

# MAY NEWSLETTER

## WHAT'S GOING ON

### 2023 ANSA CONVENTION RESOLUTIONS

Submission Deadline August 1, 2023 at  
5:00 p.m. CST (want this bolded or  
highlighted)

Visit [arknursingstudents.org](http://arknursingstudents.org) for more  
details!

Reach out to

[LNCC@arknursingstudents.org](mailto:LNCC@arknursingstudents.org) with any  
questions or concerns!

### BOARD POSITION

The ANSA Board of Directors is looking for a new officer! Our Breakthrough to Nursing Position (BTN) is still available! If you are interested, please feel free to visit our website [www.arknursingstudents.org](http://www.arknursingstudents.org) and fill out an application. Once you are done, email the application to the [lncc@arknursingstudents.org](mailto:lncc@arknursingstudents.org) For more information about the position, please feel free to contact your District Directors!

## ANSA CONVENTION

Our annual ANSA Convention is coming up in September at the Marriott in Little Rock, AR! See the flyer below for more information!



## EMERGENCY

Inspiring the NEXT GENERATION of Nurses

Arkansas Nursing Students'  
Association State Convention

• Sep 14-15, 2023 • Little Rock

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## STUDYING FOR FINALS

### A NOTE FROM US:

The ANSA Board of Directors knows finals are approaching and can be very challenging in nursing school, so we wanted to encourage some healthy and helpful study habits to incorporate this month as we all finish up the semester!

### DON'T CRAM!

Cramming can overwork and overload your brain leading to burnout and anxiety. Form a study schedule and stick to it to help pace your studies!

### FIND A STUDY

### PARTNER!

Finding a study buddy can help solidify knowledge and make studying more enjoyable! Also, you can quiz each other to test your knowledge!

### TAKE BREAKS!

Although every minute of studying is valuable, it is important to give your body and brain a break. Be sure to take breaks every 2-3 hours to ensure maximum success!

**FROM US TO YOU,  
GOOD LUCK ON  
FINALS AND  
CONGRATULATIONS  
TO ALL THE 2023  
GRADUATES!**

