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Introducing YOUR 2024-2025 Board of Directors



Mya Solis
RWJ/ Trinitas School of Nursing
President

My name is Mya Solis, and I am currently in pursuit of my associate's degree in nursing at RWJ/ Trinitas School of Nursing. Additionally, I currently hold a Bachelor of Science in Business Management. I am looking forward to serving as President of the New Jersey Nursing Students Inc. and transferring my knowledge, experience and skills obtained in business to be a successful leader for my peers and all nursing students.

Since starting the program at RWJ/ Trinitas School of Nursing, I have participated in various community service activities involving nursing. Some of my current and active memberships are SNA, New Jersey Integrated Black Nurses Association, and Alzheimer's of NJ Walk Committee. Engagement in these organizations has allowed the creation of relationships that have fostered overwhelming support, inspiration, and mentorship during my studies.

Besides studying nursing, I am employed full-time as a Hospital Liaison. I enjoy spending time with my family, going to concerts, spa days and putting smiles on people's faces. Lastly, there is so much to look forward to once I become a nurse, but the one that inspires me the most is the opportunity to give back in all the ways that were shared and given to me. This starts with the opportunity to serve my colleagues, peers and fellow nursing students as President of New Jersey Nursing Students.



Stanley Dameus
Felician University
First Vice President

Hi, fellow New Jersey Nursing Students! My name is Stanley Dameus, and it is an honor and a pleasure to serve as the 2024-2025 1st Vice President of the New Jersey Nursing Students, Inc. I am currently in my second semester of the Accelerated BSN program at Felician University. I hold a bachelor's degree in Exercise Science, making this my second degree. I chose to pursue a career in nursing after I began working in Behavioral and Mental Healthcare in 2021. Since then, I have an invested interest in positively



impacting the lives of my clients. Aside from nursing, I enjoy traveling, listening to jazz music, and trying foods from different cultures. As I take up the role of 1st Vice President of NJNS, Inc., I aspire to inspire nursing students of NJ to leadership and get involved in the community. Once again, I am excited to be elected to this illustrious position and work alongside fellow board members, serving nursing students here in NJ and positively shaping the trajectory of our nursing community.



Bienvenue Missamou
Eastern International School of
Nursing
Second Vice President

Hello to all the future nurses ready to impact the world! I'm Bienvenue Missamou, and I am so honored to serve as your Second Vice President. Currently, I'm in my last year of nursing school, eagerly working towards earning my Bachelor of Science in Nursing.

My passion for nursing was ignited by a combination of personal experiences and a desire to make a

tangible difference in people's lives. Witnessing the compassionate care provided to a close family member during a serious illness deeply influenced me. Volunteering at local clinics and community health programs further solidified my commitment. Through my studies and clinical experiences, I have come to appreciate the blend of science and empathy that defines nursing. Each interaction with a patient reaffirms my commitment to this profession, and I am continually motivated by the opportunity to improve lives through care and compassion.

The New Jersey Nursing Students (NJNS) organization was introduced to me at the beginning of my freshman year. The biggest influence this organization has had on me was during the 72nd Annual Conference in 2024, which I attended for the first time. It was a transformative experience! From the inspiring Keynote Speaker to the diverse breakout sessions, the conference was life changing. The connections I made and the knowledge I gained have been invaluable. I strongly encourage more students to participate, as I believe it to be a crucial and enriching part of our nursing education. One of my goals while in this position of leadership is to help reach as many students as possible to be more involved in organization events like these.

Throughout my journey, I've been fueled by a sense of purpose and a desire to make a meaningful difference in the lives of others. As I approach the end of my education, I'm eager to step into the healthcare field with compassion, determination, and a commitment to serving my community. I am particularly

passionate about mentoring fellow students, helping them navigate the challenges of nursing school, just as others have helped me.

Outside of nursing, I have a variety of interests that keep me grounded and fulfilled. I love singing and often participate in community events where I can share my joy of music. Fellowship with my community is incredibly important to me, as it provides a support network and a sense of belonging. Additionally, I cherish spending time reading, which allows me to continually learn and grow both personally and professionally. I am so happy to serve my community in this role. Please feel free to reach out if you ever have any questions or concerns. Nursing school can be overwhelming, but remember, the best part about it is having a supportive community here for you, and we are that community! Together, we can achieve great things and make a lasting impact.



COSP

Registration information is coming soon!

November 9, 2024
 9:00 a.m.-1:00 p.m.
 Trinitas School of Nursing

Visit NJNSinc.org for registration information.



Kai Ingram
Eastern International School of
Nursing
Secretary

Hello! My name is Kai Ingram, and I am honored to serve as a secretary of the New Jersey Nursing Students (NJNS) board. I am currently a senior nursing student at Eastern International College, where I am pursuing my Bachelor of Science in Nursing (BSN).

My inspiration to join NJNS stems from my passion for nursing and my desire to contribute to the development of future nursing professionals. I have always been driven by a strong sense of community and the belief that together we can create a supportive environment for all nursing students. NJNS provides a platform to advocate for student nurses, offer educational opportunities, and promote leadership and professional growth, which aligns perfectly with my goals.

As a member of the NJNS board, I bring a diverse set of skills and experiences that I believe will benefit the organization and our community. I have a background in leadership, and I am committed to enhancing the resources and

support available to our members. My focus is on improving student engagement, organizing educational workshops, fostering preparation for the right career path, and I am eager to work collaboratively with my fellow board members to achieve these objectives.

Outside of my academic and professional pursuits, I enjoy shopping, spending time with loved ones, new experiences, and trying new restaurants. These activities not only help me unwind but also keep me balanced and energized. Additionally, I have a keen interest in advocacy for equal healthcare treatment of minorities, which I continuously explore to broaden my knowledge and skills.

I am excited to be a part of NJNS and look forward to contributing to the growth and success of our nursing student community. Together, we can make a significant impact on the future of Nursing.



Save the Date!

73rd Annual Convention
 February 20, 2025

Resorts Casino
 Atlantic City, NJ

Save the Date!



Oge Ileogbunam
Essex County College
Treasurer

Hello there! My name is Oge Ileogbunam, but most people know me as Noelle. I am currently in my second semester of the RN program at Essex County College and excited to serve as your Treasurer for the 2024-2025 academic year!

I was first introduced to the New Jersey Nursing Students organization by one of our beloved professors of our nursing program. My growing interest steered me to attend the 2024 NJNS Annual Convention as a monitor for Essex County College. I was given the opportunity to monitor multiple breakout sessions held at the event and this further piqued my interest in becoming a more involved member of the NJNS. The final push came from a senior in our nursing program, who gave me the encouragement and moral support I needed to run for a position on the NJNS board. Her work and bravery have inspired me to do the same.

Some of my personal interests include reading fashion journals, roller skating and engaging in volunteer work for my community.

My contribution as your Treasurer will include the promotion of preventive and holistic health across Newark's communities. My experience working at the Center for Preventive Medicine under the guidance of the skilled Dr. Kevin Holder, who is trained and specializes in holistic medicine, has enabled me to understand the importance of preemptive health promotion. I saw firsthand the devastating impact that financial insecurity and unemployment ravages BIPOC communities. I want my work to focus on bettering those that are most affected; and my experience has granted me some of the knowledge needed to propagate my goals. I am grateful for the privilege to serve the constituents of the communities I care for and I will strive to make the best of this opportunity.



Opeyemi Adeliyi
Essex County College
Breakthrough to Nursing
Director

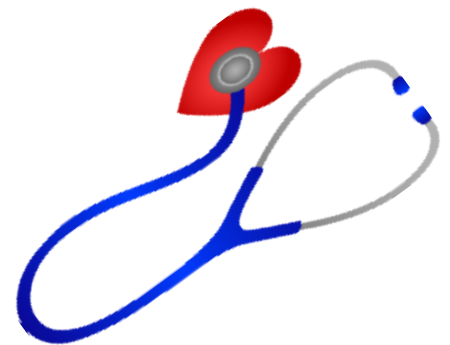
Hello, beautiful people! My name is Opeyemi Adeliyi. It is a pleasure to meet you and introduce myself. It is a privilege to serve as Breakthrough to Nursing Director. In 2020, I reached a huge milestone by receiving my LPN from Essex County College, which marked the

beginning of my career in healthcare. Now, in 2024, I have just finished my final semester of the RN program at Essex County College, which demonstrates my unwavering dedication and the unwavering support of my community. I volunteered to mentor the underclassmen at Essex County College because I understand how difficult nursing is, regardless of your background. My mother instilled in me the wisdom that "anything worth doing will be hard." Throughout each challenge, I've welcomed the opportunity to improve and positively impact the world around me.

At Essex County, I worked as Public Relations Director for my school's local chapter of SNA, which was one of my first experiences with student government and leadership. This was essential in developing my desire to serve in a higher leadership manner. With graduation soon coming, I've been looking for ways to continue learning both inside and outside of the classroom. Such an opportunity was offered to me at the 2024 NJNS Convention, when I served as a Delegate and was able to observe the inner workings of a professional organization from a student perspective in the House of Delegates. This is where I truly got to use and see in practice, Robert Rules, which was really fascinating and educational. This was an excellent experience, and the organization represented everything I wanted to do and experience after school. I was able to learn from a variety of lectures and focus sessions at the convention that were both relevant and interesting to me as a nursing student and nurse.

My community instilled in me the value of giving back. Whether it was at school, church, or in my home, as the eldest of four siblings, I was instilled with a sense of service from a young age. So, with this approach, I accept the thrilling responsibility of Breakthrough to the Nursing Director. I plan to harness the determination that has driven me this far to educate and advocate for inner-city adolescents and adults. For individuals with healthcare dreams, I hope to provide direction to help them achieve and exceed their nursing goals.

My love is caring for children, and I am fortunate to be working as a pediatric Homecare LPN. Outside of nursing, I enjoy cooking at and managing my family's restaurant, One Lagos Restaurant, volunteering with the American Red Cross, playing volleyball, attending various Afrobeats concerts, and traveling to new places to enjoy and learn about different cultures. I love trying new things and am excited to embark on this new journey.



COSP-Navigating Your Path: Follow the Yellow Brick Road

The Council of School Participants (COSP) is an annual state-wide event that selected guest speakers share an exchange of views on nursing topics. The purpose is to educate nursing students on relevant healthcare topics and provide professional development, while students unite with formal discussions and networking.

COSP will be held on November 9, 2024, from 9am – 1pm at Trinitas School of Nursing. These extraordinary and diverse guest speakers are handpicked executives and professional nurses that have different backgrounds, specialties and paths of success. Each will share pieces of their journeys while reflecting on the motivators and influences that colored their paths in choosing their nursing careers. The session is designed to enhance nursing students' college experience. We selected dynamic speakers who understand the rigor of nursing school to provide valuable information to assist with student's success. The theme this year is: Navigating your path: Follow the Yellow Brick Road. The path for nursing students is often not a straight path. We are preparing an interactive session that will give students the opportunity to interact and ask questions with the speakers, who are leaders from different nursing organizations and specialties.

Two common questions that nursing students are what area do you plan to work in and what do you want to do with your nursing degree? Like me, many of are not sure while others may have had it all figured out until they were exposed to other specialties

through our clinical education. Listen as our guest speakers share the intimate details and insight into their experiences.

COSP registration information is coming soon!

Tentative schedule:

8:00am- Registration

Keynote Atiya Jaha-Rashidi

Panel Discussion (Dr. Lois Greene, Daniel Misa, Dr. Roseminda Santee)

followed by networking, basket raffles, and scholarship awards (must be a NSNA/NJNS member to be eligible for the scholarship).

Please visit NJNSinc.org for registration information.



2023-2024 Convention Reflection Mya Solis, NJNS President

As a Junior of RWJ Trinitas School of Nursing, I was selected as a delegate for the 2023-2024 NJNS Annual Convention. As a first-time attendee and school delegate the experience was unforgettable, and I strongly urge nursing students at all levels to attend. There were numerous exhibitors and vendors that shared resources of their nursing specialties and trades. As students, sometimes we find ourselves so focused on our learning that we forget that there are other learning resources outside of our nursing programs that allow us to have a wonderful time while still learning.

On arrival, I met and could network with other nursing students selected to represent their nursing schools at the House of Delegates. After the first night, the next two days were

filled with events, like focus sessions, exhibits, parties, and business meetings. Although my days were busy, it ended without me having the opportunity to see all that was offered. I was able to learn the standard for facilitation of decision making in group and team settings with Robert's Rules of Order. While visiting the vendors, I connected with representatives from other learning institutions and learned more about the admissions process for seeking higher education in nursing. I was also able to purchase NCLEX and exam study materials that I had never seen advertised. I attended a focus session on the effects of vaping and smoking presented by Larider Ruffin, APN that was filled with loads of valuable information.

Saving the best for last, I would be remiss I did not share with you the chills overtook me as I sat focused and engaged on Keynote Speaker, Alexandra May, MSN, RN as she delivered her message on "Bridging the Generational Gap." Alexandra demonstrated passion and confidence when sharing her journey. Some of her words still ring in my ears, helping me on my own path with motivation and courage. After hearing Alexandra's journey, I felt empowered with the confidence to run for President of NJNS. She left me with the feeling that I will accomplish and succeed in my endeavors as a nursing student and the opportunity to serve you as NJNS president. I urge all nursing students to join NJNS, attend conventions and get involved. I wish I had experienced this much sooner as a nursing student!

New Jersey Nursing Student's (NJNS) Annual Convention

Each year the New Jersey Nursing Students host their annual convention. The board members look for unique speakers to enhance student's nursing school experience. Breakout sessions are focused on preparing students for their first nursing position. Other sessions include resume writing and preparing for a successful interview, NCLEX prep, ABG interpretation, self-care and more. Aside from breakout sessions, students have the opportunity to network while having fun at the "First Night Party."

Planning is underway for the 2025 convention. Please save the date: February 20, 2025, at Resorts Casino, Atlantic City, New Jersey.



Transitioning from Nursing Education to Nursing Leadership: A Student's Perspective

Oge Ileogbunam, NJNS Treasurer

As nursing students, we devote numerous hours to textbooks, clinical rotations, and simulations to get ready for our future careers as medical professionals. Making the leap, however, from nursing education to nursing leadership calls for more than just clinical knowledge; it also calls for a combination of vision, flexibility, and mentoring. Reflecting on my recent experience at the 72nd Annual Nursing Convention hosted by the New Jersey Nursing Students, Inc. (NJNS) in Atlantic City, NJ, I have learned a lot about this shift.

Embracing the Generational Gap

The convention theme of "Nursing: Bridging the Generational Gap" resonated deeply with many attendees including me. In a time when there are nurses from different generations working together, transformational leadership requires recognizing and utilizing the skills of each age group. Speaking with both experienced nurses and recent grads offered a diverse range of viewpoints on team dynamics, technology integration, and patient care. Many were previous board members of NJNS. Given that they were about the same age as me, we were able to establish a connection concerning a multitude of issues ranging from student outreach and increasing community involvement to nursing school grading criteria and NCLEX pass rates.

Of course, it is easy enough to bond with individuals of similar age groups, but the challenge arises when working in tandem with those of a different time. Politics, socioeconomics and pop culture all play a major role in widening the divide across generations. It is up to those aware of this split to begin pushing forward the need to bridge the gap. Acknowledging and embracing the strengths and contributions of each generation to the nursing profession is a step in the right direction.

Leadership Development Opportunities

My time as a monitor, a role that may be viewed by some as minor, was still held in high regard by those who received me. I was able to land this position due to the abundance of leadership opportunities provided to us as students. This served as a key component for our transition from

educational stewardship to leadership roles alike. Additionally, attending nursing professional workshops and engaging in informative breakout sessions helped many students pave the road for leadership positions in healthcare organizations by networking with people in influential positions. These lectures focused on the value of learning how to manage the intricacies of contemporary healthcare environments, especially as a new nurse in a rapidly changing profession.

Reflecting on Personal Growth

My journey from a nursing student to an emerging leader was brought forth by the knowledge I received during my time at the convention. There are several steps involved in moving from student nurse to becoming more involved in the nursing community, particularly in taking on leadership roles. It is about becoming someone who inspires and motivates others and not merely gaining a title or position. Here are some helpful points I picked up along the way.

The Power of Mentorship and Networking

Throughout the convention, mentoring came up frequently. Developing a mentor-mentee relationship can have a big impact on our career advancement. We were able to create relationships with hundreds of nursing professionals and students that would help us in our future jobs. Additionally, the presence of more than thirty exhibitors offered a forum for investigating a range of employment options and learning about the most recent advancements in healthcare. As we move up the leadership ladder, the convention emphasizes the

importance of mentorship and urges us to seek advice from seasoned nurses and nurse educators from various schools.

Skilled nurses may offer direction, impart their knowledge, and assist us in navigating the challenges of our professions. Attending conferences like the NJNS convention and networking with colleagues and seasoned professionals helps us create a network of support that can help with career advancement, advice, and collaborative opportunities.

Cultivating Leadership Skills Early

Witnessing other students assume leadership positions in their communities and schools was one of the convention's most motivating features. Being a leader does not just come with years of experience, but it starts right now.

Opportunities to improve our leadership abilities as novice nurses include volunteering for leadership positions, joining student nursing organizations, and taking an active role in professional development. These experiences show dedication to the field, teach valuable lessons about duty and responsibility, and lay the groundwork for future positions.

Preparing for Real World Challenges

The convention emphasized how critical it is to be ready for obstacles that arise in the real world. For example, the purpose of the NCLEX review session was not only to ensure that we pass the exam but also to make sure we have the critical thinking and decision-making abilities required for practical application. We must be ready to handle a variety of problems as future leaders, from

administrative duties to patient care.

Ultimately, making the shift from nursing education to nurse leadership is a continuous process that calls for commitment, education, and initiative. My conceptualization of what it takes to be a nursing leader has been greatly influenced by the realizations I had from the NJNS Annual Convention. I urge readers to continue propagating the lessons shared here to student nurses across the country. The age old saying, "knowledge is power," rings true to this present day.

When the working population is set on the right track, the patient population will be all the better for it. With these tools, we have all that we need to become the nursing leaders of the future.



NURSE

[nurse] • noun

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

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