20 SECONDS**



**DAILY
HEALTH
ASSESSMENT**



**Lauren Bedell- President
Trinitas School of
Nursing/RWJBarnabas Health
President**

Hello, fellow New Jersey nursing students! My name is Lauren Bedell, and I feel honored and privileged to serve as the newly elected President of the New Jersey Nursing Students Inc. (NJNS). I am currently a student at Trinitas School of Nursing/RWJBarnabas Health, seeking my RN.

I have several goals. I am looking forward to supporting my fellow nursing students in any way I can. It is my hope to reach out to as many organizations, businesses, and individuals that share in our passion for healthcare and helping others to obtain their support for the NJNS.

Additionally, I aspire to grow my network with other New Jersey nursing students and professionals in the nursing community. In addition, I plan to encourage and increase the level of engagement that nursing students have with the NJNS. It is my goal to motivate my peers to increase their professional development skills and leadership skills while upholding the values of our prestigious pre-professional organization.

I first became involved with the NJNS by attending the NJNS Convention and Council of School

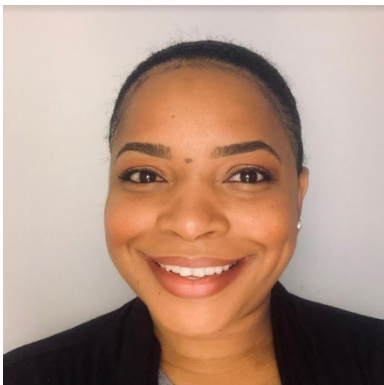
Participants (COSP) held during the 2021-2022 term. I was motivated and inspired by the commitment, intelligence, and eloquence of the speakers and board members alike. My attendance at this event truly sparked my interest in becoming part of the NJNS because I witnessed first-hand the positive influence the convention had on myself and my peers also in attendance.

I also serve the nursing student community by serving as the Vice President of my school's Student Nurse Association (SNA), and previously served as an SNA class representative in 2021. I have also held the position of NJNS Fundraising Director for the 2021-2022 term. In addition, I work full-time as a pharmacy technician for the inpatient pharmacy at Newark Beth Israel Medical Center. Interacting with patients and

healthcare colleagues in the hospital setting has further piqued my interest in nursing. I am particularly interested in critical care nursing.

In addition to nursing, my interests include cooking/baking, reading, and learning about different cultures and languages.

I am really looking forward to collaborating with my fellow board members on upcoming NJNS events. I am optimistic about my future with the NJNS as well as grateful to be a part of an organization dedicated to advocacy and the professional development of our state’s future nurses. Please do not hesitate to reach out to me anytime at president@njsinc.org.



Joelle Motley
Rutgers University – Camden
Secretary

Hello, there! My name is Joelle Motley, and I am excited to serve as the 2022- 2023 Secretary for the New Jersey Nursing Students, Inc. (NJNS). I am currently a senior at Rutgers University – Camden, completing my Bachelor of Science in nursing. After serving on the Resolutions Committee for the National Student Nursing Association, Inc. (NSNA) as a committee member and as the

Resolutions Chair for two consecutive years, I am delighted to utilize my organizational skills to serve the nursing students of New Jersey.

After developing the courage to step into leadership positions during my Associate Degree in Nursing program at Atlantic Cape Community College. I was a write-in candidate for Vice President of the Student Government Association of Atlantic Cape. Unfortunately, the President could no longer serve the role, which began my first of two Presidential terms. As President of Student Government, I sharpened my leadership skills and learned the power of resilience and community fellowship during the Covid-19 pandemic to benefit the entire student population. As a mature student, who has overcome numerous personal and professional pitfalls in a nursing program and endured a challenging academic program during a global pandemic with uncertain consequences for my intended field, I cannot express how leadership positions have benefited my academic pursuits, goals, and personal life.

This year, I aim to grow the NJNS organization by reminding nursing students throughout our beautiful state of the power of support, community, and involvement by visiting campuses and speaking directly to nursing students. Nursing school is challenging and often causes students to withdraw from organizational commitments. I hope that by sharing my experiences, I can help restore the spirit of involvement and encourage my fellow nursing students to “just see what happens” by applying for leadership

positions or participating in NJNS boards and activities.

Outside of nursing, I teach yoga, Zumba, and meditation classes. I enjoy playing the violin, gaming, building gaming computer systems, and connecting with people. I am honored and humbled to work amongst such dedicated leaders on this year’s board and can not wait to develop an innovative and engaging COSP experience and convention. Please connect with me using my email: secretary@njsinc.org. I would love to hear questions, suggestions, and feedback about how to improve your experience as a member of NJNS.



Kelly Cheng
Rutgers University School of Nursing
Pulsebeat Editor/Public Relations Director

Hello, New Jersey nursing students! My name is Kelly Cheng, and I am honored to serve as the Pulsebeat Editor and Public Relations Director of New Jersey Nursing Students, Inc. (NJNS) for the 2022-2023 term. I am currently a rising sophomore at the Rutgers School of Nursing pursuing my Bachelor of Science (BS) in Nursing degree.

During my freshman year, I heard about NJNS through a friend and became interested after learning more about the organization. I was inspired by their goals of helping fellow nursing students reach the goal of becoming successful and insightful nurses. I had the opportunity of attending the NJNS annual convention where I enjoyed engaging with other students and nurses as well as learning more about impactful topics contributing to the nursing career and education. In hopes of expanding my knowledge of nursing outside the classroom and connecting with other passionate nursing students, it encouraged me to become part of the NJNS board. Reflecting on my experiences in high school, I enjoyed school the most when being able to work together with friends and classmates through projects and clubs outside the classroom, which is something I kept in mind while entering college. This has definitely motivated me to become active outside of classes and make the most out of my time as a nursing student. As a new board member, my goal is to improve student engagement and to help fellow nursing students become more involved and enjoy their nursing experience outside of the classroom. I look forward to doing my best to execute my responsibilities and contribute to making this a great year for NJNS members.

Aside from NJNS, I also enjoy being part of school organizations and expanding my experiences in the healthcare field. I was an active member of the Rutgers School of Nursing (RUSON) Public Relations Committee last year for the RUSON Senate and will serve as the Public

Relations Chairperson for the 2022-2023 school year. In addition, I also enjoy working at a pediatrics office. These experiences have helped me grow my passion for nursing and encouraged me to work hard to become the best nurse I can be. With what I have learned through my experiences in these roles, I hope to make the most of this year as a member of the NJNS board. As Public Relations Director and Pulsebeat Editor, my goal is to increase the interest and involvement amongst students and improve NJNS's social media engagement.

Outside of nursing, I enjoy cooking, baking, playing tennis, and thrifting. Some of my favorite activities include getting Pitaya bowls with friends, shopping online, visiting flea markets, and going to the movie theater.

I am excited and grateful to serve you as the Public Relations Director and Pulsebeat Editor. I look forward to working with the other board members and advisors to make this a memorable year for everyone. Feel free to contact me at publicrelations@njnsinc.org with any questions, concerns, or suggestions you may have.



Alexis Chiu
Rutgers University School of Nursing – New Brunswick
Breakthrough to Nursing
Director *Everyone.*

Hello! My name is Alexis Chiu, and I am honored to serve as the NJNS 2022-2023 Breakthrough to Nursing Director. I am currently a sophomore at Rutgers School of Nursing - New Brunswick, completing my Bachelor of Science degree with a certification in Public Health in mind.

My interest in NJNS first started in freshman year at Rutgers through other peers when I initially asked them about what clubs they had joined throughout the year. Although most of my NJNS experience has primarily been online due to the pandemic, I am still excited to grow and gain more experience with my NJNS peers for this upcoming year. My curiosity for nursing had first started through my parents, who both had professions in healthcare and told me about their work stories after their late-night shifts. I slowly gained more interest in nursing after volunteering at hospitals and participating in Health Occupations Students of America, a club within my high school that supported future health professionals by promoting different healthcare occupations

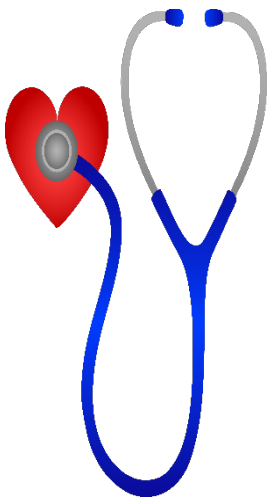
NURSE

[nurse] • noun

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

and skills. These two opportunities really helped me see how involved nurses are today, especially during the pandemic, and consequently helped me realize that I wanted to become a nursing major. Therefore, I applied to become NJNS's Breakthrough to Nursing Director to further provide prospective nursing students with the similar resources that I had access to. In addition, I also plan to overall promote the various concentrations in nursing to any incoming college students who may be interested in nursing as a potential career path. Aside from being a nursing student, I enjoy going out with friends, trying new places to eat, and spending quality time with my pets and family. In addition, some new hobbies I am trying to pursue are learning how to play guitar, creating art, and investing in more plants!

I am excited and honored to serve you as the upcoming Breakthrough to Nursing Director. Feel free to contact me at btn@njnsinc.org with any questions, concerns, or suggestions.



Sonali Patel
Kean University
Health Policy & Advocacy
Director

Hello nursing students of NJ! My name is Sonali Patel, and I feel honored and excited to serve as your 2022-2023 Health Policy and Advocacy Director of New Jersey Nursing Students (NJNS). I am currently in the RN-BSN bridge program at JFK Muhlenberg and Kean University. I will graduate with my associate degree in nursing in May 2023 and Bachelor of Science in Nursing (BSN) in the Fall of 2023!

Nursing was something I have always been fond of and only grew after I graduated with my Bachelor of Arts in Psychology and Biology from Rutgers in 2017. After graduating in 2017 from Rutgers I started working as a medical assistant in Dermatology where I saw many different health care roles. I was interested in the vast roles a nurse was able to undertake. Familiarizing the role of a nurse practitioner, inspired me to make this my ultimate goal. Over the years I have continued to expand my patient care experience in the dermatology field as a medical assistant.

Patient care experience helps me in my nursing school career,

however, I felt like there was something more I could do. When I discovered NJNS, Inc. in February of 2022, the organization inspired me to contribute and help other nursing students to be able to connect and engage with each other. As the Health Policy and Advocacy Director, my goal is to encourage nursing students and schools to participate and be part of a great community. This goal will assist many students, like me to grow and be prepared as professional nurses. Working with my fellow nursing students in this organization enhances work ethics, teamwork, collaboration, effective communication, and organization skills. All of these will strengthen my knowledge and be more resourceful as a student nurse and as a future Registered Nurse and Nurse Practitioner.

During the times when I am not a nursing student, I enjoy self-care activities like getting a pedicure or a massage, exercising, and/or cooking a healthy meal. Other activities outside of nursing I enjoy include dancing, reading, watching TV, and movies. I love spending quality time with my friends and family, cooking, and baking.

I am honored to serve as the NJNS Health Policy and Advocacy Director, and I look forward to working with all the board members along with other nursing students. If you have any questions, concerns, or suggestions, please contact me at membership@njnsic.org.



Sally Weir
Rutgers University School of
Nursing – Newark
Resolutions Director

Hello everyone! My name is Sally Weir, and I am in the accelerated Second-Degree nursing program at Rutgers School of Nursing in Newark. I am excited to serve as the Resolutions Director of New Jersey Nursing Students, Inc (NJNS) for the 2022-2023 term.

This is my first semester becoming involved with New Jersey Nursing Students, Inc. and I am excited to be a part of the organization. I was made aware of NJNS, through my membership with the National Student Nurses' Association and through my attendance at the NJNS convention. I felt inspired that the organization had the capability of uniting nursing students across the state and shaping them into leaders. For this reason, I decided to run for Resolutions Director and be a part of this uplifting organization. I have a love of getting involved in my community and being an agent of change by bringing attention and creating solutions to communal issues. My goal for this year is to be able to develop a resolution that foster a change that improves the field of

nursing.

Over the course of my college career, I have been involved in a leadership position that has made me become a more compassionate and tenacious individual. In addition to my role as a Resolution Director, I also hold the position as the Second-Degree Representative of the Rutgers Student Nurses Association (RSNA). I am also involved in the Second-Degree Student Senate. Overall, I have assisted in multiple nursing related fundraisers at Rutgers, as well as philanthropic events such as Light the Night Walk for Leukemia. Being involved in the nursing school community, has helped me foster a deep connection with my fellow nursing students as well as given me the ability to be adaptable and resilient, as we navigate through the trials of being nursing students, especially during the pandemic.

Outside of nursing school, I enjoy watching documentaries, visiting museums, and finding new places to explore with some of my friends. I am excited to serve as the new Resolutions Director to this year's board. If you have any questions or suggestions regarding resolutions for this upcoming convention, please feel free to contact me at resolution@njnsinc.org.

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